



Growing up without cavities - we care for little smiles

SPRING 2011

ABCD and ABCD“E” Programs



Welcome to the latest ABCD-certified dentists:

We are pleased to welcome the following:

- Spokane Falls Family Clinic Riverstone**
- Arvind Petrie, DMD
 - John Wesley, DDS

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

Thank you to the following:

Grand Pediatrics:

- Joseph Kincaid, MD
- Kim Resteff, ARNP
- Gale Taylor, ARNP
- Sasha Ormond, ARNP

Spokane Family Medicine Residency Program:

- Barry Lineham, PA-C
- Gary Newkirk, MD
- Ed Reisman, MD
- Deborah Weiser, MD

Spokane Falls Family Clinic Riverstone

- Pamiel Sidhu, MD
- Erica Valtinson, ARNP

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WDSF Awards Spokane Regional Health District Oral Health Grant

The Washington Dental Service Foundation (WDSF) Board of Trustees has awarded a grant to the Spokane Regional Health District (SRHD) to create an Access to Baby and Child Dentistry (ABCD) Program in Lincoln County. The award letter, signed by Laura Smith, President & CEO of WDSF, states, “This represents the first regional ABCD program administration by a neighboring health department. Thank you for your willingness to build upon the strength of Spokane County to improve the oral health of young children in Lincoln County.”

Lincoln County was one of only five Washington counties without an ABCD Program. Since Spokane already serves neighboring Lincoln County children, it seemed a natural for Spokane ABCD to utilize their already-established infrastructure. The Lincoln County Health Department and community are very supportive of the ABCD program and have already pledged help in reaching the children. Organizations such as ECEAP, WIC, child care facilities, and others have been very welcoming. Community businesses have been approached to disburse Lincoln County ABCD materials. Lincoln County Health Department and SRHD will work with physicians and dentists for referrals and care.

Lincoln County is composed of towns including: Almira, Creston, Davenport, Harrington, Odessa, Reardan, Sprague and Wilbur. Dr. Mike Condon is an ABCD certified dentist in Odessa.

New Water Fluoridation Recommendations From Health and Human Services

Sources of fluoride have increased since the early 1960s. At that time, drinking water and food and beverages prepared with fluoridated water accounted for nearly all of an individual's fluoride intake. Today, water is just one of several sources of fluoride. Other sources include dental products such as toothpaste and mouth rinses, prescription fluoride supplements, and professionally applied fluoride products such as varnish and gels. Recognizing that it is now possible to receive enough fluoride with slightly lower levels of fluoride in water, the Department of Health and Human Services (HHS) set out in September 2010, to develop new recommendations for community water fluoridation.

The scientists reviewed the best available information on: the prevalence and trends in dental caries, water intake of children in relation to outdoor air temperature, changes in the percentage of U.S. children and adults with dental fluorosis, and the EPA's new assessments of cumulative sources of fluoride exposure and risks of children developing severe dental fluorosis. This new information led HHS to propose changing the recommended level for community water systems to 0.7 milligrams per liter (ppm). The current recommended level is a range of 0.7 to 1.2 ppm.

Note: Dental fluorosis is a change in the appearance of a tooth's enamel. It can result when children regularly consume higher-than-recommended amounts of fluoride during the teeth-forming years, age 8 and younger. Most dental fluorosis in the U.S. – about 92% - is very mild to mild, appearing as white spots on the tooth surface that in most cases only a dental professional would notice. Moderate and severe forms, which are less common, cause more extensive enamel changes.



Web Findings

Spokane Regional Health District: 2010 Smile Survey

Untreated decay rates decline but oral health disparities still exist. For more information visit: www.srhd.org/news.asp?id=212

Washington State Department of Health: 2010 State Smile Survey Full Report

www.doh.wa.gov/CFh/oralhealth/docs/datapubs/SmileSurvey.pdf

Spokane Regional Health District, Oral Health:

www.srhd.org/services/dental.asp

ParentHelp 123

Helps families to apply for state-sponsored health insurance and food stamps, and to find services in their community. www.parenthelp123.org/

Washington Dental Service Foundation: Educational Materials

www.deltadentalwa.com/Guest/Public/AboutUs/WDS%20Foundation/Educational%20Materials.aspx

