



Republic of Palau  
**Ministry of Health**

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## PRESS RELEASE

### MOH Holds Continuing Medical Education for Oral Health

December 12, 2017

The Republic of Palau Ministry of Health (MOH) held a continuing medical education (CME) for its Oral Health Division on December 11, 2017. Instructor for the CME was Dr. Hiroshi Ogawa, an Oral Health Consultant from the World Health Organization (WHO) and an Associate Professor for the Niigata University Graduate School of Medical & Dental Sciences in Japan. Dr. Ogawa was in Palau providing consultation for the MOH Oral Health Surveillance System. He volunteered his time to teach the CME in order to expand the medical knowledge & understanding of the MOH Oral Health Team.

The CME focused on prevention & control of oral disease and the integration of non-communicable diseases (NCDs) & oral health. The first half of the lecture emphasized on the value of prevention education in order to control oral diseases. Dr. Ogawa encouraged the MOH Oral Team to strengthen its prevention efforts by taking the time to discuss oral health prevention practices with their patients. While brushing is an important part of oral hygiene, Dr. Ogawa advised the team to also introduce flossing & mouth wash as part of the prevention efforts. The first step to preventing oral disease is to practice good oral hygiene.

The second half of the Dental CME Lecture focused on how oral health prevention can reduce a person's risks for NCDs. NCDs are non-infectious diseases. The term can refer to chronic diseases such as heart disease, stroke & diabetes. Because the mouth is the main entrance for nutrition, poor oral hygiene can effect the well-being of the entire body. Studies have shown that mouth diseases can lead to NCDs. For example, too much sugar can cause dental caries (tooth decay) and may eventually lead to diabetes. Promoting healthy eating along with oral prevention & proper oral health care can reduce a person's chances of getting chronic illnesses.

The MOH Oral Health Team would like to thank Dr. Ogawa for his consultation and training. We greatly appreciate your willingness to contribute to our oral health prevention efforts.



THE MOH Oral Health Team and Dr. Sylvia Osarch (sitting, second from right) with WHO Consultant Dr. Hiroshi Ogawa (sitting, middle)