ORAL HEALTH 101

Presented by FNHA Oral Health Team
February/March 2016
Today, let’s talk about:

- The relationship between Healthy Eating and Good Oral Health
- The prevalence of oral disease
- The connection between mouth-body-health
- Oral diseases: gingivitis, gum disease, tooth decay & oral cancer
- Key oral health messages
- Effective family and community practices to support oral health
- Resources and key contacts
Healthy eating and good oral health support overall health

- Good oral health helps us talk, smile and have a positive self-image
- Good oral health gives us a better quality of life
- Unhealthy eating can result in oral disease, pain and tooth loss
How do we measure up for oral health in B.C.?

<table>
<thead>
<tr>
<th></th>
<th>Aboriginal</th>
<th>Non-Aboriginal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>Public or independent schools</td>
</tr>
<tr>
<td>Kindergarten children who were caries-free</td>
<td>43.3%¹</td>
<td>47.0%</td>
</tr>
<tr>
<td>Kindergarten children who had treated caries</td>
<td>31.9%</td>
<td>29.1%</td>
</tr>
<tr>
<td>Kindergarten children with visible decay</td>
<td>24.8%²</td>
<td>23.9%</td>
</tr>
</tbody>
</table>

BC Kindergarten Survey, 2015
Top condition all ages: dental!

Impact of high oral disease rates in B.C.

- About 2.26 million school days and 4.15 million working days lost each year due to dental visits and dental sick days
- Productivity loss more than 1 Billion dollars/year
- Children who have cavities are more likely to have more cavities throughout adulthood
- #1 reason BC children receive a general anesthetic is for treatment of severe tooth decay.
  - *Wait list of 6-12 months for this urgent treatment*

Oral disease is a disability - It decreases an individual’s quality of life
Oral disease causes:

- Bad breath
- Bleeding gums, tooth decay, tooth loss
- Pain and infection

Oral disease affects:

- Appearance, self-esteem, social interactions
- Speech and swallowing
- Ability to eat, nutritional status and weight loss
- Pain and discomfort

Oral diseases impact and affect our overall health!
Making the mouth-body-health connection

- There is a growing body of research linking oral bacteria and inflammation to:
  - Heart disease and stroke
  - Pneumonia
  - Diabetes
  - Pre-term, low birth weight babies, and more...

You can’t be healthy without oral health! (U.S. Surgeon General 2000)
Oral Diseases: Gingivitis & Gum (Periodontal) Disease

- Both are bacterial infections that can be prevented with good, daily oral hygiene & professional dental care

- Gingivitis can progress to gum disease, resulting in bone loss
  Signs: bleeding gums, bad breath, tooth mobility and loss

- Gum disease is irreversible, but can be controlled with regular treatment from a dentist, dental therapist, or dental hygienist
Gum disease = an open wound the size of your forearm

See red on your toothbrush... keep on brushing & flossing!
Oral Cancer

- 3 – 4% of all cancers
- Five year survival rate is 62% or less
- Risk factors: tobacco use, alcohol abuse, sunlight, age, HPV
- Can be detected with regular visits to an oral health professional
- Everyone, even denture wearers, should see an oral health professional once a year
Tooth Decay (Cavities)

- Is a bacterial infection
- Affects all ages
- Progresses quickly to pain and infection
- Can result in tooth loss

- Can be expensive to fix
- Many have limited or no dental insurance
- Fixing cavities does not stop the disease of tooth decay!

- To prevent and stop tooth decay, cavity causing bacteria must be removed from the mouth
Early childhood Tooth Decay (Cavities)

- The upper front teeth are the first to decay
- It starts as a white spot or line close to the gums
- Decay progresses quickly and can result in
Tooth decay - Adults
Science of Tooth Decay

Tooth decay is a bacterial infection:

- the mouth is a perfect environment for bacteria
- more than 700 different kinds of bacteria in the mouth
- everyone has their own “mix” of bacteria
- some of these bacteria can cause tooth decay and some can cause gum disease

- babies are born with a sterile mouth
- a child acquires bacteria from their caregivers by sharing saliva through normal parenting activities such as; pre-chewing food, cleaning pacifiers in the mouth, sharing spoons
Tooth Decay

Acid is produced for 20 – 40 minutes each time sugar is available in the mouth.

The more OFTEN sugar is available in the mouth, the more risk of tooth decay.

