

Newly Certified ABCD Dentists

Our congratulations and thanks to the following dentists who join the ranks of ABCD providers:

- Dr. Darrin Rich
- Dr. Ryan Wilson
- Dr. Alex Olea
- Dr. Erin Johnson
- Dr. Kory Bingham

Lines & Sights ABCD has seen & heard:

A lady comes into the ABCD office requesting a referral for services. It's the last day of her medical coupon so she needs something fast. There was a space in the front of her mouth where only silver remained. She began rummaging through her purse and extracted a mirror, then grabbed a bottle of correction fluid from the front desk. Before another second passed, she was busily dabbing the silver areas, making them white with the fluid. Next, she was positioned on her knees, observing her correction fluid makeover! We never thought of correction fluid as a corrective procedure for dental work and don't recommend it! (P.S....she was given some referrals prior to her leaving.)

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Local Dental News

DSHS/ MAA has increased the reimbursement rates for children's orthodontia. This service has been sorely needed for those children with a true medical need. The orthodontists must still get individual approval from MAA for treatment. We are grateful to those orthodontists who are accepting coupons for the kids...thank you!

Bravo for Yoke's Fresh Markets!

Knowing the importance of healthy teeth, Yoke's is offering fluoride drops or tablets to people who have a prescription for same at no cost.

Hello from Head Start

The Head Start/Early Head Start (HS/EHS) federal performance standards mandate that children brush their teeth at least once daily, after a meal, with a "small smear" of fluoride toothpaste. We obtain parent permission for all children to use fluoride toothpaste. Since most toothpaste with fluoride is recommended for children ages 2 years and older, we obtain permission not only from the parent, but a dental or medical provider for the children between ages 1 and 2.

The State ECEAP (Early Childhood Education and Assistance Program) performance standards currently do not require the use of any toothpaste. This year, the ECEAP staff received training and information regarding the use of adding fluoride toothpaste to their tooth brushing routine as a best practice. At this time,

however, it is presented as an option rather than a mandate. ECEAP primarily serves 4 year-olds.

Bulletin from DSHS/HRSA

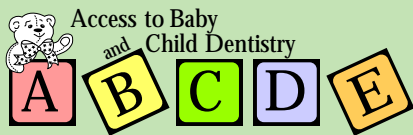
- ▶ Effective May 1, 2009, the Department of Social & Health Services (DSHS) will no longer offer paper copies of provider billing instructions, numbered memos, and document corrections. These documents are available electronically and can be downloaded and printed at: <http://hrsa.dshs.wa.gov>. This change is part of DSHS' continuing effort to increase our use of electronic communications and move towards paperless operations.
- ▶ How do I conduct business electronically with DSHS? You may conduct business electronically with DSHS by accessing WAMed Web at: <http://wamedweb.acs-inc.com>.
- ▶ How can I get DSHS/HRSA provider documents? To obtain DSHS/HRSA provider numbered memoranda and billing instructions, go to the DSHS/HRSA website at <http://dshs.wa.gov> (click the Billing Instructions and Numbered Memorandum link.) These may be downloaded and printed.

Need Dental Information for Patients?

While supplies last, Spokane Regional Health District's Oral Health Program has a good supply of brochures that are available to your office at no charge. Subjects range from caring for a child's teeth, periodontal disease, oral cancer, dry mouth, and diet and oral health. We also have teaching aids, such as those pictured, if you would like to check them out from our office.

Please call 324-1478 if you would like more information.





Welcome to our ABCD“E” Certified Offices

- Full Circle: Theresa Weiderhold, ARNP, & Wendy Smith, ARNP, & staff
- Dr. Chris Olson, Suzy Corcoran, ARNP, Kim Alexander, ARNP, & staff – refresher training
- Spokane Falls Family Clinic: Dr. Cox, Dr. Haugo, and Dr. Charbonneau
- Dr. Mary Bergum & staff

How many of these kids have you seen in your office?

The ten top names of 2008 for girls are: Emily, Isabella, Ava, Elizabeth, Abigail, Madison, Emma, Hanna, Madeline & Olivia.

The top ten names for boys in 2008 are: Jacob, Michael, Ethan, Joshua, Daniel, Alexander, Anthony, William, Christopher & Matthew.

“Tooth” or Consequences

Since caries (tooth decay) is the most common chronic disease of children, an increasing number of physicians are educating parents on the importance of oral health and cleaning teeth and gums. They are also advising parents on reducing the risk of transmitting cavity-causing bacteria from their own mouth to their child. Fluoride varnishes are being applied to teeth in medical offices, and dentists are being added to the list of referrals a child may need.

