

Next ABCD Certification Training

We've had requests to again offer an ABCD Certification training course. Join us:

**Friday, August 25th, 8-10:00 am
at Spokane Regional Health District
(2 CE's)**

If you're a dentist wanting the training or an office looking for an update, please notify us at 324-1483 by Wednesday, August 23rd.

The ABCD training has been abbreviated and is packed full of helpful information on treating children. You'll see that the preventive care offered under ABCD services requires very little dentist chair time. ABCD is rewarding ~ the kids are waiting for you! Our dentists are THE BEST!

Children's Dental Rate Increase

Effective July 1, 2006, the children's dental rate increased by one-percent (1%). An abbreviated fee summary schedule is included for dental offices receiving this newsletter.

Billing staff: You are reminded to always bill DSHS/MAA your usual and customary fees, not DSHS/MAA's maximum allowable rate.

Enhanced ABCD fees for children ages 0-6 years are allowable only for ABCD certified providers. In addition to ABCD specific services, ABCD kids are entitled to the full scope of care as described in HRSA (MAA) Dental Billing Instructions.

On the web; billing instructions may be found at <http://fortress.wa.gov/dshs/maa/download/BI.html#D>

Fee schedule can be found at <http://fortress.wa.gov/dshs/maa/RBRVS/Index.htm>

Questions? Call Kay at 324-1483.

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Spokane's new co-champion, Dr. Jared Evans.

Congratulations to Our New ABCD Dental Champion

Dr. Jared Evans has been newly appointed as ABCD Co-Champion for Spokane by Dr. Joel Berg, Pediatric Dental Chair at the University of Washington. Champions serve as local educators who train providers in early pediatric dental techniques, thereby certifying them to participate in the ABCD program. Champions will also promote ABCD to other dentists, build community support for the program, serve as spokespersons for the program when needed, and work with other Champions and local coordinators to problem-solve and troubleshoot dental issues that arise.

Dr. Jared Evans is the second ABCD Champion appointed for Spokane and surrounding counties, along with Dr. Dale Ruemping. Dr. Evans will open his new pediatric office in association with Dr. Catherine Luchini, beginning August 12th. It is called The KiDDS Place and is located at 506 E. Hastings Road in the Wandermere Mall.

A Low-Key Approach Helps for Dental Visits

John Rosemond, columnist and author of eleven best-selling parenting books, kicked off the 2006 Annual Session of the American Academy of Pediatric Dentistry (AAPD) on May 25th in Cincinnati, with a daylong seminar, “The Well-Behaved Child: Discipline That Works!”

Rosemond offered easy-to-follow advice to parents whose child has anxieties about dental visits, “Don’t worry about it. Let the dentist handle those fears. That’s what the dentist is trained to do.”

“The more matter-of-factly parents approach a trip to the dentist, the less likely the child will have anxiety and the more likely that the child will cooperate with the dentist,” Rosemond said.

“Parents should tell children about the appointment a half-hour before they leave and treat it like it’s a visit to the grocery store. They should inform their children that everyone with good teeth goes to the dentist, and to never express any personal anxieties they may have about dental care to the child.”

“Parenting is a leadership function,” Rosemond said. “If parents think of themselves as leaders of children, it clarifies how they approach parenting situations and keeps them from trying to micro-manage every moment of a child’s life. When families go to the dentist, it’s important for parents to be supportive of the dentist’s handling of the child and trust that the dentist knows what he or she is doing.”

Smile Survey Results

Would you like the good news or the bad news? The good news is that Spokane’s preschoolers and 2nd and 3rd graders had less untreated decay than the state average. Also, the same 2nd and 3rd graders in Spokane had more preventive dental sealants than the state average. We would like to say “congratulations” and “thank you” to Spokane’s dentists for delivering these dental services.

The bad news is that the percentage of Spokane’s children who have cavities/fillings is higher than the state average. The ABCD program has increased access to dental care for children, but many parents might not know that their children are eligible. Parents also need to be encouraged to take their children to the dentist, “first visit by first birthday.”



Jordyn Earle likes to “smile big” after visiting her ABCD dentist.

TOOTH TRIVIA

L.M. Boyd says an elephant is 40 or even 50 before it gets all its teeth.

The Colgate company reports a killer whale (Orca) uses its sharp pointed teeth to catch its prey, but it does not chew its food it swallows it whole.

Certain cheeses, including aged cheddar, Swiss and Monterey Jack, have been found to protect teeth from decay, according to a study reported to the American Dental Association.

Scientists count rings on a dolphin’s teeth to find out its age.

Unwaxed dental floss does pick up more plaque between the teeth than slick waxed varieties, says DTEK Canada Laboratories.

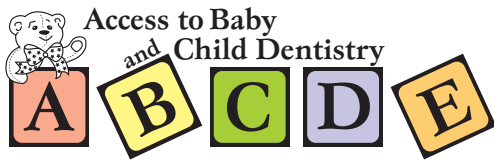
What’s the leading cause of tooth loss? Most tooth loss affecting people under 35 is caused by athletic events, accidents, and fights. However, most of the tooth loss in people over 35 is from periodontal disease, reports Delta Dental of New Jersey.

A hippo is capable of biting a small boat in half with its sharp, 20 inch-long teeth.

‘50s heart-throb James Dean had no front teeth! He wore a bridge.

Lollipops are 99 percent sugar.

You will get fewer cavities if you eat a bag of candy in one sitting and then brush your teeth than if you slowly eat the candy one piece at a time all day.



