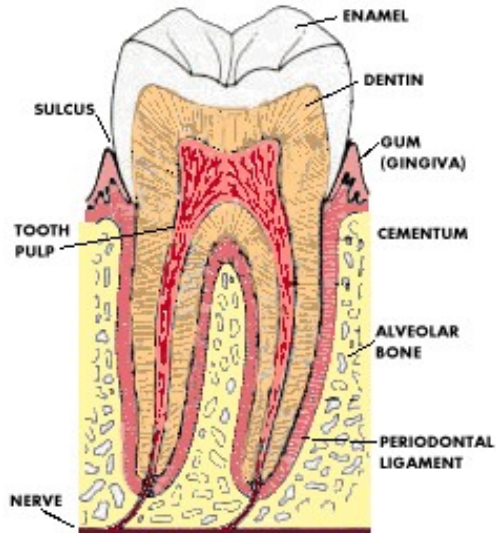


Factors Determining Oral Health



Sugar + Bacteria = Acid
Acid + Teeth = Decay

- Bacteria (e.g., *S. mutans*, *L. acidophilus*)
- Exposure to Sugar
- Dental Hygiene
- Essential Nutrients in food and water: Calcium, Magnesium, Vitamin D, Iodine
- Access to Dental Care, (e.g., dental sealants)
- General Health
- Socio-Economic Status

“Oral health is subject to a number of key risk factors. Fortunately, avoidance of risk factors such as high sugar consumption, poor nutrition, poor basic hygiene and tobacco use will also prevent many other serious health problems.”

Dr. Burton Conrad, Canada, President, FDI World Dental Federation, 2007-09

If these factors are not controlled

No conclusions regarding cause and effect can be made

There are no epidemiological studies indicating effectiveness of ingested fluoride that conform to scientific standards for:

1. broad-based or random selection
2. blinded examinations to eliminate examiner bias
3. appropriate controls for “confounding factors”

“Many of the factors determining oral health are found outside the mouth, including income, education, housing and sanitation, gender, ethnic origin, availability and access to health services.” “If the major determinants of health are social, so must be the remedies.”

FDI 2009 Oral Health Atlas p 48.