



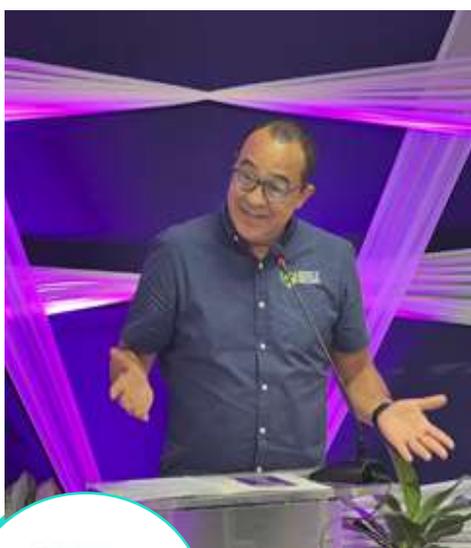
ORAL HEALTH PROFESSIONAL'S DAY & CHURCH SERVICE – 2022

3RD EDITION VOL 1; OCTOBER 06, 2022

REVERSAL/REDEMPTION

The Church Service was held at Swallowfield Chapel and the sermon was delivered by Bro. Paul Hemmings; though not a Dentist, he masterfully *extracted* the truth of Ruth and Naomi's misfortune reversals and ultimate redemption. For us, the members of the Dental Fraternity, the message was profound as we too continually seek to reverse the burden of oral diseases for most Jamaicans. On a personal note, many of us could relate to the story of both ladies, while appreciating the redemptive work of God, through his son Jesus Christ. We were all blessed by the message and are grateful for the prayers towards all the activities planned for Oral Health Month. Another dimension to the redemption message, is that as Oral Health Professionals we must respond to the call for service above self in promoting oral health under the theme: "Be Proud of Your Mouths, for our general health, well-being and happiness".

ORAL HEALTH MONTH MEDIA LAUNCH



Dr. the Honourable Christopher Tufton, MP, Minister of Health & Wellness, officially launched National Oral Health Month, 2022 under the theme: "Be Proud of Your Mouth, for your general health, wellbeing and happiness".

The Minister also congratulated the Oral Health Professionals on their recognition and the proclamation by His Excellency Sir Patrick Allen, Governor General of Jamaica, of an Oral Health Professionals' Day on October 2 thereby highlighting the critical role Oral Health Professionals play in the health of the Nation.

The Minister affirmed the importance of good oral health through the changing of the culture from a curative approach towards prevention. He also stated his commitment to supporting a rehabilitation/denture programme that would improve the oral health and quality of life of many Jamaicans.





A PROCLAMATION

By His Excellency the Most Honourable
Sir PATRICK LINTON ALLEN,
Member of the Order of the Nation,
Knight Grand Cross of the Most
Distinguished Order of Saint Michael
and Saint George, Commander of the
Order of Distinction, Knight of Grace
of the Most Venerable Order of the
Hospital of Saint John of Jerusalem,
Governor-General of Jamaica.

GOVERNOR-GENERAL

WHEREAS oral diseases and conditions, though preventable, continue to have a deleterious and devastating impact on the lives of many individuals in Jamaica, especially the most vulnerable and at-risk populations throughout their lifetime, resulting in significant financial, health problems and even death:

AND WHEREAS the Oral Health Professionals in Jamaica are committed to the delivery of the highest quality of oral health care, that is appropriate, cost effective and accessible to all. They also contribute significantly to the future direction of the country and to the further development of health care services by effectively engaging government, civil society, academia and researchers:

AND WHEREAS in addition, to the provision of essential clinical services, Oral Health Professionals are involved in promoting the use of the most advanced scientific techniques and technologies, while applying cutting-edge scientific findings to advance the profession forward, while seeking resolutions to current and future oral health problems:

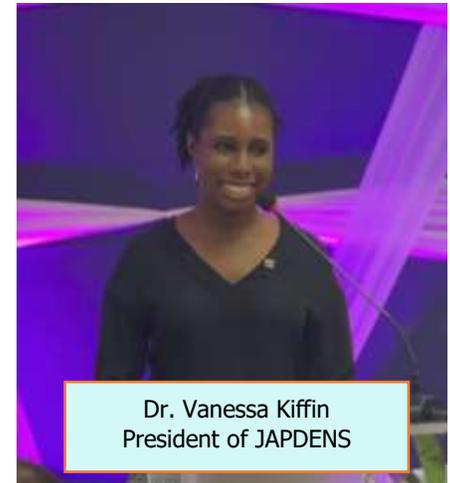
AND WHEREAS official recognition of all Oral Health Professionals, inclusive of the Dental Surgeons, Dental Hygienists, Dental Nurse/Therapists, Dental Technicians and Dental Assistants, will have a lasting positive impact on promoting the ideals of the profession and that such recognition will serve to highlight the critical role of all Oral Health Professionals in this country.

