

FALL 2010

ABCD and ABCD“E” Programs



Welcome to the latest ABCD-certified dentists:

David Hone, DDS
Sonia Idrogo, DMD
Christopher James, DMD
Terri Kinnee, DDS
Guy Leavitt, DDS
Anibal Lopez, DDS
Mosquera Mauricio, DDS
Jared Parkinson, DDS
Richard Senn, DDS
Karen Tritinger-Young, DMD

Welcome to the latest ABCD“E” certified medical providers:

Rima Barko, ARNP
Valley Young People's Clinic:
Bruce Abbotts, MD
Teresa Forshag, ARNP
Brad Harnetiaux, ARNP
Michelle Messer, MD
Ann Roberts, MD
Brian Simmerman, MD
Tami Simmerman, MD
Maj StormoGipson, MD
Marla Struebin, MD
Julie Tveit, ARNP
Mary Kay Wagner, MD
Spokane Family Medicine Residency Program:
Tyler Baker, MD
Drostan Baker, MD
Josh Beers, MD
Barbara Brandon, MD
Todd Brookings, MD
Andrea Chatburn, MD
Brett Chenrod, MD
Kristina Gardner, MD
Meagan Jones, MD
Karolina Krawczyk-Faler, MD
Gloria Lowe, MD
Kathren McGree, MD
Dale Peterson, PA-C
Jlyn Pritchard, MD
Mitch Tippetts, MD
Marc Wangsgard, MD
Kara Watterson, MD
Ashlee Weimar, MD
Lincoln Westfall, MD
Cindy Yuen, MD

Parents May Unknowingly Foster Tooth Decay

The American Academy of Pediatric Dentistry (AAPD) conducted a survey last year that concluded many parents and caregivers are unaware that routine practices, such as providing healthy snacks and meals, as well as sharing utensils, may increase children's risk of developing cavities.

The survey found that 98% of U.S. adults thought a cracker was better for children's teeth than a piece of caramel. The truth is that starches can lead to cavities just as sugars can, and caramels dissolve more quickly. Therefore, the longer children's teeth are exposed to the food, the more damage is done.

Additionally, only 13% knew they can spread cavities to children, similar to a cold or the flu. Children are not born with cavity-causing bacteria in their mouths, and babies and small children can actually “catch” bacteria from their caregivers. Sharing utensils or letting children put their fingers in your mouth can transfer bacteria in the saliva, which can then cause tooth decay.

Facts:

- Cooked starches, such as pretzels and pasta, can lead to cavities, just like sugar. More saliva, which washes away starches and sugars, is produced when eating a meal, so both are safer for teeth if eaten with a meal instead of as a snack.
- Caregivers can pass germs causing cavities from utensils, cups and other objects, so they should be washed thoroughly before sharing with children.
- Do not put your child to bed with a bottle of milk, formula, juice, or pop. In-between meals, only serve older children water. When kids sip for extended periods on sugared beverages, they're exposed to a higher risk of decay.
- Don't be afraid of chocolate milk. It provides protein, calcium and vitamins like white milk and washes off teeth the same. And since children like it, they often drink more.
- Tooth decay can start as soon as a tooth appears, so children should see a dentist at the time of their first tooth or before their first birthday.

A Story for All Over 40 to Remember:

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate, which bore his full name. Suddenly I remembered that a tall, handsome boy with the same name had been in my high school class some 30 years ago.

Upon seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. After he had examined my teeth, I asked him if he had attended the local high school.

“Yes,” he replied. “When did you graduate?” I asked. He answered, “In 1971. Why?”

“You were in my class!” I exclaimed.

He looked at me closely and then asked, “What did you teach?”

Care for Children with Special Health Care Needs

Oral care for children with special health care needs (CSHCN) is the same as for the typical child – prevention through home dental care, regular office checkups, and intervention and management for dental problems as they arise.

The American Academy of Pediatrics (AAP) recommends establishing a dental home by age one, especially for children at high risk for dental caries. CSHCN are at higher risk than the general population for oral health problems for the following reasons:

- ♦ Oral health may not be regarded as a priority because of the spectrum of other health care needs experienced by a child with special health care needs.
- ♦ Routine self-care may be difficult or impossible for a child due to major disabilities such as seen in quadriplegia or due to cognitive or behavioral impairments.
- ♦ Caries incidence may be increased due to the high rate of enamel defects (premature infants), the use of medications that cause xerostomia (children with allergies or asthma), and the need for altered feeding regimens (high caloric feedings, prolonged use of a bottle).
- ♦ The underlying disease may impact oral health, such as with a cleft lip and palate or leukemia.
- ♦ The treatment of a chronic disorder may lead to secondary oral health problems, such as gingival hyperplasia with anticonvulsants, methotrexate, immunosuppressants, and calcium channel blockers.

Sometimes a child may feel anxious before or during treatment. A child may need more support than a gentle, caring manner to feel comfortable. Nitrous oxide is a safe, effective sedative agent used to calm a child's fear and enhance effective communication. Additionally it works well for children whose gag reflex interferes with dental treatment.

