

# Oral Health 101



# Acknowledgements

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# Overview

- Introduce ECHO-LDPP
- True/False Statements on Oral Health
- Importance of Oral Health
- Oral Hygiene: How to Brush & Floss Teeth
- Oral Health Resources
- Additional Resources during COVID-19

# Goals & Objectives

- To Understand the importance of good Oral Health
- Learn and practice proper flossing and brushing
- Learn about activities that make flossing and brushing teeth fun for children
- Understand the importance of having a Dental Home
- Understand your Medi-Cal Dental benefits



# True or False

- You should brush your teeth once a day

**False**

- You should brush your teeth for at least two minutes

**True**

- The correct way to brush your teeth is from side to side

**True**

- It is recommended to go to the dentist every 6 months

**True**

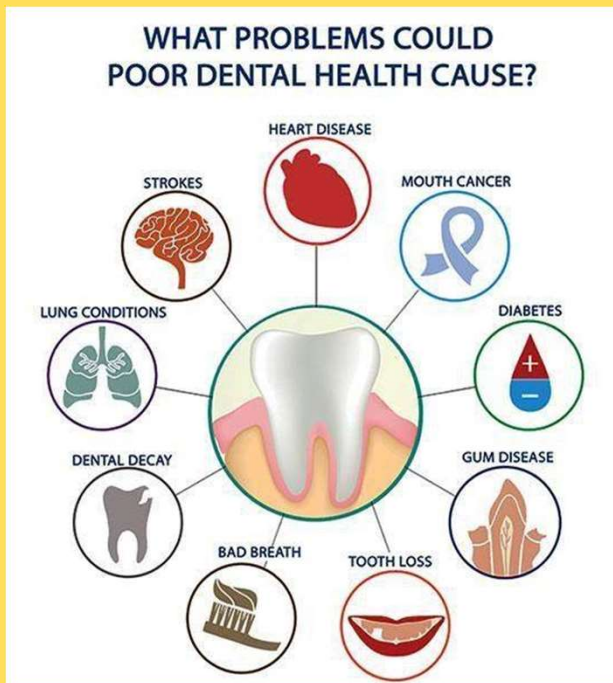
- You should brush your teeth first then floss after

**False**

# Why is oral health important?



# Importance of Oral Health for Children



- Important to overall health and self-esteem
- Poor oral health can interfere with children's education at school
- In fact, children who suffer from oral health problems have a higher chance of suffering from lower academic achievement

Seirawan, Faust, & Mulligan (2012)



Image from: *What problems could poor dental health cause?* [Web Image]. (n.d.).  
<https://dentistinleessummit.com/blog/oral-health-problems-and-overall-health-how-connected-are-they-%EF%BB%BF/>

# IMPORTANCE OF ORAL HEALTH: AVOID CAVITIES

- Poor oral health can cause cavities and oral diseases
- Dental cavities are holes or structural damage in the teeth
- Often occur in young children and young adults

MedlinePlus Medical Encyclopedia, 2019





# IMPORTANCE OF ORAL HEALTH: UNTREATED CAVITIES

- Carbohydrates, sticky foods, and frequent snacking can increase the risk of tooth decay.
- For example, frequent snacking and sipping of sugary beverages/snacks (soda, chips, cookies, crackers)



MedlinePlus Medical Encyclopedia, 2019

## State of Oral Health in California



- 54% of Kindergarteners experience dental caries
- Latinx & low-income children experience more dental caries
- Over 22% of children age 1-17 reported oral health problems in past 12 months
- Children miss over 800,000 days of school each year due to dental problems

# Oral Health Tips

## Concerns

- ❑ Sugary drinks (e.g. juice)
- ❑ Cavities and other oral health diseases that cause pain and infection
- ❑ Toothpaste amount
- ❑ Fluoride toothpaste

## Solutions

- ❑ Water down sugary drinks or drink infused water
- ❑ 6-month check-ups can reduce and prevent cavities
- ❑ Pea-size is enough for children that are able to spit and older children
- ❑ Fluoride toothpaste protects and strengthens the enamel

