

# CHW Oral Health Guidelines

## Additional Information

### **Oral Diseases**

- Tooth Decay*
- Periodontal Disease*

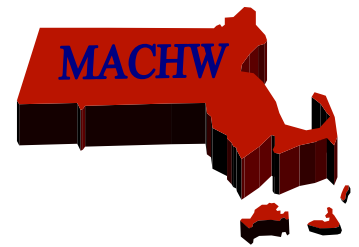
### **Basic Hygiene**

- Brushing*
- Flossing*

### **Dental Procedures- Decay Prevention**

- Fluoride Varnish*
- Sealants*

### **Oral Health Links**



## Oral Disease- Tooth Decay

---

### Causes

---

- Bacteria produced by the mouth forms plaque
- Food and drinks high in sugar
- Improper brushing techniques

### Tooth Decay Formula<sup>33</sup>

---

**PLAQUE+ SUGAR= ACID**

- This acid build up then can destroy the tooth enamel causing:

**ACID + TOOTH ENAMEL =TOOTH DECAY**

- Tooth decay can then cause holes or a “cavity” in the tooth enamel
- Brown and black spots on the teeth can be an indication of cavities<sup>34</sup>
- Acid build up or “acid attacks” occur for 20 minutes or more each time a person eats<sup>35</sup>



### Preventing Decay<sup>36</sup>

---

- Patients should brush their teeth twice a day with fluoride toothpaste
- Eat a balanced diet and limit between-meal snacks
- Visit the dentist at least once a year for professional cleanings and oral exams
- Talk to a dentist about sealants<sup>37</sup> which can protect teeth from decay

---

<sup>33</sup> Adapted from Missouri Oral Health Curriculum

<sup>34</sup> Image reference: <http://www.topnews.in/files/tooth.jpg>

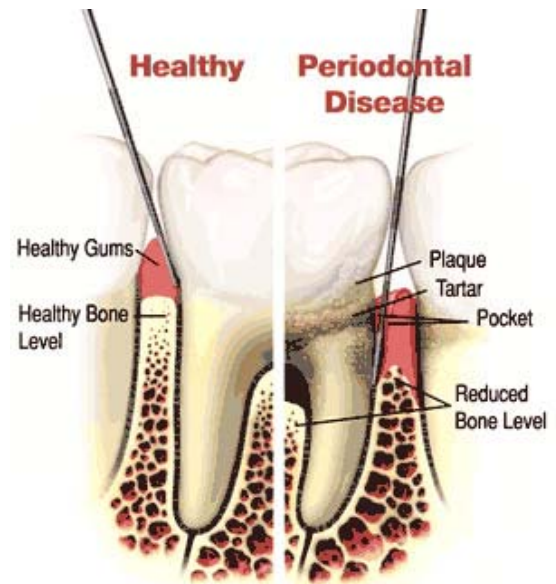
<sup>35</sup> [http://www.ada.org/prof/resources/pubs/jada/patient/patient\\_13.pdf](http://www.ada.org/prof/resources/pubs/jada/patient/patient_13.pdf), June 2, 2009

<sup>36</sup> <http://www.ada.org/public/topics/decay.asp>, June 2, 2009

# Oral Disease- Periodontal Disease

## Causes

- Periodontal disease is an infection of the tissues (gums) that support the teeth
- The disease causes the tissue to breakdown around your teeth
- Harmful “pockets” can develop which if left untreated can lead to loss of teeth<sup>38</sup>
- Excess plaque that is not removed over time can also lead to the disease

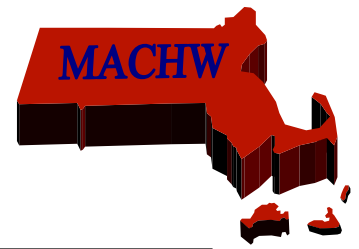


## The following conditions or lifestyle decisions will increase the risk for periodontal disease:

- Systemic diseases such as diabetes
- Certain types of medication such as steroids, anti-epilepsy drugs, cancer therapy drugs, calcium channel blockers and oral contraceptives
- Crooked teeth
- Fillings that have become harmed
- Tobacco smoking or chewing
- Stress

