

Dental and oral health in Glasgow, Scotland, United Kingdom

Areeb Anwar

Glasgow Dental Hospital, UK

Dental and oral health in Glasgow is the poorest in the United Kingdom but is improving steadily, according to national targets set and achieved by National Health Service (NHS) Scotland Boards. The Government has employed various preventative measures and introduced national and regional programs to improve the oral health of adults, as well as children - such as *Childsmile* which aims to improve the oral health of children in Scotland and reduce inequalities in dental health and access to dental services. This can be illustrated through dental indices such as mean number of decayed, missing and filled teeth (DMFT) which indicates, for example, a gradual decline in mean number of DMFT in primary one school children in Scotland from 2003-2012. In addition, there is greater focus on providing effective oral hygiene instruction-dietary and tooth brushing advice to patients in order to prevent and tackle common dental and oral health diseases such as dental caries, periodontal disease, as well as oral cancer. The progress of such focus can be demonstrated through data from the most recent Scottish Health Survey which reported that 90% of adults had all or some of their own natural teeth in 2011 (91% of men and 89% of women).

By therefore examining the dental and oral health of adults and children in Glasgow, the author aims to demonstrate the successful and continuing efforts of NHS Scotland in aiming to shift restorative dentistry towards more preventative dentistry, and the positive impact on the population of Glasgow.

Biography

Areeb Anwar was born and raised in the United Kingdom, and is currently a Dental student in his 3rd year of the 5-year Bachelor of Dental Surgery (BDS) degree. He is studying at The University of Glasgow Dental Hospital & School, which has been ranked best in the United Kingdom in its subject area by 'The Guardian University Guide 2014'. The School has also recently being ranked 1st in Scotland by 'The Complete University Guide 2014', and received 100% for student satisfaction for a second consecutive year in the National Student Survey.

areeb.a.anwar@gmail.com