

Tongue 'n' Cheek... and Teeth, too!



In this issue:

✓ Diabetes and your dental health

✓ The facts about dental anesthesia and sedation

✓ Oral cancer and HPV connection

✓ Dental FAQs: Teeth whitening

✓ Fluoride facts

✓ Baby Teeth Matter: '2min2X' a day helps prevent decay

Take the WDA "Tongue 'n' Cheek...and Teeth, too!" with you - simply scan and enjoy!



Diabetes and your dental health

Gum disease, while more prevalent in adults, can start at any age. Children and teenagers who have Type 1 diabetes are at greater risk of developing gum disease than their peers.

Diabetes affects an estimated 25 million children and adults in the United States. The past two decades has seen a 30 to 40 percent increase in diagnosed cases according to the Centers for Disease Control and Prevention.

The Wisconsin Dental Association encourages individuals with diabetes to pay extra attention to their oral health.

Studies show diabetics are more susceptible to the development of oral infections and periodontal or gum disease than those who do not have diabetes.

Gum disease and diabetes

Periodontal diseases are chronic bacterial infections that destroy the attachment fibers and supporting bone that hold your teeth in your mouth. When this happens, gums separate from the teeth, forming pockets that fill with plaque and even more infection. The more advanced the disease, the deeper the pockets.

It can lead to painful chewing problems and some people with serious gum disease lose their teeth. Periodontal disease also may make it hard to control blood glucose.

Periodontal disease is more common in people with diabetes. Among young adults, those with diabetes have about twice the risk of those without diabetes.

Data from the CDC's 2011 National Diabetes Fact Sheet shows:

- Adults aged 45 years or older with poorly controlled diabetes were 2.9 times more likely to have severe periodontitis than those without diabetes.
- About one-third of people with diabetes have severe periodontal disease consisting of loss of attachment of the gums to the teeth.
- Total direct and indirect economic cost associated with diagnosed diabetes in the United States in 2007 was \$174 billion.



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Keep your gums healthy

Preventing dental disease is one of the best investments a person can make. Prevention is more than a one-time event and includes:

- Patient education
- Healthy eating habits
- Regular personal oral hygiene practices (Brush and floss daily!)
- Consumption or application of appropriate fluoride supplements
- Regular dental examinations with X-rays
- Professional dental diagnosis
- Appropriate placement of dental sealants
- Necessary restorative treatment early in the development of dental disease

Dentists believe such research findings support the idea that periodontal bacteria can easily enter the blood stream through open pores in inflamed gums and be transmitted to other parts of the body where it causes great harm.

Other related conditions

Diabetes also can make an individual more susceptible to the following conditions:

- Oral and fungal infections
- Poor healing
- Dry mouth

The facts about dental anesthesia and sedation



Conscious sedation enables individuals too afraid to go to the dentist to receive the care they need while avoiding common apprehension or "dental phobia".

Anesthesia and sedation can be used in dental practices to help provide a relaxing, anxiety-free experience for certain people receiving treatment.

Some medications control pain and help a patient relax, while others put a patient into a deep sleep during treatment.

Conscious sedation enables individuals too afraid to go to the dentist to receive the care they need while avoiding common apprehension or "dental phobia". Sedation dentistry may also be appropriate for people who:

- Have a low pain threshold
- Can't sit still in the dental chair
- Have very sensitive teeth
- Have a serious gag reflex
- Need extensive dental work

Since 2007, the Wisconsin Dentistry Examining Board has required dentists who provide conscious or deep sedation/general anesthesia services to patients to obtain a permit. Upon completing the required education and training, a dentist can apply for a class I, II or III permit depending on the sedation level to be used.

A dentist does not need a permit

to administer nitrous oxide inhalation and/or anxiolysis; these services can help patients relax without having a very noticeable impact on their level of consciousness.

Discuss the following with your dentist if sedation is being considered as a part of your care:

- Type of dental procedures to be performed and length of treatment
- Type of sedation procedure
- Your overall health and any potential complications
- Any history of allergies
- Your anxiety level

Types of anesthetics in dentistry

Local anesthesia prevents pain in a specific area of the mouth during treatment. Nerves that sense or transmit pain are blocked, numbing the mouth tissue.

Medication is injected into the tissue or applied topically directly onto the area. It does not impact a patient's level of consciousness or ability to respond to physical touch or verbal command.

Topical anesthetics are administered before an injectable local anesthetic or used to soothe painful mouth sores. Injectable anesthetics are used



for filling cavities, preparing teeth for crowns or treating gum disease.