Perinatal Oral Health

www.cdafoundation.org/learn/perinatal_oral_health

National Healthy Mothers, Healthy Babies Coalition

www.text4baby.org/index.html

University of Washington: Special Needs fact sheets for Providers and Caregivers

http://dental.washington.edu/departments/omed/decod/special_needs_facts.php



Physicians Can Prevent Dental Disease in Children, Study Suggests

Children's dental health appears to improve when they get preventive services, including fluoride varnish, during medical appointments, according to a study published in *Pediatrics*. Children who got fluoride varnish, counseling, and dental assessments at least four times from their medical care providers were 17% less likely to have gotten fillings and other treatment for tooth decay at 6 years of age, reported researchers from the University of North Carolina, Chapel Hill. In addition, the trial found that those who received their initial treatment between 12 and 15 months of age were 49% less likely to require treatment for caries at age 17 months. The benefits of more frequent treatments should not be ignored, says Gary Rozier, DDS, MPH, coauthor of the study. According to David Krol, MD, MPH, a pediatrician at the Robert Wood Johnson Foundation, "There's plenty of evidence to show that fluoride varnish makes a difference ... This study shows that it makes a difference in a medical office."

Medscape.com – February 28 • <http://www.medscape.com/viewarticle/738069>

Alzheimer's Has Been Linked to Gum Inflammation

New evidence from NYU College of Dentistry (8/3/10) supports the link between gum inflammation and Alzheimer's disease. NYU researchers have found long-term evidence that periodontal (gum) disease may increase the risk of cognitive dysfunction associated Alzheimer's disease in healthy individuals as well as those who already are cognitively impaired. The study offers fresh evidence that gum inflammation may contribute to brain inflammation, neurodegeneration, and Alzheimer's disease. The research team examined over 20 years of data that support this hypothesis. Subjects with Alzheimer's had a significantly higher levels of antibodies and inflammation molecules associated with periodontal disease in their plasma as compared to healthy people.

Gum Disease Treatment Safe for Pregnant Women

According to the latest American Academy of Pediatric Dentistry e-newsletter, pregnant women can safely be treated for gum infections without having to worry about their baby's health. The concern among dentists had been that treating the problem could cause bacteria to get into the mothers' bloodstream, which could harm babies' development. Dentists have shied away from aggressive teeth cleaning for this reason. But those fears are unfounded, a new study shows. "Women can be confident that it's not going to have clinically meaningful effects on their child's development," says Dr. Bryan Michalowicz, whose findings are published online in the journal *Pediatrics*.

Dentists Warn Against Sports Drinks

Dentists in Australia, as well as America, are warning against the potentially harmful effects of sports drinks. Many people drink these beverages for a boost and athletes use them to keep hydrated and provide more energy to improve performance. However, dentists warn that some energy drinks contain a significant amount of sugar and can be detrimental to oral health. Suffering from acid erosion, there is a strong link between oral health problems and consumption of energy drinks and an alarming number of elite athletes are developing severe dental conditions as a result of drinking energy drinks on a regular basis. (*Cosmetic Dentistry Guide*, 3/18/11)

Flossing Can Protect Your Heart

Flossing daily not only helps prevent gum disease, but it may also help protect your heart, according to *American Profile* (Jan. 2011). "The current theory is that bacteria in infected gums can come loose and enter your bloodstream," says Dr. Raymond Martin, a dentist in Mansfield, Mass, and spokesman for the Academy of General Dentistry. The bacteria may then irritate your arteries, contributing to the buildup of fatty deposits.



Two-year-old Kathrynne is visiting the dentist. Katie is off to a great start with her oral hygiene needs as she has been seeing the dentist since she was just barely a year old. Katie has been in to see the dentist for her regular check-ups and fluoride treatments on a routine basis. We are proud to say that Katie has been cavity-free thanks to the ABCD program.

Plackers Introduces Kids Brush & Learn Musical Toothbrushes

Innovative toothbrushes make daily brushing routine fun and educational for kids. Utilizing original melodies and upbeat, catchy lyrics, each toothbrush plays an entertaining, educational song that encourages healthy dental care habits by making brushing fun for children. Parents can choose from four Brush and Learn toothbrushes with songs that help teach children their ABC's, 123's, farm animal sounds, and proper teeth brushing techniques.

Toothbrushes have a large on/off button and ergonomic handles easy for little hands to use, and soft, gentle bristles.

