



Georgia Smiles for School Nurses

Jennie M. Fleming, RDH, BS, MEd, Editor

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Volume 2, Issue 2

October–November 2010

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"FALL for Smiles"



October was National Dental Hygiene Month, and a good time to children good oral health habits and to reinforce one's own! Dental check-ups are vital for everyone's health and well-being.

Fall finds Oral Health America (OHA) is celebrating their annual campaign, "It's Time to Fall for Smiles". Their campaign promotes the importance of maintaining oral health by having regular dental visits, healthy nutrition, avoidance of tobacco products, and good self care.

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**HEALTH
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School Dental
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Currently, the health department dental program is participating in the Georgia 3rd Grade Dental Survey. A number of state elementary schools were selected at random to participate. We would like to extend our great appreciation for their participation in this important initiative! The data collected will help assure resource allocations where needed the most. It will be used to help make decisions as to where to target these resources based on this evidence for the children of Georgia in every health district.

**EXERPTS from
October 2010's
AAP ORAL
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Fall is an excellent time to provide oral health education for your students, parents, and families so they will become more aware of the science behind the link between oral health and overall health. Start the year with healthier smiles and continue good oral health habits all year long! **Healthy smiles are happy smiles!**



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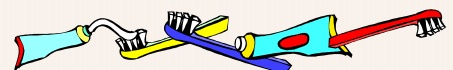


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Plackers®

For Release
Embargoed until September 1, 2010

CONTACT: Liz Rogers, (207) 756-2444
liz@oralhealthamerica.org

SCHOOLS PLAY A ROLE IN KEEPING KIDS' MOUTHS HEALTHY, SAY PARENTS

CHICAGO, September 1, 2010 - Two-thirds (65%) of parents are looking to schools to help reinforce the importance of oral health, saying it is extremely or very important for schools to teach children about taking care of their teeth, according to a new public opinion survey commissioned by Oral Health America.

"If we want our children to be in school, ready to learn, both parents and schools have a vested interest in working in partnership with dental care providers to teach good habits that will last a lifetime, and keep teeth and mouths healthy," says Beth Truett, President and CEO, Oral Health America. Tooth decay is the number one chronic childhood disease in the U.S., and children lose over 51 million school hours each year due to dental related illness.

According to the survey, children do not report brushing and flossing as often as their parents think they should. In addition, seven in ten parents say they give a brushing reminder on a daily basis, but less than half that number of children (34%) remember hearing their parents give these reminders. Schools are not significantly better at getting the message of dental health across to students. At school, just four in ten (39%) children report learning about oral or dental health in the past year. As they get older, children hear about oral health from both parents and schools less and less. Elementary school students (65%) are far more likely to have received this instruction than middle (36%) and high school (19%) students, despite the fact that 78% of teenagers have experienced tooth decay.

"Parents should commit to spending just two minutes twice a day with younger children to make sure they are not only brushing and flossing their teeth, but doing it right," says Truett. "Older children need to know why they should keep their mouths clean and the affects of poor oral health on appearance and employability. Schools can help by integrating mouth health into health and science classes at all grade levels, explaining oral health's importance to overall health, and demonstrating how plaque affects teeth and gums."

Oral Health America is a national, non-profit organization dedicated to changing lives by connecting communities with resources to increase access to dental care, education and advocacy. The Fall for Smiles Survey sponsored by Oral Healthcare Can't Wait, Plackers, a leading brand of consumer oral care products, and conducted by Harris Interactive®, was released today to kick-off Fall for Smiles, an initiative promoting the importance of self care, regular dental visits, healthy food choices, and tobacco avoidance as part of maintaining a healthy mouth and body. The survey was conducted on-line within the U.S. by Harris interactive on behalf on Oral Health American in May and June 2010 among 1,144 U.S. parents and 1,346 U.S. children ages 8-18.

For more information about Fall for Smiles: www.oralhealthamerica.org. For more information about Oral Healthcare Can't Wait, an initiative of the Dental Trade Alliance: www.oralhealthcarecantwait.com.



¹ Office of the U.S. Surgeon General

² Centers for Disease Control and Prevention

About Plackers Plackers, a leading brand of consumer oral care products, is a pioneer in dental flossers and other consumer oral care products. Having patented the first disposable dental flosser, Plackers is committed to developing high quality, affordable oral care products with innovative features that includes a comprehensive line of dental flossers, dental accessories, and dental night guards including the Grind No More Dental Night Protector. Plackers holds over 20 patents and is sold in major retailers worldwide. For more information, visit | <http://www.plackers.com>



The Fall for Smiles Quiz

Provided by Oral Health America and Oral Healthcare Can't Wait®



1. True or false: tooth decay is caused by germs that can be passed from one person to another.
2. Name two health conditions that are associated with poor oral health.
3. True or false: a dental sealant is a plastic coating that is often applied to children's teeth to help prevent tooth decay.
4. What is the most common chronic childhood disease?
 - A) Hay Fever
 - B) Asthma
 - C) Tooth Decay
5. What is the most common type of facial injury sustained during participation in sports?

