

Time to focus on dental health

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Sir, – Have you ever thought about how research could improve your oral health? From the food and liquid we consume, to how we chew, swallow, smile and speak, oral health is a vital everyday concern for your overall health, impacting on conditions such as diabetes and cardiovascular disease. The links between oral and overall health are well understood by the scientific community.

However, the public may not be aware about the overall importance of oral health.

The Government recently launched Creating Our Future, an initiative “to engage the Irish public to consider and imagine future areas of research that would benefit all citizens”.

It’s a wonderful opportunity for everyone to submit their ideas to this national conversation on research in Ireland on how to improve oral health for the Irish population.

There are so many avenues to explore, from gum disease, improved oral hygiene habits, healthy pregnancy, dental anxiety, toothpaste use, braces, white fillings, to the use of general anaesthetic. Continued research in these areas is critical to improving oral health.

Our mission at the Dental Health Foundation is to promote and support an inclusive approach to addressing risk factors and preventing diseases, while empowering people to take action to protect and be responsible for their own oral health.

We encourage the public to submit their suggestions for new research in Ireland to improve our oral health and wellbeing.

The World Health Organisation previously described dentistry as the Cinderella of medicine. Let us embrace this opportunity to step out in front with science-led engagement of our ideas for new research into our collective oral health and wellbeing. – Yours, etc,

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