## THE PROCESS OF TOOTH DECAY

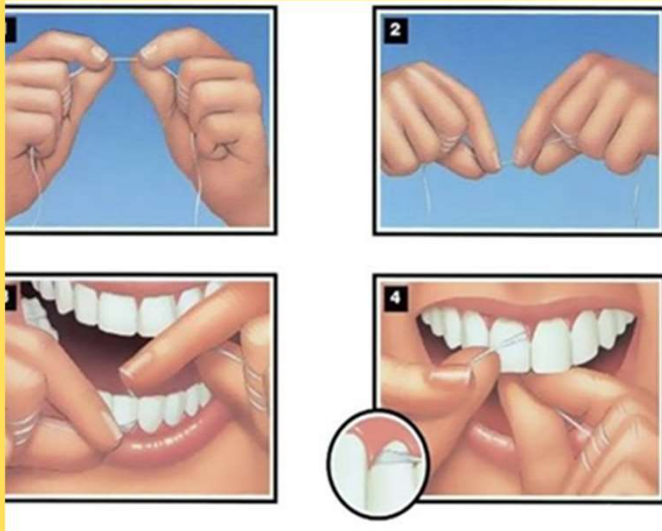


# THE PROCESS OF TOOTH DECAY

# Best Practices

- **Flossing**
- **Brushing**
- **Routine dental visits**

# Flossing



- Flossing should be done every night before brushing
- Disposable flossers can be used with young children or on the go
- Use a C-formation hugging the side of each tooth to remove food between teeth
- Bleeding may occur at first, but after flossing becomes a habit bleeding will stop

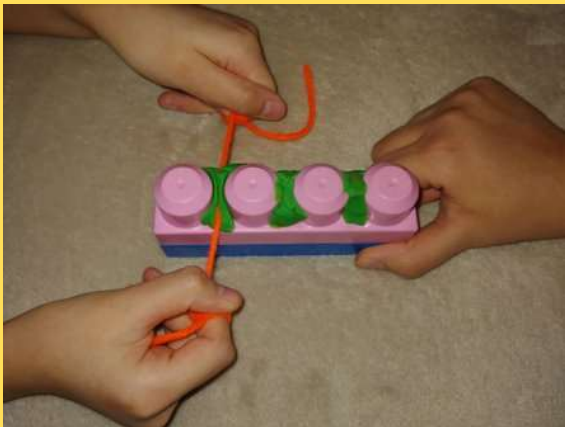
# Flossing Teeth Video



Link to Video:

