

Addresses

Bundeszahnärztekammer (BZÄK)
[Federal Association of Dentists]
Chausseestraße 13
10115 Berlin
Fon +49 30 40005-0 / Fax +49 30 40005-2 00
E-mail: info@bzaek.de
www.bzaek.de

Patient Hotline

Bundeszahnärztekammer (BZÄK)
[Federal Association of Dentists]
Tel. +49 800 8233283

Deutsche Gesellschaft für Zahn-, Mund-
und Kieferheilkunde (DGZMK)
[German Society of Tooth, Mouth and Jaw Medicine]
Liesegangstraße 17a
40211 Düsseldorf
Tel. +49 211 610198-0 / Fax +49 211 610198-11
E-mail: dgzmk@dgzmk.de
www.dgzmk.de

Deutsches Grünes Kreuz e. V.
[German Green Cross Association]
Sektion Zahngesundheit
[Dental Health Section]
Im Kilian, Schuhmarkt 4
35037 Marburg
Fon +49 6421 293-40 / Fax +49 6421 293-719
E-mail: zahngesund@kilian.de
www.rundum-zahngesund.de
www.dgk.de

The Oral Health & Prophylaxis Information Center
is directed in cooperation with



With the kind support of



KaVo. Dental Excellence.



Published by



Sektion Zahngesundheit
im Deutschen Grünen Kreuz e. V.
[Dental Health Section of the German Green Cross Association]
Im Kilian, Schuhmarkt 4, 35037 Marburg
© VERLAG im KILIAN, Marburg
2nd Edition 2006



All-Around Healthy Teeth
Information, Tips and Addresses

Healthy and beautiful teeth – for a lifetime

... Today, that is no longer just a question of fate. Everyone can contribute to it by their own actions. And we are ready to support you!

Plaque is a crucial factor behind caries and periodontal disease

The main causes of early tooth loss are caries and periodontal disease (tooth socket inflammation), caused by bacterial tartar, also plaque or what is called “biofilm”. On the other hand, we can deliberately counter this by regular dental and oral hygiene.

Prevention is important at any age

At any age, there are special prophylaxis measures available. A prerequisite for keeping teeth into old age is regular dental and oral hygiene with fluoride tooth-pastes and additional aids like floss and toothbrushes for getting in between teeth as well as tongue scrapers. In addition, tooth-healthy nutrition and regular dental care – best twice a year – maintain the health of the teeth.

Healthy begins in the mouth

Dental and oral health are closely interrelated with the health of the whole body. So, untreated periodontal disease can increase, for example, the risk of cardiovascular diseases, diabetes and low-weight premature births. Disorders of the mandibular joint and the chewing musculature can trigger head and back pain.

The Dental Health Section of the German Green Cross Association

The German Green Cross Association (DGK) is the oldest non-profit health care organization in Germany. The spectrum of subjects includes many areas, from allergies to pain to dental health. Within this network, the Dental Health Section regards dentistry from the point of view of the whole person, because dental medicine today understands that it is part of total medicine and takes into account knowledge of the medical and dental interrelations in the entire organism.

The main purpose of the Dental Health Section of DGK is motivating consumers to more personal responsibility in oral prophylaxis. It pursues a holistic, interdisciplinary approach, supported by a renowned scientific advisory board with background in hospital, research and practice. A central task is to gather essential current information from all tooth, mouth and jaw specialized medical areas as well as on innovative developments in dental medicine and to pass this on to consumers with good effect.

Providing concrete help on the way to lifelong dental and oral health is the creed of the Dental Health Section of DGK.

Information Center Oral health & prophylaxis

The Information Center is a joint health campaign of expert societies, the German Dental Association, sponsor partners of specialized companies, and the Dental Health Section of DGK.

The Information Center reports on:

- measures for maintaining healthy teeth and tooth-supporting structures for a lifetime
- optimal prophylaxis at any age
- up-to-date diagnostics and therapy for oral diseases
- meaningful possibilities of tooth esthetics
- trends in dentistry and oral prophylaxis

Further information

- www.rundum-zahngesund.de
- Press, radio & TV
- Brochures & flyers (see below for address)
- Public events

Contact

Do you have additional questions or would you like to take part in our initiative? Contact us at:

Sektion Zahngesundheit im Deutschen Grünen Kreuz e. V.
[Dental Health Section of the German Green Cross Association]
Tel. +49 6421 293-40
Fax +49 6421 293-719
E-mail: zahngesund@kilian.de
www.rundum-zahngesund.de