Nitrous oxide/oxygen (N₂O-O₂) is a blend of gases. It produces a feeling of giddiness, hence the name "laughing gas." It raises the pain threshold and may even make the time appear to pass quickly.

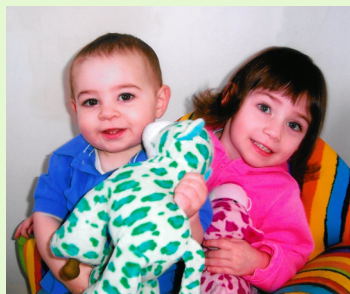
The American Academy of Pediatric Dentistry deems nitrous oxide perhaps the safest sedative in dentistry. It is well tolerated, has a rapid onset, is reversible, can be adjusted in various concentrations and is non-allergenic. A child remains fully conscious at all times and keeps all natural reflexes when breathing nitrous oxide/oxygen and may also be used in conjunction with other sedative agents.

Parents Look to Schools for Help

Oral Health America's "Fall for Smiles" initiative recently queried parents and children about oral health. Findings underscore the importance of oral health education at home and in school. Health care professionals also have an important role in helping parents and schools provide effective self-care training and messages.

According to the survey, 65 percent of parents are looking to schools to help reinforce the importance of oral health, saying it is extremely or very important for schools to teach children about taking care of their teeth. However, just 39 percent of children report learning about oral or dental health at school in the past year.

The survey also shows a disconnect on how often parents say they remind their children to brush their teeth (69%) and how often the kids recall being reminded (34%).



Jaclyn and her children, Nico and Alexandra, just joined the ABCD program. They were referred by WIC. When asked about ABCD, Jaclyn said, "ABCD has not only been a preventive program for my children's dental care, it's also educational for parents to help kids grow up with healthy smiles."

Is Your Toothbrush Making You Sick?

The American Dental Association recommends changing toothbrushes frequently when you're healthy, more often when you're sick. When you are ill, it's likely that your toothbrush will show signs of the infecting organism. Studies have identified everything from *Candida albicans* (a yeast-like infection) to herpes Simplex virus (cold sores) alive and well on toothbrushes seven days after use – even within the bristles themselves. Small abrasions on the inner cheeks and gums allow new access for viruses. So throw away that infected toothbrush and replace it with a brand new one to stay well. It is not recommended that you try to disinfect your toothbrush by boiling, microwaving, placing it in the dishwasher, or using a chemical such as bleach.

Brushing tips:

- ♦ Everyone should have a toothbrush – never share!
- ♦ The best brushes for children have soft, round-end (polished) bristles that clean teeth, but are gentle on the gums.
- ♦ Children should brush their teeth, but parents are responsible for thoroughly brushing their child's teeth until the child has the manual dexterity required to properly accomplish this task (usually around 8 years or when they can tie their own shoes or write cursive).
- ♦ Teeth should be brushed at least twice a day: after breakfast and at bedtime.
- ♦ Along with brushing, start flossing once a day when the sides of any two teeth touch.
- ♦ Brush at least two minutes to get the full benefit.

Doc Talk Can Help Babies Get Off the Bottle at 9 Months

According to a recent story on CNN (7/12/10), a simple, five-minute conversation with parents during the regularly scheduled 9-month checkup can help their child stop bottle-feeding. It is an important step because prolonged use of the bottle can lead to tooth decay and nutritional deficiencies in young children. Waiting later can make it harder to make the transition.

Dr. Jonathon Maguire of St. Michael's Hospital in Toronto, Canada says, "In five minutes we changed the health trajectory of a child." He is a pediatrician and lead author of the study which appeared in the journal *Pediatrics*.

The study followed 201 children until they were 2 years old and found a 60 percent reduction in prolonged bottle use when doctors made a point of raising the subject at the 9 month checkup. Parents were given a sippy cup and step-by-step instructions on how to wean the child off the bottle and onto the sippy cup within a week.

The study authors said the 9-month checkup is a good time to schedule the consultation because no routine vaccinations are scheduled, allowing time to have conversation about nutrition in the 2nd and 3rd years of life. Nine months to 1 year is a time when most babies should be getting most calories from solid foods to insure proper nutrition.

Parents' Knowledge of Kids' Mouths

Parents will do anything to make their children smile, yet many are missing the preventive measures and specialized care needed to keep smiles healthy. The American Academy of Pediatric Dentistry (May 6, 2010) recently sponsored a survey to see what moms knew about proper oral health care for their children. The survey results found that a staggering number of moms are misinformed about the importance of infant dental visits and proper at-home care.

"Oral health is absolutely critical for overall health," said AAPD President Dr. William C. Berlocher. "Parents know the value of early visits to the pediatrician, but it's alarming to learn how few parents understand that infants need to see the pediatric dentist before their first birthday."