They are currently available at Walmart stores and on-line at www.plackers.com.

How to Make Kids Want to Brush Their Teeth

- Children like to model what their parents do. Invite your kids in the bathroom with you when you are brushing your teeth. They will be interested in the process and may want to do it themselves.
- Take your kids shopping for their own toothbrush of their choice. Kids like battery-operated toothbrushes. Let them also select their own toothpaste, making sure it is age-appropriate.
- When it's time for the kids to brush their teeth, get really excited and hype the experience up. Make it seem like it is as fun as going to a party. Let them brush their teeth themselves, but then finish up once they are done to make sure they've brushed everything, including their tongue.

Sippy Cup Tips

- The sippy cup is a training tool to help children transition from a bottle to a cup. It shouldn't be used for a long period of time – it's not a bottle and it's not a pacifier.
- Unless being used at mealtime, the sippy cup should only be filled with water. Frequent drinking of any other liquid, even if diluted, from a bottle or no-spill training cup should be avoided.
- Sippy cups should not be used at naptime or bedtime unless they only have water in them.

Cavities Are Contagious

Savannah Morning News reported what the dental community already knows. Drop a baby's spoon or pacifier on a clean floor and many parents will probably lick it off and stick it back in the baby's mouth. But dentists are advising parents not to do that because they could be passing on an unwelcome legacy of cavities. "Children aren't born with bacteria in their mouths that cause tooth decay," says dentist H. Byron Colley III. "They get that bacteria by sharing utensils and by transferring saliva with other bacteria-laden, mouths, such as their parents...if the oral hygiene of the parent is not good, that will be transferred to their child. Then that leads to tooth decay."

Colley and other dentists say many parents are surprised to learn they can transfer bacteria-causing cavities and poor oral health to their children. The problem is made worse by other common dental mistakes such as giving baby the wrong sugar-filled beverages, not brushing the baby's teeth, and waiting too long for the first checkup. "Dentistry is about education and prevention," Colley says.

Can Kissing Be Dangerous to Your Health?

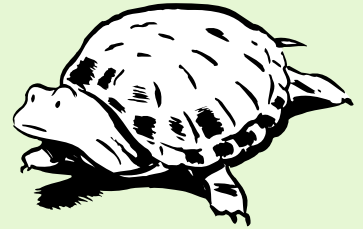
With just one kiss, couples can share more than 500 types of disease-causing germs and viruses, warns the Academy of General Dentistry (AGD). "Not knowing who you are kissing could be as dangerous to your health as having multiple sex partners," says AGD spokesperson Connie White, DDS, FASG.

Cold sores are caused by the herpes virus which is highly contagious. Colds and flu viruses can be transmitted very easily through contact with the saliva or nasal secretions. Mononucleosis, the "kissing disease" is easily communicated to others through kissing as well as sharing food, a cup, utensils or straws.

If you're still in the mood – and you and your partner are healthy – stealing some smooches may benefit your oral health by increasing saliva production. Saliva helps to wash away food particles and cavity-causing bacteria. It also protects teeth from decay by neutralizing harmful acids.

TOOTH TRIVIA

- ◆ Says a lady to her doctor while sitting on the exam table: “I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That’s why I can’t lose weight!”
- ◆ There are more than 100 fish teeth in the ocean for every single animal tooth on land.
- ◆ Parenting.com reminds us that the percentage of adults who have untreated cavities is 25%. Make your dental appointment today!
- ◆ A horse's teeth take up more space in its head than its brain. While a male horse will have 40 teeth, the female's mouth contains only 36. (www.tidbitsinc.com)
- ◆ An innocent question? Says a dentist while examining a lady’s teeth: “Have you been lying through your teeth again?”
- ◆ It was the common belief among ancient Egyptians that dental cavities were punishment sent down by the gods. Makes sense to me. (LM Boyd 10/5/00) Hatchlings emerge from their eggs using an egg-tooth, located at the front of the upper jaw and disappears a few months after hatching. It is a modified scale and not a real tooth.
- ◆ True: Musical instruments can cause dental problems for children? Certain instruments can put pressure on teeth and jaws.
- ◆ Do turtles have teeth? Some prehistoric turtles had them but no modern turtle possesses real teeth. Today, turtles have very sharp beaks which they use to bite with.



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