NOW THEREFORE, I, PATRICK LINTON ALLEN, Member of the Order of the Nation, Knight Grand Cross of the Most Distinguished Order of Saint Michael and Saint George, Commander of the Order of Distinction, Knight of Grace of the Most Venerable Order of the Hospital of Saint John of Jerusalem, Governor-General of Jamaica, DO HEREBY PROCLAIM the 2nd day of October annually, during the National Oral Health Month, as **Oral Health Professionals' Day** in recognition of the ongoing sterling performance that these professionals continue to make to the health & well-being of all Jamaicans.

Given under my hand at King's House this 26th day of September in the year of Our Lord Two Thousand and Twenty-two.



Dr. Irving McKenzie
Chief Dental Officer



Dr. Vanessa Kiffin
President of JAPDENS



Dr. Ajani Blake
President of the JDA

ORAL HEALTH MONTH
OCTOBER 2022 MEDIA LAUNCH

"Be Proud of Your Mouth and look after your Oral Health for your happiness and wellness"

Oral Health Month Media Launch 2022

Risk Factors for Oral Cancers

Tobacco use is by far, one of the biggest risk factors for oral cancer. This includes smoking cigarettes, cigars, and pipes, as well as chewing tobacco. However, those who consume large amounts of alcohol and tobacco are at an even greater risk, especially when both products are regularly.

Other known risk factors for oral cancers include:

- Human papillomavirus (HPV) infection
- Chronic facial sun exposure and a history of previous cancer.
- A family history of oral or other types of cancer.
- Genetics and /or a weakened immune system
- poor nutrition

The Epidemiological profile shows a higher risk level for males than females, especially amongst those that abuse tobacco and alcohol.

Join in our our campaign to have your oral health assessment for oral cancer and other oral diseases.

WOMEN !, don't forget to do your mammograms; October is also Breast C ancer awareness Month.



Do you know that your mouth is one of your body's most important early warning systems? If you discover a suspicious lump, sore or lesion in your mouth, promptly make an appointment with your Dental Surgeon for a comprehensive oral examination. Early detection and treatment of oral cancer may well be the key to complete reversal and recovery from the disease

Most of the pathologies found in the oral, head and neck are benign. However, if left untreated may increase the risk of oral cancer. In some cases, the presence of leukoplakia (white patches) can increase the risk of transforming into a cancerous lesion. These lesions may need ongoing management by your Dental Surgeon.



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“Dental Surgeons are the experts for diagnosing and surgically treating various pathologies of the mouth and associated structures”

HOW TO PERFORM A MONTHLY SELF-EXAM

Make it a routine to perform a self-exam each month. Using a bright light and a mirror, follow these steps:

1. If you are wearing a Denture, then remove the dentures.
2. Look and feel inside the lips and the front of the gums.
3. Tilt head back to inspect and feel the roof of the mouth.
4. Pull the cheek out to see it's inside surface as well as the back of the gums.
5. Pull out the tongue and look at all of its surfaces.
6. Feel for lumps or enlarged lymph nodes (glands) in both sides of the neck, including under the lower jaw.

THREE (3) FACTS ABOUT ORAL CANCER

- Early detection is key to surviving oral cancer.
- In most countries in world, there are 1-10 cases per 100,000 of the population with Oral Cancer.
- the burden of oral disease due to oral cancer is much higher in poor or disadvantaged population groups

SIGNS & SYMPTOMS

Some of the signs and symptoms of oral, head and neck pathology may appear early, when treatments are most effective. These signs include:

- White patches on oral tissue (leukoplakia)
- Red patches on oral tissue (erythroplakia)
- Mixed white and red patches on oral tissue (erythro-leukoplakia)
- Sores (ulcerations), particularly those that bleed easily and have failed to heal
- Abnormal thickening of oral tissue
- Masses or lumps
- Enlarged lymph nodes in the neck
- Unexplained numbness

Other symptoms to watch out for include chronic sore throat, hoarseness, or difficulty swallowing or chewing.

