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Dr. Abdulhameed Ghassan Albeshr,
Dr. Abdullah Fahad Al-Hussain

King Abdulaziz Medical City for National
Guard, Riyadh, Saudi Arabia



The Global Aging Population and Its Implications on Oral Health

Abstract: Countries worldwide are observing an increase in the number and proportion of older individuals in their populations. Currently, over 703 million people worldwide are aged 65 or above. Multiple factors, both individual and environmental, impact on the health of older adults. Common issues range from physical to social and psychological challenges. Maintaining oral health in old age puts unique and significant challenges. It is important for dentists and healthcare workers to thoroughly understand age-related changes in the oral cavity, common medical conditions and their dental implications, and the complex relationship between oral and systemic diseases. Some characteristics of the older population can influence preventive and treatment protocols. The expansion of the dental healthcare system in Saudi Arabia reflects a journey towards modernization, significantly influenced by Saudi Arabia Vision 2030. Although real progress has been made, continuous efforts are necessary to address existing challenges and ensure effective oral health services delivery for the entire population.

Biography

Dr. Abdulhameed Ghassan Ahmad Albeshr

Dr. Albeshr is a Saudi dentist with over a decade of clinical experience in advanced general dentistry. He holds a bachelor's degree in dental surgery from King Saud University, a master's in public and environmental health, and advanced training in AEGD. He serves at King Abdulaziz Medical City in Riyadh and teaches at King Saud bin Abdulaziz University for Health Sciences. His contributions span clinical care, academic instruction, and public health advocacy. Dr. Albeshr is also an active author of scientific and educational articles in English & Arabic, committed to enhancing health literacy and bridging the gap between research and community awareness.

Dr. Abdullah Fahad Al-Hussain

Dr. Alhussain is a Saudi dental professional with more than ten years of expertise in comprehensive general dentistry. He earned his Bachelor of Dental Surgery from Riyadh Elm University, followed by a Master's degree in Medical Education, and pursued advanced clinical training in Advanced Education in General Dentistry (AEGD).

He practices at King Abdulaziz Medical City in Riyadh and also contributes as a clinical instructor at King Saud bin Abdulaziz University for Health Sciences, where he helps shape future generations of dentists.

Alongside his clinical and teaching roles, Dr. Alhussain actively engages in research, publishing, and community education in both Arabic and English. His work reflects a strong commitment to improving oral health awareness, advancing dental science, and connecting academic knowledge with community needs.