<https://youtu.be/u-ILeWRotnQ>

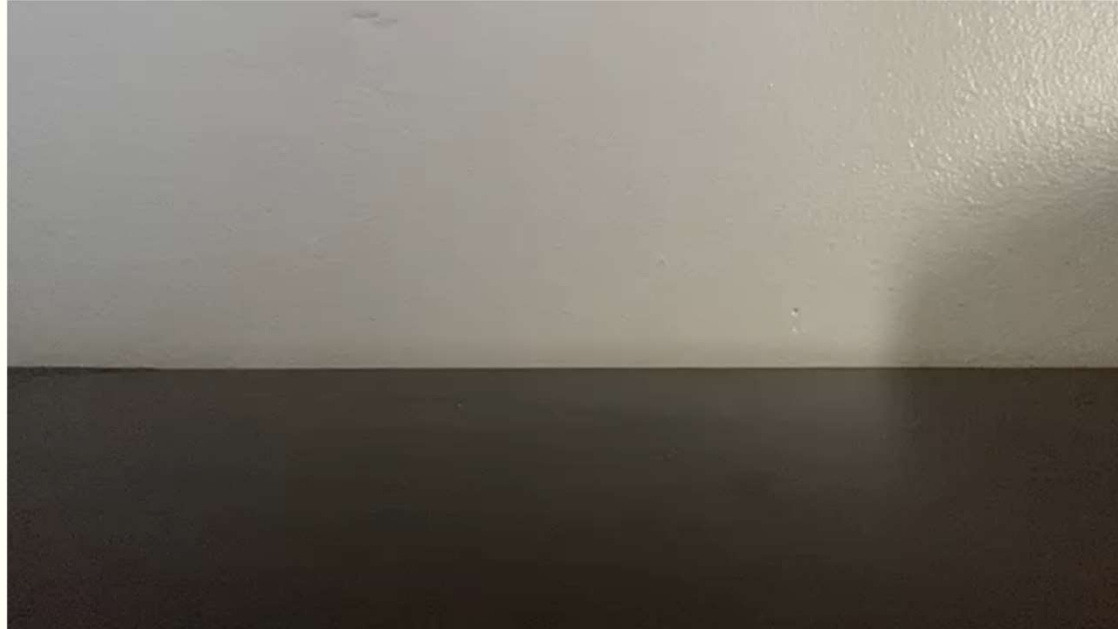
# Flossing Activity



- Find a partner
- Each partner will take turns practicing proper flossing with the materials
- While one partner holds the block, the other partner will use the yarn to remove the play dough in between the ridges of the block
- This activity is great for children to practice and gain an interest in flossing

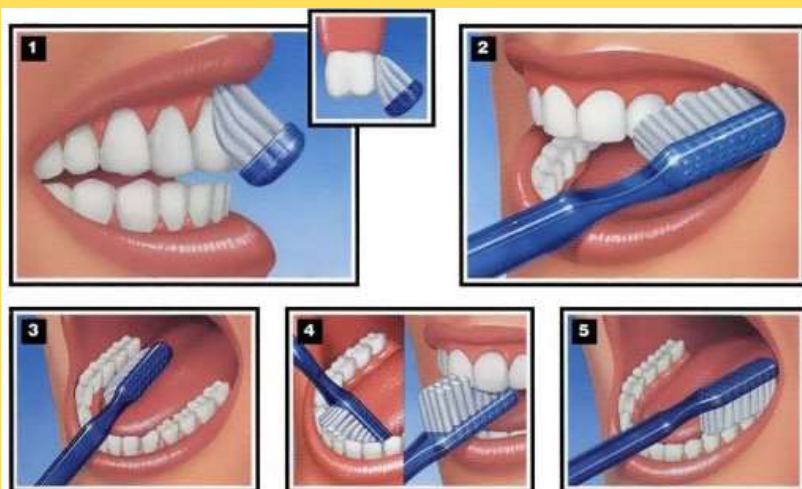


# Flossing Activity Video



# Brushing

- Brushing should be done 2 times a day, morning and night for 2 minutes
- Brush side to side at the gum line in short, back and forth strokes
- **Fluoride** toothpaste amount:
  - Pea size amount for children 3+
  - Grain of rice size amount for children under 3
- Use a soft bristle toothbrush



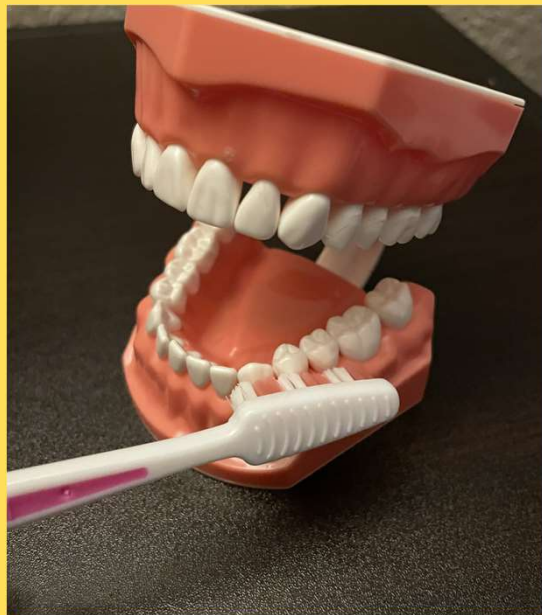
# Brushing Teeth Video



Link to Video:

<https://youtu.be/xm9c5HAUBpY>

# Brushing Activity



- Using teeth models and toothbrushes, practice proper brushing for 2 minutes
- Brush side to side at the gum line in short, back and forth strokes in a 45 degree angle
- Focus on all areas of the teeth and mouth such as the outer surfaces, inside surfaces, chewing surfaces, and lastly the tongue

# Amount of toothpaste

Before age 3



Grain of Rice



After age 3



Pea Size



Images from: MouthHealthy - American Dental Association. (n.d.). *Healthy children's dental habits* [Web Image]. <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

# Rules of 2s

- Visit your dentist 2 times per year
- Brush your teeth 2 times per day
- Brush for 2 minutes