The mouth should not be separated from the rest of the body. Oral health means more than just teeth; it is an integral part of wellness. Professionals understand that having early childhood caries (baby bottle tooth decay) may lead to the development of tooth decay in the permanent teeth as well. The good news is that tooth decay is preventable and when physicians intervene to improve a child's oral health, decay can be reduced or eliminated. Very young children usually see a doctor more than 8 times for well-child visits before their first visit to a dentist. These early medical visits are an opportune time to introduce the infant's family to the importance of oral health.

According to the Agency for Health Care Research and Quality (2007), 26% of low-income families saw a dentist annually, compared to 57% of those from higher-income families. The consequences of not being able to access dental care can be catastrophic. Last year, newspapers were filled with stories of 12-year-old Deamonte Driver of Prince George's County, Md., a Washington D.C suburb, who died of a brain infection caused by untreated dental disease. Occasionally homeless and off and on Medicaid, he was not able to get the urgent dental care he needed.

Spokane is, fortunately, and with great forethought, ahead of the curve nationwide, thanks to the ABCD and ABCD “E” Programs. Dentists and physicians are doing their part in reducing oral disease and treating Spokane's children. If a child under the age of 19 years is looking for dental care, Spokane Regional Health District's Oral Health Program will help find it. Spokane's dentists have seen that no child goes unattended. This is not anything new. Fourteen years ago Spokane was the first-ever in the nation to develop a program like ABCD which addressed the issue of dental access for low-income children.

Getting Ready for *ProviderOne*

ProviderOne is the new DSHS payment system. It is time for providers to get set-up in *ProviderOne* with your user access security and completing registration which is just checking your provider file to make sure all information transferred correctly from the old system to the new system. DSHS is also conducting Webinars about these activities.

Providers can access information about *ProviderOne* at:
<http://fortress.wa.gov/dshs/maa/providerone/>

The security website is:
<http://fortress.wa.gov/dshs/maa/providerone/security.htm>

The registration website is:
<http://fortress.wa.gov/dshs/maa/providerone/Registration.htm>

HRSA Reimbursement to ABCD“E” Certified Medical Providers

A reminder to those physicians who are certified for ABCDE dental preventive services: HRSA will reimburse for delivering periodic oral evaluations, topical application of fluoride, and family oral health education. Those rates are as follows:

CDT/HCPCS Code	ICD-9-CM	Description	MAXIMUM Allowable Fee	Limitations
D0120	V20.2	Periodic oral evaluation	\$29.46	One periodic oral evaluation is allowed every 6 months through age 5 per provider, per client.
D1203	V20.2	Topical application of fluoride	\$13.66	Up to 3 times in a 12-month period through age 5, per provider, per client.
D9999	V20.2	Family oral health education	\$27.58	Limited to one visit per day, per family, per provider. Up to 2 visits in a 12-month period through age 5 per provider, per client.
		Must be billed with EPA #870000997*		

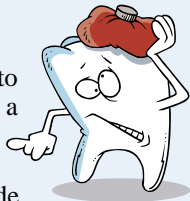
*NOTE: For CDT code D9999, bill HRSA under the Patient Identification Code (PIC) of the first child seen in the family. Do not use parent's PIC.

Dental Information *For Parents*

Dental Emergencies

• Toothache

Rinse the mouth with warm water to clean it out. Place a cold compress or ice wrapped in a cloth on the outside of the cheek. Call and go to the dentist as soon as possible. Do **NOT** use heat or place aspirin on the tooth or gum tissue.



• Broken Tooth

Rinse the mouth with warm water to clean the area. Place a cold compress on the face to reduce swelling. Call and go to the dentist as soon as possible. If possible bring the broken tooth fragment with you to the dentist.

• Knocked-out Tooth

If it is a baby tooth, call the dentist as soon as possible. Do **NOT** attempt to put a baby tooth back in the socket. If it is a permanent tooth, rinse it gently in cool water. Do **NOT** scrub it or clean it with soap. If possible, put the tooth back in the socket and hold it there with clean gauze or a wash cloth. If the tooth cannot be put back in the socket, place the tooth in a clean glass of milk. Go to the dentist immediately, taking the tooth.



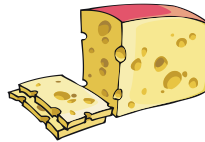
Her teeth are a growin'!

Little Kyssa Owens, nearly 2 years old, loves her ABCD dentist who gives her great care and prizes!

This and That....

