

FOR IMMEDIATE RELEASE

Gum Health Day 2020 says 'No' to bleeding gums

Over 40 countries from six continents celebrate Gum Health Day 2020 on 12 May around the common slogan 'Say NO to bleeding gums'

Gum Health Day 2020 aims to raise public awareness about how to prevent, detect, and tackle bleeding gums, which often indicate gum diseases such as gingivitis, periodontitis, and peri-implantitis as well as to such serious conditions as cardiovascular diseases and diabetes.

Brussels, 11 May 2020. "Say NO to bleeding gums" is the slogan for [Gum Health Day 2020](#), to be celebrated worldwide on 12 May. Its goal is to raise public awareness about bleeding gums, which are usually a sign of a gum disease that will require treatment at the dental practice.

Gum diseases are usually painless and the most frequent sign of suffering from them is bleeding gums. "Gums are not supposed to bleed without reason," says Andreas Stavropoulos, co-ordinator of Gum Health Day 2020. "If your gums bleed when you brush your teeth or when you bite on food – an apple, for example – you should visit your dentist for a periodontal check-up as soon as possible."

Prof Stavropoulos adds that "Gum Health Day 2020 aims to remind people that gum health is a key factor for general health and well-being throughout life, and that gum disease is an important public-health issue as it is linked to very serious conditions."

Gingivitis, periodontitis, and peri-implantitis are chronic, inflammatory gum diseases that affect hundreds of millions adults worldwide. Unfortunately, gum diseases are still poorly acknowledged by the public, even though scientific evidence shows that they may pose a threat to general health as they are associated with cardiovascular disease, [diabetes](#), chronic kidney disease, rheumatoid arthritis, certain forms of cancer, [pregnancy complications](#), erectile dysfunction, and other serious or chronic conditions.

More than 40 countries are joining Gum Health Day 2020 – from Europe, the Americas, Africa, Middle East, Asia, and Australasia. The EFP and its affiliated societies have organised a wide variety of initiatives – most of them digital because of the Covid-19 pandemic – which include educational videos, publications, social-media campaigns, an Instagram Live session, and other online initiatives. More details are available at gumhealthday.efp.org.

In the framework of Gum Health Day 2020, the EFP encourages dentists, researchers, and other health-related professionals to sign and disseminate the [EFP Manifesto: Perio and General Health](#), an international call to action for the prevention, early detection, and treatment of gum disease. Individuals and organisations are invited to endorse it by clicking at <http://www.efp.org/efp-manifesto/> and join the more than 1,100 professionals, dental practices, companies, and universities having supported it so far.

Last year, Gum Health Day was celebrated in 47 countries: 28 in Europe, 13 in Latin America, five in Asia, and one in Africa. Twelve countries from outside the EFP decided to take part in [this campaign](#) around the slogan 'Healthy gyms, beautiful smile'.

"Gum Health Day 2020 is a major EFP initiative to get the public informed every year of the value of healthy gums for a healthy life," explains Xavier Struillou, president of the EFP. "Even if we are living exceptional, strange times worldwide with the Covid-19 pandemic, we should not forget the role of our gum health in our global health. Taking care of our gums also applies in these days."

EFP, global benchmark in periodontology

The European Federation of Periodontology (EFP, www.efp.org) is a non-profit organisation dedicated to promoting awareness of periodontal science and the importance of gum health. Its guiding vision is "periodontal health for a better life."

Founded in 1991, the EFP is a federation of 37 national periodontal societies that represents more than 16,000 periodontists, dentists, researchers and oral-health professionals from Europe and around the world. It supports evidence-based science in periodontal and oral health, and it promotes events and campaigns aimed at both professionals and the public.

The EFP organises EuroPerio, the world's leading congress in periodontology and implant dentistry, as well as other important professional and expert events such as Perio Master Clinic and Perio Workshop. The annual Gum Health Day on May 12, organised by the EFP and its member societies, brings key messages on gum health to millions of people across the world.

The EFP also organises workshops and outreach campaigns with its partners: projects to date have covered the relationship between periodontal disease and diabetes, cardiovascular disease, and caries, as well as women's oral health during pregnancy.

The EFP's *Journal of Clinical Periodontology* is the most authoritative scientific publication in this field. The federation also publishes *JCP Digest*, a monthly digest of research, and the quarterly *Perio Insight* magazine, which features experts' views and debates. The EFP's work in education is also highly significant, notably its accreditation programme for postgraduate education in periodontology and implant dentistry.

The EFP has no professional or commercial agenda.

Agenda

Gum Health Day 2020 Instagram Live session: 'Say NO to bleeding gums' – 12 May, at 16:00 CET on the EFP's Instagram page at [@perioeurope](#).

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