# Finding a Dentist & Medi-Cal Dental Benefits





# Choosing a Dentist

- Finding a dental home (a dentist office you regularly visit)
- Children should have their first dental visit by their 1<sup>st</sup> birthday
- Establish a relationship with your dentist – Visit every 6 months or how often your dentist recommends
- Create a healthy teeth routine (home and school)

# Medi-Cal Dental Benefits

## What is Smile California (Medi-Cal)?

- A free service that can help you understand Medi-Cal Dental insurance coverage as well as finding needed dental services near you
- A great resource for oral health information for a variety of ages



**[www.smilecalifornia.org](http://www.smilecalifornia.org)**

# What Services Does Medi-Cal Dental Offer?

SERVICES	BABIES	KIDS	TEENS	PREGNANCY	ADULTS	SENIORS
Exam*	☀	☀	☀	☀	☀	☀
X-rays	☀	☀	☀	☀	☀	☀
Teeth cleaning	☀	☀	☀	☀	☀	☀
Fluoride varnish	☀	☀	☀	☀	☀	☀
Fillings	☀	☀	☀	☀	☀	☀
Tooth removal	☀	☀	☀	☀	☀	☀
Emergency services	☀	☀	☀	☀	☀	☀
Sedation	☀	☀	☀		☀	☀
Molar sealants**		☀	☀			
Root canals		☀	☀	☀	☀	☀
Orthodontics (braces)***			☀			
Crowns			☀	☀	☀	☀
Partial and full dentures			☀	☀	☀	☀
Denture relines			☀	☀	☀	☀
Scaling and root planing			☀	☀	☀	☀

\*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

\*\*Molar sealants are covered for teens up to age 21.

\*\*\*For those who qualify.

# **Additional Resources for Oral Health**



# Dental Visit during COVID-19

- The ADA has developed additional science-based guidelines to keep staff and patients safe
- Many people have put off their regular dental cleanings/check-ups this year, but it is important to schedule your appointments
- Protocols may vary per office
- Call your dental office for updates on what to expect before your appointment

Source: MouthHealthy - American Dental Association. (n.d.). COVID-19: What to expect when your dentist's office reopens. [https://www.mouthhealthy.org/en/dental-care-concerns/covid-19-what-to-expect-when-your-dentists-office-reopens?utm\\_source=mouthhealthy&utm\\_medium=mhhomeorator&utm\\_content=covid-19-what-to-expect-when-your-dentists-office-reopens](https://www.mouthhealthy.org/en/dental-care-concerns/covid-19-what-to-expect-when-your-dentists-office-reopens?utm_source=mouthhealthy&utm_medium=mhhomeorator&utm_content=covid-19-what-to-expect-when-your-dentists-office-reopens)

# Dental Visit during COVID-19

## Some changes to expect:

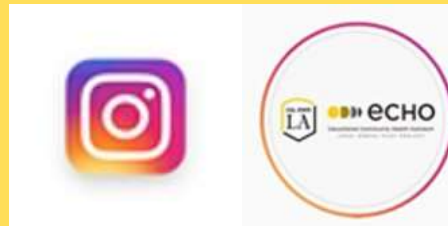
- Physical distancing
- Different check-in process (e.g., from your car)
- Questions about your current health; temperature taken
- Extra Personal Protective Equipment worn by dentist and staff
- Limit number of people you bring to the appointment
- Notify dental office if you experience COVID-19 symptoms within 14 days of your appointment

Source: MouthHealthy - American Dental Association. (n.d.). COVID-19: What to expect when your dentist's office reopens. [https://www.mouthhealthy.org/en/dental-care-concerns/covid-19-what-to-expect-when-your-dentists-office-reopens?utm\\_source=mouthhealthy&utm\\_medium=mhomerotator&utm\\_content=covid-19-what-to-expect-when-your-dentists-office-reopens](https://www.mouthhealthy.org/en/dental-care-concerns/covid-19-what-to-expect-when-your-dentists-office-reopens?utm_source=mouthhealthy&utm_medium=mhomerotator&utm_content=covid-19-what-to-expect-when-your-dentists-office-reopens)

# Visit us

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<https://www.instagram.com/echohpp/>



<http://www.calstatela.edu/echo>

# Questions

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