



European Regional Organisation of  
the Fédération dentaire internationale



# ERO Prevention Report

**Report WG Prevention – Paris Session, April 2014**

Pr. Denis Bourgeois, Chairman, Pr. Edith Kusmina, Dr. Philippe Rusca, Pr. Gerhard Seeberger, Dr. Ilhan Duygu, Dr. Oles Shevchenko, Dr. Vesna Barac-Furtinger, Pr. Paulo Melo, Pr. Nikolai Sharkov, Dr. Yuldashev

# WG Prevention

Zurich Meeting 17 January 2014



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- Strategies and Perspectives of valorization of former ERO Prevention Group : Oral health and NCD issues
- ERO contribution in the prevention of Eastern: Update, Discussion and Recommendations
- ERO Observatory: Interest, Discussion and recommendations



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### **Stated**

that dentists are key-figures in medicine by actively promoting oral prevention, early diagnosis of oral and pathologies, time-adequate treatment of oral lesions

### **Acknowledged**

that dentists do visit apparently healthy patients by taking advantage of a functioning recall-system since decades and time- and cost-effective screening and monitoring could uncover silent cardiovascular disease as well as diabetes

### **ERO arrogates for**

The promotion of a collaborative approach of all medical specialists to optimize health  
The adaptation of undergraduate education to this approach in dentistry and medicine  
The adaptation of post-graduate training and life-long learning to this approach  
The integration of all dental and medical auxiliaries into a collaborative approach  
The institution of an adequate remuneration system for delivered services

## **Strategies and Perspectives of valorization of former ERO Prevention Group**

President: Dr. Gerhard Seeberger (Italy) • President-Elect: Dr. Philippe Rusca (Switzerland) • Secretary General: Dr. Anna Lella (Poland) •  
Boardmembers: Dr. Michael Frank (Germany) • Dr. Bedros Yavru-Sakuk (Armenia)

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YOUR DENTIST'S REGIONAL ORGANIZATION FOR LIBERAL DENTAL PRACTICE

## YOUR LIFESTYLE CARD

- Helps to understand how to improve your health by changing your lifestyle.
- Allows your dentist / physician to assist you in improving your health and wellbeing.
- Helps in setting up your individual action & maintenance plan to improve your health and wellbeing.

## YOUR PERSONAL HEALTH IMPROVEMENT CARD

FEMALE ( )		MALE ( )	
AGE	20-34 ( )	35-39 ( )	40-44 ( ) 45-49 ( ) 50-54 ( ) 55-59 ( ) 60-64 ( ) 65-69 ( ) 70-74 ( ) 75->> ( )
HEIGHT	..... m/ft	WEIGHT ..... kg/lb	
BODY MASS INDEX = WEIGHT (kg/lb) : [HEIGHT (m/in) x HEIGHT (m/in)] = ..... kg/m <sup>2</sup> (lb/in <sup>2</sup> x 703)			
WAIST CIRCUMFERENCE ..... cm/in			

### YOUR BIOMETRIC DATA CARD

- Helps to track measurable risk indicators. High risk values maintained over time can potentially lead to development of cancer, diabetes, mental illness, cardio-vascular, respiratory and oral diseases.
- Allows your dentist / medical specialist to assist you with information, helpful advices and individual treatment (if necessary) to maintain your health for a lifetime.
- Helps you to take care of your health and to improve it with your individual action & maintenance plan.

	PERFECT	CAUTION	HIGH RISK
BODY MASS INDEX	18.5 – 24.9	25.0 – 29.9	30 – >>
GLYCEMIA	<100 mg/dL	100 – 125 mg/dL	126 mg/dL – >>
CHOLESTEROL	< 200 mg/dL	200 – 239 mg/dL	240 mg/dL – >>
BLOOD PRESSURE S/D	<120 / <80	120-139 / 80-89	>140 / >90
TEETH / GINGIVA	---	- caries / pain + bleeding / aspect	+++

### MY PERSONAL HEALTH IMPROVEMENT ACTION & MAINTENANCE PLAN

I want to	Until .....I will
I will	have reached
My dentist / physician will assist me to	all values

Coordinator: G. K. Seeburger

	PERFECT	CAUTION	HIGH RISK
<b>HEALTHY DIET</b>			
- An unhealthy diet increases the risk of overweight, obesity, caries and gum disease.	5 portions of fruit & vegetables per day	Less than 5 portions of fruit & vegetables per day	I never eat fruit or vegetables
+ Eat more fruit and vegetables and lower the quantity of salt, saturated fats and sugar. Give the option to milk and water instead of sugary drinks from early childhood on.			
<b>PHYSICAL ACTIVITY</b>			
- Lack of physical activity increases your risk of cardiovascular disease, diabetes and some types of cancer.	≥ 30 min. of physical activity / day	Less than 30 min. of physical activity / day	I do not go for physical activity
+ Take your time for physical activity at home, at work and practice a sport you like.			
<b>TOBACCO USE</b>			
- Chewing, smoking or snuffing tobacco exposes you to cancer, respiratory disease, stroke and heart attack.	I have never used tobacco or quit using it		I use tobacco
+ Stop smoking today. Your dentist / physician can assist you in quitting if you want to.			
<b>USE OF ALCOHOL</b>			
- Drinking alcohol increases the risk of mental illness, liver damage and other lethal diseases.	< 29 g / day ♂ 2 drinks / day < 17 g / day ♀	3 – 4 drinks per day	> 5 drinks / day for more than 5 weekdays
+ Limit yourself in drinking alcohol.			
<b>DRINKING WATER</b>			
- Lack of hydrating your body's tissues increases the risk of physical & mental diseases and precocious ageing.	≥ 35 ml / kg per day ♂ + ♀	< 35 ml / kg per day ♂ + ♀	I do never feel thirsty
+ Drink a glass of water every hour and maintain perfect mental and physical shape. Discover the refreshing taste of your area's table waters. Drink even more if you work hard or work out.			