Among the survey results, an overwhelming 97 percent of respondents didn't know their children need to visit a pediatric dentist in the first year of life, leaving a large number of infants potentially vulnerable to tooth decay and disease. Tooth decay can begin as early as the teeth begin to emerge, typically at six months, and often progresses rapidly. Left untreated, it can destroy tiny teeth and lead to needless pain and suffering, infection, loss of function, increased health care costs and lifelong health consequences.

"We were astounded that only 33 percent of moms considered oral health a concern for their infants," said Dr. Berlocher. "Parents will be surprised to know that taking children to a pediatric dentist by their first birthday actually saves money. Studies show that dental costs for children who have their first dental visit before age one are 40 percent lower in the first five years than for those who do not see a dentist prior to their first birthday."



Dr. Berlocher went on to say that children who wait to have their first visit until age 2 or 3 are more likely to require restorative and emergency visits, a scary thing for parents of young children, delivering the message that good oral health is an important part of overall health.

Surprising Periodontal Disease Links

There have been stories in the news about the connection between periodontal disease and heart disease, stroke, and diabetes. However, those aren't the only health conditions that are related to periodontal disease, according to the American Academy of Periodontology Patient E-News (6/10/10). Research has shown that having periodontal disease can put us at risk for a few surprising conditions, including rheumatoid arthritis, certain cancers, and even kidney disease.

Rheumatoid Arthritis (RA) • Over 1.3 million Americans suffer from RA, a chronic, inflammatory disease of the joints that can lead to long-term painful joint damage. A study published in the *Journal of Periodontology* uncovered yet another potential side-effect of RA; researchers discovered that RA patients are 8-times more likely to have periodontal disease than those without RA. However, the research indicates that poor oral hygiene alone did not account for that connection, which means that other factors play a role as well. Both RA and gum disease are systemic inflammatory disorders which may explain the connection between the two.

Cancers • Men are especially at risk for developing certain cancers if they have periodontal disease. Research published in *The Lancet Oncology* found that men with a history of gum disease are 14% more likely to develop cancer than men with healthy gums. In fact, men with periodontal disease are 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.

Kidney Disease • Published in the *Journal of Periodontology*, a study suggests that toothless adults may be more likely to have chronic kidney disease than adults with all their teeth. Untreated periodontal disease can lead to bone loss around the teeth, which can then cause teeth to loosen and fall out. Periodontal disease is the leading cause of tooth loss in adults. In the study, the lack of teeth was found to be significantly associated with chronic kidney disease. The two diseases may be connected by chronic inflammation, as both are considered inflammatory conditions.

TOOTH TRIVIA

- ◆ It is an aggravated assault in Louisiana to bite someone with your false teeth, but simple assault if you bite someone with your natural teeth.
- ◆ Be true to your teeth and they won't be false with you.
~ Soupy Sales
- ◆ Dogs have 42 teeth. Cats have 30 teeth. Pigs have 44 teeth. Armadillos have as many as 104 teeth, more than any other land animal.
- ◆ Says Dennis to his mother while standing on a stool at the bathroom sink brushing his teeth with a can of root beer at his elbow, "Brushing my teeth! I'm just using the root beer to rinse."
- ◆ 200,000 athletes avoid dental tragedy each year by covering their pearly whites with mouth guards.
- ◆ Which city was the first to protect its citizens by fluoridating the water? Grand Rapids, Michigan, in 1945.
- ◆ A sneeze zooms out of your mouth at over 600 m.p.h.
- ◆ Delta Dental relates that American children miss more than 750,000 school days each year as a result of dental conditions. Additionally, millions of school hours are lost each year to dental-related illness.

Floss, Women, Floss!

An article in Women's Day (6/11/10) suggests flossing more often. According to Robert Emami, DDS, chief of staff at Dental Specialties in Randolph, Massachusetts, a simple piece of nylon string can have dramatic effects on a woman's overall health. "Flossing is one of the easiest, quickest ways to remove bad bacteria from your body. Plaque and bacteria are constantly building up in areas of your teeth that brushing does not get to if plaque accumulates. It eats away the bone that holds the teeth in place." He adds that oral bacteria can enter the bloodstream. Studies have shown that such harmful bugs could exacerbate diabetes and hypertension and may even lead to premature births.

Chewing Xylitol Gum Good for Teeth

The simple act of gum chewing produces its own anti-cavity effect. Our bodies associate the act of chewing with food consumption. And as part of the mastication and digestive processes involved in eating, our bodies step up the flow of saliva. Saliva has a buffering and diluting effect on the acidic bacterial byproducts that cause cavities. So, the greater the amount of saliva present in the mouth, the greater degree to which anti-cavity effect can take place.

A chewing gum made with xylitol (a natural sweetener) can help to prevent cavities. It is found in the fibers of many fruits and vegetables, including various berries, corn husks, oats and mushrooms. It can be extracted from corn fiber, birch, raspberries, plums, and corn. In the presence of xylitol, bacteria can't stick to the teeth, reducing tooth decay and improving dental health. Gums come with varying strengths of xylitol. In stores, look in the gum section - Spry and Trident contain xylitol, as do others. Source: XylitolHealth.com



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