Over time and after frequent acid attacks, a hole or cavity appears.
Source: Boston Children’s Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart
SODA and JUICE = ACID

pH Scale – Measures the Amount of Acid

ACIDIC
1 2 3

Low number = Bad!!

Neutral
6 7

Battery Acid (Ouch!)

If the pH on the surface of teeth drops below 5.5, teeth are susceptible to decay and cavities!

Source: Boston Children’s Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart
Even in 100% natural juice with no added sugar, there is still sugar because fruit naturally contains sugar. It is better to eat fresh fruit or drink water.

Source: Boston Children’s Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart
Positive changes are being proposed

### Proposed Food Label Changes

**For Canada**

<table>
<thead>
<tr>
<th>Current Nutritional Facts</th>
<th>Proposed Nutritional Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Facts</strong></td>
<td><strong>Valeur nutritive</strong></td>
</tr>
<tr>
<td>Per 1/2 cup (125 mL)</td>
<td>Per 1/2 tasse (125 mL)</td>
</tr>
<tr>
<td>Amount</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calories / Calories 80</td>
<td>% valeur quotidienne</td>
</tr>
<tr>
<td>Fat / Lipides 0.5 g</td>
<td>1 %</td>
</tr>
<tr>
<td>Saturated / saturés 0 g</td>
<td>0 %</td>
</tr>
<tr>
<td>+ Trans / trans 0 g</td>
<td>0 %</td>
</tr>
<tr>
<td>Cholesterol / Cholestérol 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Sodium / Sodium 0 mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Carbohydrate / Glucides 18 g</td>
<td>6 %</td>
</tr>
<tr>
<td>Fibre / Fibres 2 g</td>
<td>8 %</td>
</tr>
<tr>
<td>Sugars / Sucres 15 g</td>
<td>8 %</td>
</tr>
<tr>
<td>Protein / Protéines 3 g</td>
<td>2 %</td>
</tr>
<tr>
<td>Vitamin A / Vitamine A</td>
<td>2 %</td>
</tr>
<tr>
<td>Vitamin C / Vitamine C</td>
<td>10 %</td>
</tr>
<tr>
<td>Calcium / Calcium</td>
<td>0 %</td>
</tr>
<tr>
<td>Iron / Fer</td>
<td>2 %</td>
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</table>

**Proposed Changes:**
- Increased size of Calories, with thick underline
- Serving Size information increased
- % Daily Value for Sugars is added
- Amounts of Potassium, Calcium and Iron are shown

**WARNING:** DRINKING BEVERAGES WITH ADDED SUGAR CONTRIBUTES TO TOOTH DECAY, OBESITY, AND DIABETES. THIS MESSAGE IS FROM THE BALTIMORE CITY HEALTH DEPARTMENT.

*Source: Baltimore City Health Department*
Gummy/Sticky Snacks in Grooves of Teeth

Chewy candy

Dried fruit

Gummy snacks and vitamins

Serving: 2 Gummy Bears
Sugar Per Serving: 3g

Source: Boston Children’s Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart
Here’s how to prevent tooth decay
1. **Remove the bacteria from the tooth surfaces**

   **How?**  *Tooth brushing & flossing*
   - Brush twice a day (morning and before bed)
   - Clean between the teeth daily

2. **Strengthen the outer surface of the tooth**

   **How?**  *Fluoride*
   - Fluoride toothpaste twice a day
   - Fluoride mouthrinses and fluoride varnish as recommended by a dental professional
Fluoride is safe and helps prevent tooth decay
Eggsperiment ~ a fun learning activity
Choices of Toothpaste

NO Fluoride Protection

Cavity Protection

Source: Boston Children’s Hospital: Risk-based disease prevention and management of Early Child Caries (ECC) flipchart
3. **Don’t feed the bacteria**

*Limit the frequency of foods, snacks, treats and drinks that are high in sugar or sticky*
Making decisions about eating...