### MY PERSONAL HEALTH IMPROVEMENT ACTION & MAINTENANCE PLAN

I want to	Until .....I will
I will	have reached
My dentist / physician will assist me to	all values

Coordinator: G. K. Seeburger



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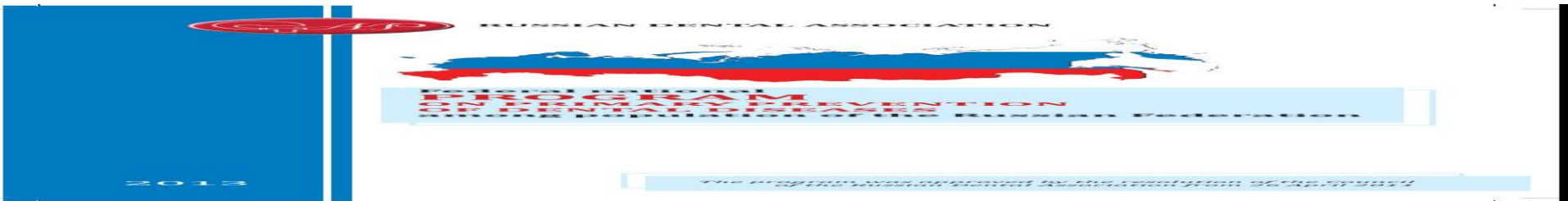
## Strategies and Perspectives of valorization of former ERO Prevention Group

- Objectives in the context of consensus conferences have deepened the potential relationships and perceptions of health professionals on the risk factors between ORH, CVD
- The Prevention Group at the Zurich meeting has unanimously recommended continuing this work. The Health Card is a practical tool that can be available in Europe, capable of educating NCD professionals' -diabetes and CVD-, patients, dentists and student

*Following a meeting of Dr Rusca with FDI leaders in Geneva, FDI agrees that the Group can use the health-card without restrictions and develop this project*

## ERO contribution in the prevention of Eastern: Update, Discussion and Recommendations

Plan of prevention in Russia was presented in Istanbul. Needs and requests from the Russian Dental Federation through ERO/FDI/Prevention WG were to obtain support to be associated and considered as a full partner in the Federal program on primary prevention of dental diseases in Russia.



*Following many discussions between Istanbul and Zurich meetings, it was proposed to to prepare a support letter for the Russian prevention program and send to the health minister*



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## ERO Observatory: Interest, Discussion and recommendations

- The CED believes that setting performance indicators is important to measure progress made, for example with regard to the improvement in clinical outcomes and quality of life for EU citizens.

*Dr Orlando Monteiro da Silva President (2007)*



# VISION 2020



**Prof. Denis Bourgeois**

Observatory for oral health  
prevention and control:  
Pilot surveillance project



ЕВРОПЕЙСКАЯ КОМИССИЯ  
Генеральный директорат здравоохранения и защиты прав потребителей  
Программа совместных действий по мониторингу здоровья

НАБЛЮДЕНИЕ ЗА СОСТОЯНИЕМ ЗДОРОВЬЯ В ЕВРОПЕ



## **ВЫБОР ОСНОВНЫХ ИНДИКАТОРОВ СТОМАТОЛОГИЧЕСКОГО ЗДОРОВЬЯ**

*Рекомендуется программой разработки  
европейских глобальных индикаторов  
стоматологического здоровья*

КАТАЛОГ 2005



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## ERO Observatory: Interest, Discussion and recommendations

Since the ERO/FDI session in Athens, the establishment of an oral health observatory has always been a central concern of WG Prevention. Different ERO presidents have supported the principle of obtaining quality data that can be used to aid decision with national dental associations.

In Istanbul was announced the creation of a FDI Observatory on oral health, which was presented at the WHA, at the the ERO assembly and which has been a broad consensus, many European countries declaring themselves ready to participate in studies pilots.

When WG Prevention in Zurich, he became a strong demand from eastern countries, in a context where countries (Russia, Hungary, Belarus) under the leadership of Prof. Leous among others, have initiated models of collect of information according to specific criteria of European health systems. It was decided unanimously by the WG in Zurich, to establish as soon as possible a pilot European Oral Heal System for the profession, organized, and managed by ERO.

*Following a meeting of Dr Rusca with FDI leaders (Dr. Wong, Dr. Hescot and Eisele) in Geneva in matter "observatory project", FDI will take the leadership. Under the responsibility of Dr. P. Hescot, the project will start soon and the collaboration of ERO member-countries will be required.*