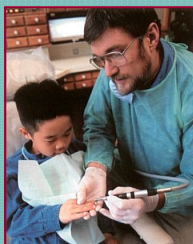
Quiz Answers:
 1. True
 2. Possible answers:
 a. Heart disease
 b. Stroke
 c. Diabetes
 d. Pneumonia
 e. Memory loss
 3. True
 4. C
 5. Dental injuries, and the majority of these dental injuries are preventable through the use of a mouth guard!



Make time for good oral health! Healthy habits are easier than you think. Ask you dental hygienist to find out more.

-American Dental Hygiene Assoc.: <http://www.adha.org/ndhm/index.html>

-ADHA Kidstuff: <http://www.adha.org/kidstuff/index.html>



Your County Health Department's School Dental Program

Your health department has an "In-School" dental program especially for children without access to care and those who are left without a safety net by some of the "other" dental programs. Our program can provide oral screenings, cleanings, dental sealants, and fluoride treatments regardless of ability to pay. We would be happy to visit your school!

If one of your students should have an emergency* or just need a dentist, the health department dental clinics are available.

You can be a part of helping these children receive the care they need! To reserve an appointment:

For program contact information:

<http://health.state.ga.us/pdfs/familyhealth/oral/oralhealthcontacts.pdf>

From the October 2010 AAP Oral Health Initiative Newsletter...

No Soda for You, NYC Seeks to Bar Use of Food Stamps for Soda... MedPage Today, October 7, 2010. Mayor Michael Bloomberg is asking permission from the US Department of Agriculture, which controls the food stamp program, to have a 2-year ban on buying soda and other sweetened drinks with food stamps. The time frame is to allow health officials to study the impact of a ban like this. The ban is not to reduce the size or eligibility of the food stamp benefit to recipients. The ban is not to apply to fruit juices without added sugar, milk, or milk substitutes, but to low nutritional value beverages containing more than 10 calorie per 8 oz. serving. For more: <http://www.medpagetoday.com/PrimaryCare/Obesity/22609>

Coffee Drinking Associated with Reduced Oral and Pharynx Cancer Risks, Medscape Medical News, October 19, 2010. A 36% risk reduction for cancers of the oral cavity and pharynx has been associated with drinking coffee. Two Italian studies were performed this year with the later being a larger study including the esophagus and other aerodigestive tract cancers. No association was found between drinking coffee and the risk for laryngeal and esophageal cancers. A "favorable effect of coffee at moderate/high doses" which in analysis most were compared to drinking 3 or more cups to drinkers of less than a cup a day. Coffee drinking has also been inversely related to liver cirrhosis, liver cancer, endometrial, and colorectal cancer. For more: <http://www.medscape.com/viewarticle/730771>

Gum Disease—A Significant Public Health Concern Science Daily, September 23, 2010. The prevalence of moderate to severe periodontal disease may have been underestimated by approximately 50% in America from previous studies according to research published in the *Journal of Dental Research*. It is a more significant public health problem considering the relationship between oral health and overall health. For more: <http://www.sciencedaily.com/releases/2010/09/100922155126.htm>

Nasal Mist in Dentistry, Needle-free Anesthetic, Dentistry.co.uk, September 24, 2010. A presentation by Dr. Fadi Ayoub of a new needle-free anesthetic was given at the 88th Annual International Association for Dental Research General Session Exhibition in Barcelona. The anesthetic is administered through the nose and can be used for procedures involving most of the upper teeth. It is currently undergoing clinical testing by the US food and Drug Administration. Dr. Ayoub is an assistant professor in the restorative department at the University at Buffalo School of Dentistry in New York. For more: <http://www.dentistry.co.uk/news/3198-Nasal-mist-in-dentistry-qaposgrabs-the-imaginationqapos#>

Successful Periodontal Therapy May Reduce the Risk of Preterm Birth, Science Daily, September 15, 2010. A possible link between successful periodontal treatment and premature birth has been found according to a study published in the *BJOG: An International Journal of Obstetrics and Gynecology*. When both groups in the study of 322 pregnant women with periodontal disease displayed a high incidence of preterm birth regardless of receiving scaling and root planning, researchers began to look at the success of the treatment and its association with preterm birth rate. Results for the pregnant women who were resistant to the effects of scaling and root planning showed a significant incidence of premature delivery than for those whose treatments were successful. The study shows that it is safe for pregnant women to receive periodontal treatment in order to improve their oral health and for those at high risk, successful periodontal treatment may reduce the incidence of premature birth when rendered as an adjunct to conventional obstetric care. For more: <http://www.sciencedaily.com/releases/2010/09/100915080444.htm>