“Choose often” snacks:
- are like “mini meals”
- Provide part of our daily nutrient requirements (is nutrient dense)

“Once in a while” snacks:
- Are usually low in nutrients, high in sugar and calories
- Are often cheaper than other more nutritious foods and drinks

Advertising on labels may claim that the product:
- Is fun
- Makes you feel happier
- Healthy for children (make them stronger, taller, think better etc.)
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
Often or Once in a while
3 Important Considerations

1. **Retentive factor:** How sticky is it?
   - Stickier last longer = longer acid attack

2. **Frequency factor:** How often are you having it?
   - More often = more acid attacks/day

3. **Time of day factor:** When are you having it?
   - During evening = Less saliva in mouth = longer acid attack
Practices to support individual and community oral health

1. Encourage women of childbearing age and pregnant women to have regular professional dental care
   - untreated oral infections can affect mom and baby’s oral & overall health
2. Promote infant feeding practices that are safe for newly erupting teeth:

- breastfeeding is best
- put only breastmilk, formula or water in a baby’s bottle
- hold baby while feeding
- remove the nipple (bottle or breast) from baby’s mouth after active feeding is finished
- if baby is having a bottle in bed for comfort it should contain water only
- some babies need the comfort of a pacifier or soother
3. Encourage daily oral hygiene:

Before teeth erupt:
- wipe the cheeks and gums with a clean, damp cloth, fingerbrush or small, soft toothbrush once a day. This helps develop a daily habit of mouthcare
After the tooth first erupts:
- start cleaning the teeth twice a day using a rice grained amount of fluoride toothpaste on a soft, small toothbrush
- at age three, continue brushing twice a day and increase the amount of fluoride toothpaste to a pea sized amount

Children cannot brush their teeth well enough to prevent tooth decay until they are 8 years old. Parents must brush for them!
4. Lift the Lip:

- Teach parents to look for signs of early tooth decay

- Teach parents to move the upper lip out of the way when cleaning their child’s teeth. The four upper teeth are hard to brush but this is where early childhood tooth decay begins.
5. Encourage families to limit sweet drinks and offer

- milk with meals
- water for thirst
- fruit instead of juice

6. Encourage healthy snacking

- cheese, yogurt, vegetables, fish, meats, whole grain breads and cereals, fruit and nuts
7. Encourage good daily oral hygiene and regular dental visits for family members

- **2 for 2 is what you do!**
  - brush for 2 minutes twice a day with a fluoride toothpaste
  - Clean between the teeth and under gums once a day
  - Visit an oral health professional at least yearly for a check up, oral cancer exam, necessary treatment and cleaning

8. Encourage families to participate in COHI (Children's Oral Health Initiative) if it is available in your community

- COHI provides annual screenings, temporary fillings, sealants and 2 – 4 fluoride varnishes (as recommended by a dental professional) for children 0 – 7 years of age. These services are free and are proven to help prevent tooth decay.
What are some of the Challenges?

- Not all children like to have their teeth brushed

- Parents, other family members or caregivers may have poor oral hygiene and might not model healthy oral care practices to children

- Food security or limited financial resources can mean that a parent/adult chooses pop or other sweet drinks instead of milk

- Community water supply may not be safe and bottled water is expensive
What are some of the Challenges?

- Elders may want to give children snacks/foods that can be harmful to their teeth
- Adults may have dentures and feel that a visit to the dental clinic isn’t important
- Past negative experiences with dental treatment may make adults fearful
- Older adults may believe that losing teeth is normal and expected
- What others can you think of?
Family Strengths and Opportunities to Build Upon

**Parenting skills**
- Sees oral care as an important part of child health. Brushing a child’s teeth can be difficult but it is a necessary part of daily care
- Can set limits for their child about frequency of “treats”
- Makes healthy choices about what to serve at meal and snack times

**Cavity free checkups**
- Provides positive reinforcement of good care
- Child begins to take responsibility for their health and wellness

**Set achievable goals**
- Reinforce success
- Keep it simple
Questions?
Contacts

Today’s presentation was an introduction to Oral health.

Want more information? Still have questions?

Email us with your name, email address and question/requests

Thank you!

Carol Yakiwchuk, Oral Health Manager

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On line resources: FNHA COHI resources and more...

- www.brushdj.com/#nogo
- www.2min2x.org
- https://www.commonsensemedia.org/app-reviews/toothsavers-brushing-game
- https://www.youtube.com/watch?v=OGcUSsbPsQQ
- https://www.youtube.com/watch?v=qCJxXsJkpW0
- https://www.youtube.com/watch?v=XHExQeY9FP8
- https://www.youtube.com/watch?v=wKrudVaEcMk
- https://www.youtube.com/watch?v=VFmkV11v1HOA