The Latest Rage: Mouth Grills

The hip-hop culture is taking on a twist to gold-capped teeth and now go for grills and fronts - removable mouthpieces of gold, platinum or silver, or lesser metals and sometimes studded with jewels. Nelly's 2005 hit "Grillz" glorifies the trend and sent young people scrambling to wrap their chops around a shiny grill. Many shed their grills to eat and at bedtime, but wear it for hours at a time to match their earrings. The mouthpieces are made from dental impressions and many are purchased online and at local outlets. Tooth impressions are made and sent to a jeweler who fashions the fronts and sends them to the client or retailer where they were purchased. The ADA is concerned that improper use of fronts can result in serious gum disease or cavities if they are not kept clean or if they are bonded to natural teeth. Snap-on grills don't fit well, allowing bacteria to get trapped underneath. Other dangers include allergic reactions to cheap metals and reactions to cleaners which can burn gums.

Media, Here Comes Senior Oral Health

This fall, we will once again hear an extensive Senior media campaign on radio, and print ads in newspapers focusing on the need to prevent oral disease. There will also be several television public service announcements in major markets.

U of W Offers News

We're pretty excited to hear the news that the University of WA plans to bring 28 medical and dental students to Spokane in 2008! If the legislature approves funding, 20 first-year medical students and 8 first-year dental students will come to Spokane. EWU will provide faculty for the dental students while WSU will provide faculty for the medical students.

Reminders...

- ◆ Dental decay is an infectious disease. Do you know that sharing silverware or toothbrushes can pass bacteria/germs from parents to children OR from brother to sister?
- ◆ We hear from parents that prescription fluoride supplements prescribed by the children's doctor are not being taken as intended. Sometimes parents get one prescription and don't bother getting it refilled. It is wise to remind parents that children benefit from fluoride supplements until age 16, so they should continue getting those prescriptions refilled.

"Bright Futures" Education

The Washington State Department of Health has endorsed Bright Futures as the vehicle for education in Washington State. Initiated in 1990 by the Health Resources and Services Administration's (HRSA's) Maternal and Child Health Bureau, the mission of the Bright Futures project is to promote and improve the health and well-being of infants, children, and adolescents. Educational materials and partnerships have been developed. Bright Futures provides comprehensive, culturally effective, family-centered, community-based child health supervision guidelines consistent with the needs of families and health professionals. Messages are coordinated and ensure that all health professionals "are on the same page."

Recognizing oral health as a vital component of health, Bright Futures in Practice: Oral Health was developed. A pocket guide was designed to be a useful tool for a wide array of health professionals including dentists, dental hygienists, physicians, physician assistants, nurses, dietitians, and others to address the oral health needs of infants, children, and adolescents. The pocket guide offers an overview of preventive oral health supervision for 5 developmental periods: pregnancy and postpartum, infancy, early childhood, middle childhood, and adolescence.

Health professionals need to help families understand the causes of oral disease, especially tooth decay, and how to reduce or prevent oral disease and injury in their young family members. Resistance to tooth decay in infants, children, and adolescents is determined partly by physiology and partly by behaviors. The younger a child is when tooth decay begins, the greater the risk of future decay. Therefore, delaying the onset of tooth decay may reduce long-term risk for decay. For this reason, the time to begin preventing oral disease, especially tooth decay, is when the teeth begin to erupt.

Bright Futures: <http://www.mchoralhealth.org>

Since all children need a medical and a dental home, ABCD is happy to assist a medical provider or a parent in choosing a dental home. Just give us a call at 324-1478.

Congratulations and Thank You

The two most recent medical offices trained in the ABCD"E" Program:

The office of Patricia O'Rourke, MD received training in May, and the office of Lynda Williamson, MD received training in June. We would also like to thank volunteer Andy Garabedian, DDS, MSD who provided the ABCD"E" office trainings.

Dr. Jim Sledge Instructs Pharmacists on Oral Health Consequences of Dry Mouth

The Washington Dental Services Foundation (WDSF) awarded a substantial two-year grant to the Health District's Oral Health program in part to bring preventive educational messages to Seniors in our community. The grant's title is Seniors...Be W.I.S.E! (Working in Senior Efforts). The Spokane Pharmacy Association, with many partners, stepped right up to endorse the goal of enhancing oral health education. Pharmacists have regular patient contact and regularly dispense medications that can directly impact oral health.

Dr. Jim Sledge, a well-respected dentist in our community for his years of service in educating professionals, offered a PowerPoint presentation to the Pharmacy Association on the oral health consequences of dry mouth and ways to prevent and treat this frustrating and risky condition. There was a lively exchange between Dr. Sledge and the pharmacists in attendance. This presentation sets the stage for the Seniors...Be W.I.S.E! upcoming media campaign that will ask seniors to talk with their pharmacist about dry mouth.

Saliva is very important in preventing tooth decay. Not only does it moisten the mouth and throat, but it cleans the mouth, neutralizes acids, re-mineralizes teeth, and is

antimicrobial. Xerostomia (dry mouth) is a common side effect of many medications that are dispensed. Whether taking a single medication or multiple medications, pharmacists recognize that the risk of dry mouth is not only an annoying side effect, but has the potential to seriously affect a patient's health.

Pharmacists can appropriately counsel on how Xerostomia can be managed. Many patients have received the recommendation to chew gum to counteract dry mouth, or suck on candies or lozenges, not realizing how adding sugar to the dry mouth only compounds the risk for teeth and gums. There are now a number of products available that are safe and effective. Saliva substitutes can be used for a short-term fix, but Xylitol-containing products such as gum and mints, have the benefit of reducing dry mouth and tooth decay. Patients should also be counseled on how to minimize their risk. Alcohol consumption, as well as alcohol-containing mouthwashes can worsen dry mouth. Tobacco and caffeine can increase risks as well.

Fluoride can strengthen tooth enamel and prevent tooth decay. Fluoride can be applied topically through pastes and rinses, and fluoride varnish. Water fluoridation advocacy would assist all people, not just those with dry mouth.



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