Your Child and Cheese

The American Academy of Pediatric Dentistry (AAPD) offers "Quick Tips for Busy Parents: Your Child and Cheese." Recent research shows cheese is one of the healthiest snacks for your child's teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Swiss, Mozzarella, and Monterey Jack cheeses all stimulate the body's salivary glands to clear the mouth of debris and protect teeth from acids that weakens them. Thus, cheese disrupts the development of cavities, especially when eaten as a snack or at the end of a meal. Calcium and phosphorous found in cheese reduce or prevent decreases in the plaque's pH level and works to re-mineralize the enamel of your child's teeth.



Sealants Can Seal the Deal for Healthy Teeth

The AAPD also offered the tip: "Sealants Can Seal the Deal for Healthy Teeth." "Sealant" refers to a clear or shaded plastic material placed in the pits and grooves of teeth to prevent decay. A dental provider applies this protector by drying and conditioning the teeth, painting on the sealant, and then allowing it to harden. The AAPD recommends sealants as an effective method of cavity prevention, especially for those children with a history of tooth decay. In addition, sealants are one of the most cost-effective means of preventing cavities – they cost less than half of what one filling costs.

Resources for Providers and Parents

The National Maternal and Child Oral Health Resource Center offers many resources for providers and parents. Topics include but are not limited to:

- Education and training
- Screening/risk assessment
- Posters
- Public Education

Also, available for print-out are some wonderful Anticipatory Guidance sheets you can copy for your families. These are age specific and provide guidance on the developmental stages of prenatal, birth to age 1; ages 1-2, and ages 3-5.

Check out all of these resources at: www.mchoralhealth.org/Toolbox/professionals.html#AnticipatoryGuidance

Optimally Fluoridated Water

The American Dental Association: July 10, 2008: Statement on CDC Announcement that 70% of the U.S. population now receives optimally fluoridated water.

"We welcome this very encouraging news from the Centers for Disease Control and Prevention about the increase in the number of Americans receiving optimally fluoridated water. We know from years of experience and scientific study that community water fluoridation benefits everyone. The ADA has long advocated water fluoridation as the single most effective public health measure to prevent tooth decay. Our members are committed in working with federal, state, and municipal governments to increase even further the number of Americans who benefit from it."

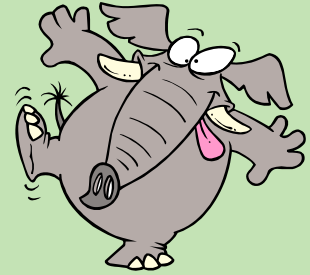
Hand Sanitizers....Safe for Kids?

According to the Sacred Heart Children's Hospital magazine "Kids at Heart", the media has recently questioned the safety of hand sanitizers for children, with concern that children could ingest the squirt of sanitizer that's put into their hands.

The best advice for parents is: "Use as Directed" states the Infection Control Coordinator. "Alcohol hand sanitizer is obviously NOT intended for consumption. It is a cleaner, not a beverage. "If a child is prone to putting things in the mouth, keep the solution out of reach and use only under adult supervision. Encourage children to rub the sanitizer on their hands quickly; as soon as their hands are dry, the alcohol has evaporated.

TOOTH TRIVIA

- ◆ Several years ago, Joe wrote in the newspaper that they were on a ski dock. His sister grabbed Mom as if she was going to push her into the water. Mom yelled and her denture popped out of her mouth into the water. They just stood there and watched the teeth float away. Before they came to their senses and dove in, the teeth had sunk into the bottom muck. They tried the rest of the day to find them with scuba gear, with no luck. So, says Joe, if you catch a fish with perfect teeth at Loon Lake, let him know!
- ◆ Common tooth remedies from ancient times...for a toothache, boil earthworms in oil and use the oil to put drops in your ear. To make loose teeth firm, tie a frog to your jaw. (Thank heavens for living now!)
- ◆ If you are right-handed, you will tend to chew your food on your right side. If you are left-handed, you will tend to chew your food on the left side.
- ◆ 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 a piece at a time all day.
- ◆ The Statue of Liberty's mouth is 3 feet wide.
- ◆ An elephant in the wild consumes hundreds of pounds of vegetation each day, grinding the vegetation with his 4 large molars; 2 uppers and 2 lowers. Because of the tremendous amount of use they receive, they are ground down to the gum line and drop out after about 10 years. These are soon replaced with another set of grinding molars. However, there is a 6-set limit of molars within an elephant's lifetime.
- ◆ Approximately \$2 billion a year is spent on dental products in the United States: toothbrushes, tooth paste, mouthwash and floss.
- ◆ 1 in every 2,000 babies is born with a tooth.
- ◆ In Louisiana, it is an aggravated assault to bite someone with your false teeth, but simple assault if you bite someone with your natural teeth.



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