

# ORAL HEALTH

is the key to

# OVERALL HEALTH



## LINK BETWEEN ORAL HEALTH AND OVERALL HEALTH

Oral health is fundamental to general health, wellbeing and quality of life. A healthy mouth enables people to eat, speak and socialize without pain, discomfort or embarrassment. The impact of oral disease on people's everyday lives is subtle and pervasive, influencing eating, sleep, work and social roles. Dental diseases lead to destruction of soft and hard tissues in the mouth, leading to lasting disability. The prevalence and recurrences of these impacts constitutes a silent epidemic. It is essential to protect natural teeth from decay and periodontal disease and focus on early detection and prevention of these conditions. Evidence clearly demonstrates that these diseases are not just limited to the oral cavity, but importantly are linked to general health overall.

## NON-COMMUNICABLE DISEASES (NCDs)

Periodontitis, a chronic inflammatory disease which is highly prevalent worldwide, interacts with a variety of non-communicable diseases (NCDs). It is a risk factor in the complex pathogenesis of diabetes mellitus and cardiovascular disease and plays a role in the development of endocarditis and recurrent pneumonia in elderly people. Associations between periodontitis and NCDs have been shown and pathogenic pathways are plausible, NCDs are associated with a broad variety of common risk factors, which range from genetic predisposition to health awareness and preventive behavior.

Not enough emphasis is placed on prevention. Less than 3% of all healthcare budgets are spent on preventive medicine. However, our system is basically built on treating disease, not safeguarding our health! Globally, approx. USD 6'000 bil p. a. are spent on NCDs in other words, we face millions of chronically sick patients. Communication between physicians and dentists is desirable. Ageing is associated with an increase in risk factors for NCDs. Periodontitis is one of these potential risk factors and is modifiable. Therefore, the following three approaches are relevant:

- Collaboration between dentists and physicians is required, and obstacles to the communication and exchange of information should be eliminated.
- Early detection of NCDs and oral diseases is essential. Interaction between dentists and physicians is necessary to optimize screening.
- Common risk factors require common / coordinated preventive strategies between dentists and physicians. Health promotion measures should be coordinated among oral healthcare providers.

## ROLE OF "AVOLA"

The AVOLA DECLARATION ASSOCIATION (AVOLA) is an independent, non-profit, swiss association of professionals in preventive oral care and associated disciplines. Its objective is the promotion and dissemination of knowledge about prevention and related fields. AVOLA supports high quality, interdisciplinary and international research, [education] and related activities / projects supporting human society to enjoy a healthy life.

## BACKGROUND

On October 2013 and July 7, 2018, a group of individuals hosted by Ueli Breitschmid met in order to create and sign-off the AVOLA DECLARATION, a manifesto to create a close-knit, interdisciplinary group with the mission to improve general health. Together they set out to introduce a particular oral care concept (e. g. iTOP) and involve other parties to document and share their (clinical) experiences, develop corresponding therapies and products, train and educate professionals and laymen, all of whom with the purpose to establish the new paradigm of oral health. Thus, the group is determined to spread the word around the globe to continuously attract more people changing dentistry and medicine forever.

## ACTIVITIES

Together with private practitioners, clinicians, researchers and carefully selected specialists, AVOLA aims to offer a relevant, professional exchange of information and experience, without any commercial background noise. A forum is created with the aim of further developing interdisciplinary care concepts in a sound and practical manner for the benefit of all stakeholders involved.

## CONCEPT

A viable concept has been developed and the implementation phase is now starting. In order to initiate first activities, AVOLA's industrial partner provides a start-up financing. Other financing options are being evaluated, and members also provide a contribution through their annual fee.

## OUTLOOK

This typically Swiss-type of collaboration model has proven itself extremely well for decades in other areas of medicine, e. g. in the form of the AO, the ITI and the OSTEOLOGY FOUNDATION and more.

## MEMBERSHIP

Take the chance and become a member of our multidisciplinary, dynamic, inspiring group from the very beginning. We look forward to welcoming you!

## THE AVOLA DECLARATION ASSOCIATION ("AVOLA")

Non-profit swiss association, registered in the commercial registry of Lucerne on July 31, 2023. CH-100.6.817.088-5

## BOARD OF DIRECTORS 2023 - 2026

- President t.b.d.
- Members t.b.d.
- Delegates of Donor(s): C. Breitschmid

## CONTACT

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## PURPOSE, AIMS

### WHY

AVOLA is committed to health and humanity through prevention, we envision a world where everyone enjoys a healthy life without limitations

### HOW

AVOLA empowers people to maintain their health. It raises awareness of the importance of oral health as the gateway to the human body, and of the microbiome as the essential interface between the human body and its environment. As a result, quality of life is increased for everyone and health-care costs are reduced.

### WHAT

we are serving society by providing resources and a global professional network to advance the professional and general understanding of oral health.

### WHO IS AVOLA?

- a multidisciplinary and independent group of health professionals and related disciplines
- a broad international, educational and politically active network
- a provider of evidence-based information and education for oral care, prevention and health

## FOUNDING PARTNER & SPONSOR

CURADEN GROUP AG (CH)

## FINANCING

- Partner contributions
- Membership fees
- Donations, licences
- Course fees

## 3-YEAR-GOALS

- approx. 300 Members, international
- Female proportion min. 40%
- 2-4 Study Club Meetings p. a.
- 3-4 Project(s) running
- 1. AVOLA Congress in 2024