<sup>37</sup> Refer to Additional Information- Sealants

<sup>38</sup> Image reference: <http://cincinnati-smiledesign.info/wp-content/periodontitis.jpg>



# Oral Hygiene- Brushing

---

## Why is brushing teeth is important?

- Brushing the teeth rids the mouth of plaque and excess food debris
- It is the easiest way to prevent decay
- Brushing empowers individuals with the ability to prevent oral disease

## Proper Technique<sup>39</sup>

- Tilt the brush at a 45 degree angle against the gumline
- Only brush 2-3 teeth at a time and make sure to brush the outside, inside and chewing surfaces of all teeth
- Brushing should be gentle, forceful brushing wears away gums
- Use a gentle back and forth motion or a small circular motion



## Brushing Tips<sup>40</sup>

- Brush at least 2 times a day- after breakfast and before bed are the ideal times
- Brush for at least two minutes- a good practice is to brush long enough to hear one song on the radio
- Develop a standard routine for brushing- this will make brushing become second nature and not a chore
- Choose a toothbrush with soft bristles and ensure it has the ADA seal of approval

---

<sup>39</sup> Information and image adapted from: Missouri Department of Health and Senior Services Oral Health Program

<sup>40</sup> <http://www.simplestepsdental.com/SS/ihtSS/r.WSIHW/st.31845/t.452802/pr.3.html>



# Oral Hygiene- Flossing

---

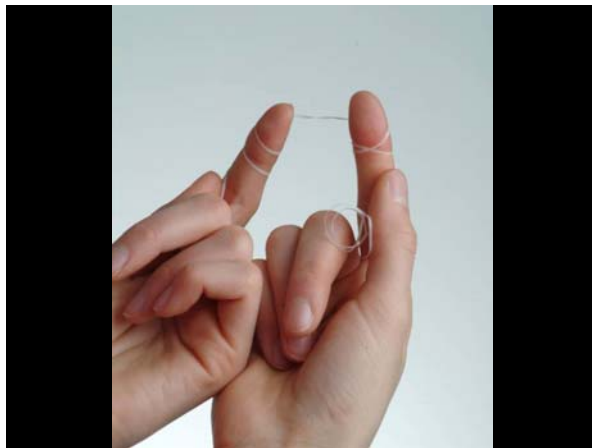
## The Benefits of Flossing

---

- About 35% of teeth will not get clean if you do not floss<sup>41</sup>
- Flossing reaches the areas of teeth that brushing cannot
- Flossing prevents the build up of plaque that can lead to cavities and bad breath

## Proper Technique<sup>42</sup>

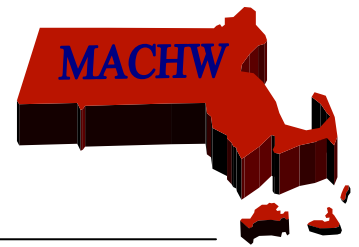
- Wrap 18” of floss around the middle fingers leaving about an inch of floss between the hands
- Follow the curves of the teeth sliding the floss up and down the surface
- Make sure that the floss does not go below the gumline



---

<sup>41</sup> <http://www.cotuitsmilecenter.com/blog/2007/07/30/five-things-to-consider-when-choosing-dental-floss/>

<sup>42</sup> Adapted from: Missouri Department of Health and Senior Services Oral Health Program



# Fluoride Varnish- Prevention of Decay

---

## What is Fluoride Varnish?

---

- Fluoride varnish lowers decay-causing oral bacteria levels and repairs and strengthens teeth<sup>43</sup>
- The varnish is usually applied with a cotton swab or a small brush directly to the child's teeth<sup>44</sup>
- Application of the fluoride varnish takes approximately 3 minutes and does not cause the child any pain