Lamar County Dental Clinic Grand Opening

The process of establishing a dental clinic in Lamar County began 4 or more years ago because there was a need for services and the community support to make it happen. Lamar County is considered to be part of a Dental Public Health Shortage Area. The counties of Lamar, Pike and Spalding all qualify for this designation because of pockets of low-income residents. About 25% of Lamar's population is under the age of 18, and Lamar has four schools in which approximately 2/3 of the children qualify for the Free-and-Reduced Lunch Program.

It is our hope that we will be able to provide a treatment resource for those children in Lamar and the surrounding counties that have unmet dental needs; educate parents about good oral health for them and their children; and encourage oral health to be such a part of a child's life that they only have preventative services and never have to have restorative services done.



Photo courtesy of District 4 Health Services.
(PikeCountyTimes.com)

District 4 Public Health's Dental Program has been providing a sealant and fluoride mouthrinse program in Lamar for years. Only 40% of the county population is receiving fluoridated water the other 60% is on well water. One method to prevent dental decay is FLUORIDE MOUTHRINSE. The mouthrinse has been thoroughly tested and proven to be both safe and effective in the reduction of dental decay. Under the supervision of a trained person, the children in the mouthrinse program simply rinse their mouths once a week in school.

No matter what other way your child may be receiving the benefits of fluoride (toothpaste, community water fluoridation, fluoride applications by a dentist), the fluoride mouthrinse will not harm, but help. This preventive measure is intended to supplement, not replace, any other fluoride service.

There is NO CHARGE to participate in this program as the Georgia Department of Community Health, Division of Public Health, Family Health Branch, Oral Health Section and District Four Health Services sponsors the fluoride mouthrinse program. ~ Paige Beam, RDH, BAS, District 4 Dental Hygienist

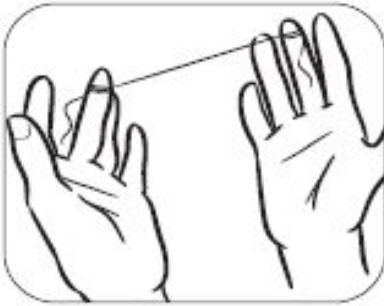
Helpful Data Resources

- Georgia Department of Education School Codes
http://app.doe.k12.ga.us/ows-bin/owa/main_pack_fcl099.entry_form?p_usercode=
- 08.10.10 - School Code contact: Georgia Department of Education, Laura Haase (pronounced Hayes), 404 656-4522, e.mail: lhaase@doe.k12.ga.us
- Georgia Department of Education Nutrition Policy:
http://www.doe.k12.ga.us/fbo_nutrition.aspx?PageReq=FBOPricePolicy
- Georgia Department of Education free and reduced meal program database:
http://app.doe.k12.ga.us/ows-bin/owa/fte_pack_frl001_public.entry_form
- Federal Poverty Guidelines released January 23, 2009
<http://aspe.hhs.gov/poverty/09poverty.shtml>

~Sharon P. Wilson, DeKalb Bd. of Health

Teach 'Em to Fall for Flossing!

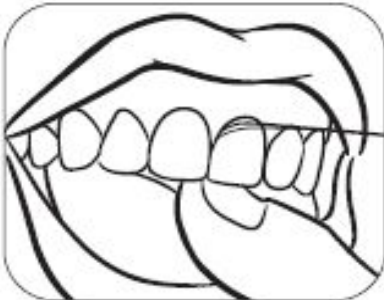
How to Floss



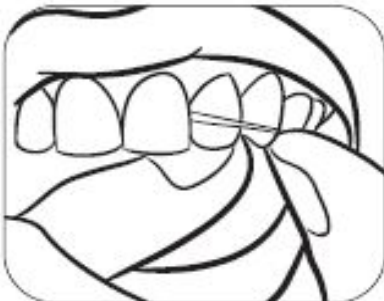
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers (your "pincher fingers") and gently insert it between the teeth.



- Curve the floss into the letter "C" by shaping it against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.



Coloring Sheet



FALL FOR SMILES FACTS

Remember to brush your teeth twice a day for two minutes, and floss at least once, too

Visit your dentist for a checkup every 6 months

Make healthy food choices and pick snacks that are nutritious

Always avoid tobacco products