Anxiolysis involves giving a patient an oral medication to take prior to the appointment to relieve anxiety. Anxiolysis produces a minimally depressed level of consciousness. The patient's eyes are open and he or she retains the ability to maintain an airway independently and to respond to physical touch and verbal commands.

Conscious sedation occurs when a patient is medicated to a depressed level of consciousness which mimics physiological sleep. Vitals are the same as during sleep, while the patient continuously maintains an airway and responds appropriately to

physical touch and verbal commands.

Deep sedation is used for complex procedures (e.g. oral surgery). When these medications are administered, the patient enters a controlled state of depressed consciousness. This includes complete or partial loss of protective reflexes, including the ability to independently maintain an airway and respond to physical touch or verbal commands.

General anesthesia, like deep sedation, may be utilized occasionally for very complex dental procedures. The patient will lose consciousness. He or she also experiences a partial or complete loss of protective reflexes, including the ability to independently maintain an airway and respond to physical touch or verbal commands.

Take an active role

Anesthesia and sedation are used safely by dentists to treat millions of patients every year. However, taking any medication involves a certain amount of risk.

You and your dentist can choose the appropriate steps to make your dental care as safe and comfortable as possible.



Oral cancer and HPV connection

The National Cancer Institute estimates 40,000 people in the United States will be diagnosed with mouth or throat cancer in 2012. About 8,000 people will die of the disease.

The oral cavity includes your lips, cheek lining, gums, front part of your tongue, floor of the mouth beneath the tongue and the hard palate that makes up the roof of your mouth.

The throat (pharynx) starts at the soft part of the roof of your mouth and continues back and down into your esophagus. It includes the back section of your tongue as well as the base

where the tongue attaches to the floor of your mouth.

While oral cancer is often difficult to talk about, early detection is crucial.

Tobacco use and alcohol consumption were previously considered the prime culprits behind oral cancer.

However, new research shows that certain types of oral cancers can also be caused by the human papillomavirus, and the number of cases is growing.

continued on page 4...

Dental FAQs

Is it legal to perform teeth whitening services in malls, salons and places other than a dental office?

In 2005, the Wisconsin Dentistry Examining Board stated, "It is essential that a dentist examine and diagnose a patient before proceeding with teeth whitening or delegating that procedure to anyone within a dental office."

That same year, the Wisconsin Department of Justice ruled teeth whitening was not part of the practice of dentistry. This makes it legal for non-dentists who have no education or skill in all the other important aspects of oral health to do teeth whitening outside a dental office and without a dentist's diagnosis.

The Wisconsin Dental Association recommends patients consult with a dentist to see if teeth whitening is right for them and, if so, have the treatment done by a dentist or under the supervision of one.



Brushing teeth just '2min2x' a day helps prevent decay

America's youngsters will again be absent from the classroom for an estimated 51 million hours this school year because of dental-related infections and pain.

A recent Wisconsin Department of Health Services' oral health survey shows 30 percent of third graders and 26 percent of Head Start preschoolers have untreated tooth decay. In the same survey, 55 percent of third graders and 36 percent of Head Start students already had fillings.

It's no wonder kids are hurting and missing critical learning time. Nationwide 60 percent of parents with children ages 12 or younger say they do not regularly help their children brush their teeth or check to make sure they've done a good job, according to an August 2012 Ad Council survey.

Close to one-third of those parents also said they argue with their kids at least once a week about brushing their teeth.

The Ad Council recently joined with *The Partnership for Healthy Mouths, Healthy Lives*, a coalition of more than 35 leading dental health organizations, to launch *Kids' Healthy Mouths*.

This joint, national, multimedia public service campaign is designed to teach parents, caregivers and children about the importance of oral health and the simple ways in which they can work together to prevent oral disease.

The campaign's English and Spanish-language TV, radio, print, outdoor and digital public service announcements poke fun at the myriad of inane things children spend time doing while highlighting that it only takes two minutes, twice a day to help maintain a healthy mouth and prevent future oral pain.

"The Wisconsin Dental Association welcomes this new national children's dental health education effort as it helps strengthen and extend our Baby Teeth Matter message," says WDA President Dr. Steve Stoll of Neenah.

Kids keep some of their baby teeth – the back ones they chew with – until their early teens. That's why baby teeth matter!

Early childhood tooth decay is a serious and transmissible disease that can spread quickly and lead to infection. The good news is cavities are preventable at every age.

A healthy diet, practicing good oral hygiene – brush and floss daily, having regular dental exams beginning no later than age 1, getting a

professional dental diagnosis with X-rays, following your dentist's guidance on fluoride application and consumption and placement of dental sealants and getting needed treatment early if dental disease does develop contribute to good dental health.