## Why Fluoride Varnish?

---

- In Massachusetts, both pediatricians and dentists can apply the varnish along with a nurse, dental hygienist or dental/medical assistant under the supervision of a doctor
- Physicians can identify whether or not a child is at high risk for cavities based upon several factors including the child's diet, caretakers risk, and oral hygiene
- Fluoride varnish is not a substitute for oral hygiene, it provides added benefits to children that are at moderate-to-high risk for cavities

## How is it applied?

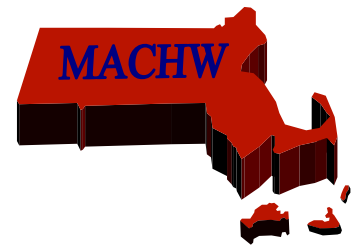
---

- The varnish is most effective if it is applied 2-4x a year and can be applied more often based on the clinicians treatment plan
- A “painting” of the varnish is applied to all sides of the teeth which gives the teeth a temporary yellowish color for a few days

---

<sup>43</sup> <http://www.mass.gov/Eeohhs2/docs/masshealth/provlibrary/fv-manual.pdf>

<sup>44</sup> Image reference: [http://www.first5oralhealth.org/page.asp?page\\_id=429](http://www.first5oralhealth.org/page.asp?page_id=429)



## Sealants- Prevention of Decay

---

### What is a sealant?

---

- A sealant is a plastic material that is usually applied to the chewing surfaces of teeth<sup>1</sup>
- This plastic material, almost like a permanent glue, bonds to the teeth and covers areas where cavities are likely to occur<sup>45</sup>
- The sealant then can protect the tooth by “sealing out” the acids that cause decay in areas that brushing and flossing cannot protect<sup>46</sup>
- Sealants can last for many years if they are properly cared for with daily hygiene and regular dental visits<sup>47</sup>



### Why sealants?

---

- Both children and adults cannot completely clean all areas of the mouth with regular brushing
- Children and adults can benefit from the application of sealants, they add extra protection to oral health prevention
- Treatment is very affordable and can be applied in one visit to the dentist

### How are sealants applied?

---

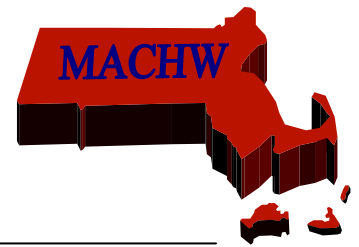
- Sealants are easily applied and only takes a few minutes to seal each tooth<sup>1</sup>
- The sealant is ‘painted’ on to the tooth enamel where it bonds to the tooth
- A special light is sometimes used to help the sealant harden

---

<sup>45</sup> Image reference: <http://www.pinehurstdental.com/wp-content/uploads/2009/02/sealant.jpg>

<sup>46</sup> [http://www.ada.org/public/topics/sealants\\_faq.asp](http://www.ada.org/public/topics/sealants_faq.asp)

<sup>47</sup> <http://www.aapd.org/publications/brochures/sealants.asp>



## Oral Health Links

---

### National Resources

American Dental Association (ADA)

<http://www.ada.org/public/topics/alpha.asp>

National Institute of Dental and Craniofacial Research (NIDCR)

<http://www.nidcr.nih.gov/EducationalResources/>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/OralHealth/topics/index.htm>

### State Resources

Massachusetts Department of Public Health (DPH)

[http://www.mass.gov/?pageID=eohhs2terminal&L=5&Lo=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Public+Health&L4=Programs+and+Services+K+-+S&sid=Eeohhs2&b=terminalcontent&f=dph\\_com\\_health\\_c\\_pca\\_oralhealth&csid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2terminal&L=5&Lo=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Public+Health&L4=Programs+and+Services+K+-+S&sid=Eeohhs2&b=terminalcontent&f=dph_com_health_c_pca_oralhealth&csid=Eeohhs2)

Massachusetts Dental Society (MDS)

[http://www.massdental.org/for\\_the\\_public\\_topics.aspx?id=136](http://www.massdental.org/for_the_public_topics.aspx?id=136)

Watch Your Mouth Campaign

<http://watchyourmouth.org/massachusetts.php>

MassHealth Dental Information for Members

<http://masshealth-dental.net/MemberServices/Default.aspx>