

You can change
the world!
The world of
human health.



AVOLA is committed to health and
humanity. By enhancing prevention,
we envision a world with a healthy
life for everybody.

WHO IS AVOLA?

We are a multidisciplinary, independent and politically active network of professionals in health-care and related disciplines. We raise awareness of the importance of oral health as the gateway to the human body and of the microbiome as the essential interface between the human body and its environment.

YOUR INVESTMENT

For less than 3 Eurocents a day, you join a vibrant and global group of like-minded health professionals, scientists, teachers and well-recognized experts. Become part of our community and advance your professional and social experience.

WHAT ARE WE
DOING?

We provide evidence-based information and education on disease prevention and health promotion. We empower people to increase control over their health through health literacy efforts and multi-sectoral action to amplify healthy ways of life. As a result of our continuous efforts, people's quality of life will be enhanced, and healthcare costs will be reduced.



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AVOLA
ETERNUS QUIA PURUS

PREVENTION
beats
INTERVENTION

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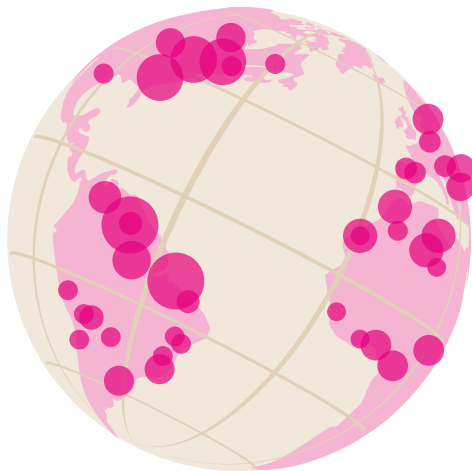
There is no health without oral health.

Oral health plays a critical role in overall health, as the condition of the mouth, teeth, and gums can significantly influence systemic well-being.



3.5 billion people are affected by dental diseases.

Oral diseases impact more people than those affected by mental disorders, cardiovascular disease, diabetes, chronic respiratory diseases and cancers combined (WHO, 2024).



Healthcare or Sickcare?

“The doctor of the future will give no medicine but will instruct patients in the care of the human frame, in diet and in the cause and prevention of disease.”

Thomas Edison (1902)



Links Between Oral Health and Systemic Diseases

Heart Disease and Stroke

Poor oral hygiene can lead to gum disease (periodontitis), which is associated with an increased risk of cardiovascular diseases and stroke. Inflammation caused by oral bacteria may contribute to arterial damage.

Diabetes

Gum disease complicates blood sugar control in diabetic patients, while diabetes increases susceptibility to gum infections. This bidirectional relationship highlights the importance of managing oral health to improve diabetes outcomes.

Respiratory Conditions

Oral bacteria can travel to the lungs, contributing to respiratory infections such as pneumonia.

Adverse Pregnancy Outcomes

Poor oral health has been linked to complications like preterm birth and low birth weight.

Dementia and Cognitive Decline

Emerging evidence suggests that oral health issues may increase the risk of dementia, potentially due to chronic inflammation or bacterial spread affecting the brain. outcomes.

Mental and Emotional Health

Dental problems can negatively affect self-esteem, social interactions, and mental health. Conversely, mental health issues like depression may lead to neglect of oral hygiene, creating a vicious cycle.

The Call to Action

Expand and Diversify the Oral Health Workforce

Dentists alone cannot rise to the challenge of an instituting preventive care and narrowing inequities. A collaborative approach between medical and dental professionals to cooperatively target preventive efforts for oral health must be encouraged through education and training. Designing health systems that provide holistic oral health care from multiple health professionals is pivotal to successfully scaling preventive care.

Incentivize Preventive Care

Payment models for dentists should move away from incentives that promote a repair approach. There should be alignment of payment with preventive care that addresses common risk factors for all NCDs. The Alliance for a Cavity-Free Future (ACFF)* has developed a new remuneration system for dentists rewarding dental practices for improving access to better quality care, offering better outcomes like lower risk of caries and collecting clinical data.

* www.acffglobal.org

Engage the Population by Raising Awareness

For prevention efforts to succeed, it is important to empower the population with oral health education and practical support for behavior change. Good oral health habits and caries experience in childhood track through adolescence into adulthood. Therefore, educating parents about the benefits of preventive oral care is essential to promote oral health and lower the prevalence of oral diseases. School health programs are effective in reaching children; preventive oral health education should be expanded in these programs with national governments providing guidance on how they should be implemented.

Address shared Risk Factors with other NCDs to Improve Overall Health

Viewing health holistically, there should be a “common risk factor approach” to address oral health simultaneously and efficiently with other NCDs within a wider socio-environmental milieu. Such efforts will be key to gather political, economic and scientific attentiveness to the problem.

What should Healthcare be?

Problems with “sickcare”

Ultimately, our current “sickcare” system is damage mitigation and ranges from treating chronic conditions such as cancer, heart disease, and diabetes to the repair of acute or life-threatening situations. The goal should be to find conditions or diseases when they are asymptomatic. We need to catch a disease early, before more invasive and costly options need to be implemented.

Move towards Preventative Care

The Healthcare mission must change to “preventative care”. The ‘you break, I fix’ reactive care model is an outdated paradigm. Stopping or improving a current illness is imperative and achieved through closing care gaps. Furthermore, “preventative care” necessitates early identification of conditions before they become a health complication or life-threatening. With proper guidance on social determinants of health, a person’s overall health can be managed and stabilized, and oftentimes adverse events can be avoided.

Education, Curiosity and Patient-Centricity

At AVOLA, we believe the best treatment plan is lifestyle modification. This means we need to discover health risks early enough so they can still be influenced positively with straightforward actions.

• The medical industry needs more education and commitment to sustainable, science-backed lifestyle improvements. Dental and medical professionals need more training around the basic fundamentals of a healthy lifestyle, such as whole foods, restorative sleep, regular movement, and more.

• We need to stop treating patients based on averages and general findings. Each patient is a unique individual and deserves to be seen as such. What works for one patient might not necessarily work for another, and it’s the job of the health professional to dive into those specific strategies to find what will work.

• Finally, we must focus on preventing sickness rather than treating it. That means being proactive about health rather than reactive, looking for healthy habits our patients can add today so that they’re able to move and live more comfortably years down the line.