More information and helpful "how to" videos can be found on WDA.org, MouthHealthy.org and 2min2x.org.

Cleaning children's gums and teeth

- Before that first tooth appears, use a clean, warm cloth to gently wipe gums and inside of the mouth every day, especially after feedings and before bed
- Once a child has a tooth/teeth, use a soft, age-appropriate sized toothbrush and "smear" of ADA-accepted fluoridated toothpaste to brush two minutes, twice a day
- For 2 to 5-year-olds, use a "pea size" amount of toothpaste and perform or help the child with tooth brushing
- Introduce flossing once teeth grow larger and closer together
- Ask your WDA dentist or dental hygienist to demonstrate proper teeth brushing technique for you and your child

FLUORIDE FACTS

First city in Wisconsin (Sheboygan) starts fluoridating water to optimal level for public health

1946

90

Percent of Wisconsin residents on community water supplies who are receiving fluoridated water's benefits

100

Number of reputable international health and science organizations that recognize fluoride's public health benefits

\$38

Amount of future dental care costs saved by every \$1 invested in community water fluoridation

25

Percent (minimum) of tooth decay prevented during a lifetime thanks to fluoridated water

65

Years of research and experience proving fluoridation is safe for people and the environment

2009

FDA APPROVED

FDA approves bottlers' claim that fluoridated water may reduce risk of dental cavities or tooth decay

More than 100 strains have been identified, and emerging studies have linked certain oral and oropharyngeal cancers with the presence of HPV-16 and HPV-18, both aggressive, high-risk types.

According to the American Dental Association, HPV infection is now considered an important risk factor for oral cancers, even among younger patients who don't use tobacco products or drink alcoholic beverages.

The virus has specifically been connected to squamous cell carcinomas of the tonsils and the base of the tongue area.

Use of the HPV vaccine may reduce the rate of oral and throat cancers, but additional studies are still needed.

The Advisory Committee on Immunization Practices, which advises the United States Centers for Disease Control and Prevention, recommends boys ages 11 and 12 receive the HPV vaccine, Gardasil, to battle the human papillomavirus, and boys and men ages 13 to 21 receive a "catch-up" dose of the vaccine, if they were not yet vaccinated.



Mouth and throat cancer symptoms:

- Sores that bleed easily or do not heal
- A thick or hard spot or lump
- A roughened or crusted area
- Numbness, pain or tenderness
- A change in the way your teeth fit together when you bite down

Tell your dentist about any problems you have chewing, swallowing, speaking or moving your tongue or jaw.

Previously, the CDC had only recommended HPV vaccination for girls and women ages 11 to 26, since the human papillomavirus is also associated with 70 percent of cervical cancer cases.

For more information about the HPV vaccine, talk with your doctor or your child's physician.

It is important for patients to receive an oral cancer examination from their dentist, usually beginning in the late teenage years, since HPV-related oral cancers tend to occur in younger patients.

Although tobacco use and excessive alcohol consumption remain factors, HPV infection is now associated with some 10,000 cases of mouth and throat cancer diagnosed each year in the United States.

In April 2012, the CDC reported that oropharyngeal cancer is the second most diagnosed of cancers associated with HPV, the most common sexually transmitted infection.

Help prevent mouth and throat cancer by avoiding tobacco and limiting alcohol use. Have regular dental check-ups that include an examination of the entire head and neck.

Regular visits to your dentist can improve the chances that any suspicious changes in your oral health will be caught early, at a time when cancer can be treated more easily.



Editor

Robert Brennan, DDS
Neenah, Wis.

Public Relations Committee Chair

Sandra Piefer-Tomczak, DDS
Sheboygan Falls, Wis.

Executive Editor

Mark Paget

Managing Editor

Emily Bultman
414-755-4110
ebultman@wda.org

Wisconsin Dental Association

6737 W. Washington St.
Ste. 2360
West Allis, WI 53214
Phone: 414-276-4520
info@wda.org

Tongue 'n' Cheek... and Teeth, too!

The Wisconsin Dental Association is pleased to make *Tongue 'n' Cheek... and Teeth, too!* available to our member dentists and their patients as a way of communicating oral health information and promoting quality care.

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We welcome your comments and suggestions regarding this publication.

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with the Wisconsin
Dental Association!



WDA.org

Be sure to visit us online
for the latest news on
everything dental!



Kids will spend 11 minutes dressing Spike up like a princess.

How about two minutes to brush their teeth?

Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, get.to2minutes.org.

Ad Council Healthy Mouths Healthy Lives