

Preventing Early Childhood Cavities

In the mouths of babes.

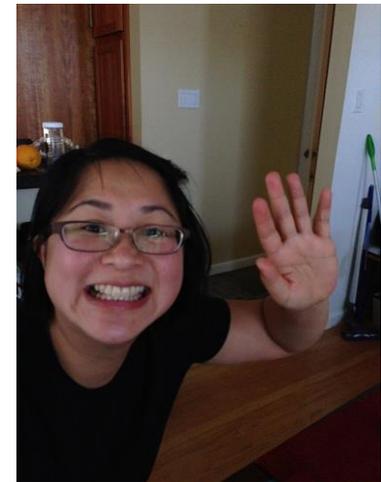
Lyra W. Ng, MD/MPH

October 2016

San Francisco Children's Oral Health Collaborative
Pediatrics, Gellert Health Services,
Chinese Community Health Services

Lyra W. Ng, MD, MPH

- Advocate: SF Children's Oral Health Integration Team.
- Pediatrician since 2003, the last 6 years with Chinese Hospital.
- First cavity—6 years old.
- Total lifetime caries x 2.
- One postpartum root canal.
- Too many family photos ahead.
- I have nothing else to disclose



Learning Objectives

- Recognize early childhood caries.
- The balance between healthy teeth and caries.
- How to integrate children's oral health into primary care. Apply it to your practice and community.
- Recognize what is happening in SF. It could be happening to your community, too.
- What SF is doing about it? SF HIP COH

The perfect beginning

- Healthy gummy pre-dental baby

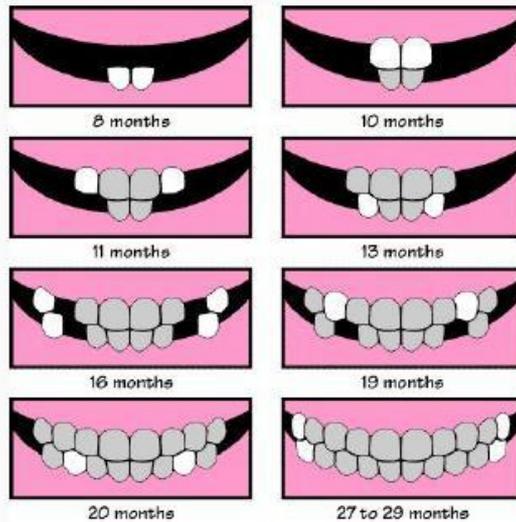


- healthy toddler teeth.



Baby Teeth

From Amarilis San Vicente, DDS, MS, CPH



	Age tooth comes in	Age tooth falls out
Upper teeth		
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.
Lower teeth		
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

Who cares about baby teeth?

- Function of baby teeth
 1. Biologic—nutrition, mastication, space holders for adult teeth,
 2. Social—smile factor and self esteem, appearance, first impressions
- Loss of baby teeth means loss of nutrition, loss of self esteem, increased dental and medical health expenditures for the community.

**YOUR MOUTH "TALKS"
TO YOUR BODY AND...**

**YOUR BODY "TALKS"
TO YOUR MOUTH.**

BACTERIA in your mouth travel to other parts of your body **IN YOUR BLOODSTREAM.**
-American Academy for Oral Systemic Health

GUM DISEASE increases the risk of **HEAD & NECK CANCER.**
-American Academy for Oral Systemic Health

People with **GUM DISEASE** are twice as likely to die from **HEART DISEASE** & three times as likely to die from **STROKE.**
-Mayo Clinic

Research has found an association between **GUM DISEASE & RHEUMATOID ARTHRITIS.**
-American Academy of Family Physicians

DIABETES & BLEEDING GUMS increase your risk of **PREMATURE DEATH** by 400-700%.
-American Academy for Oral Systemic Health

There is a link between the **BACTERIA** that live in your mouth to **HEART DISEASE, HIGH BLOOD PRESSURE & STROKE.**
-American Academy for Oral Systemic Health

TOOTH LOSS & GUM DISEASE increase the risk of **ALZHEIMER'S** disease.
-Mayo Clinic

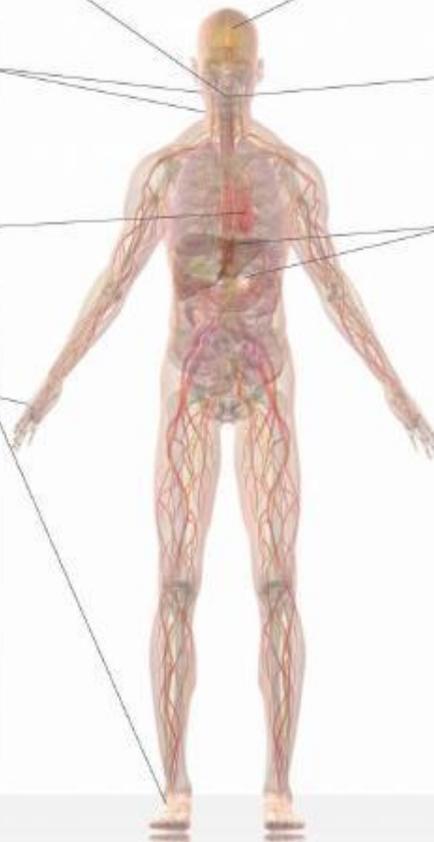
CAVITIES are caused by a germ that spreads while **KISSING & SHARING FOOD.**
-American Academy for Oral Systemic Health

GUM DISEASE increases **PANCREATIC & KIDNEY CANCER** risk by 62%.
-Harvard

93% of people with **GUM DISEASE** are at risk for **DIABETES.**
-American Academy for Oral Systemic Health

The Surgeon General reports that **AT LEAST 80%** of American adults have **GUM DISEASE.**
-American Academy for Oral Systemic Health

PREGNANT women with **GUM DISEASE** have **ONLY A 1 IN 7 CHANCE** OF GIVING BIRTH TO A HEALTHY CHILD of normal size.
-American Academy for Oral Systemic Health



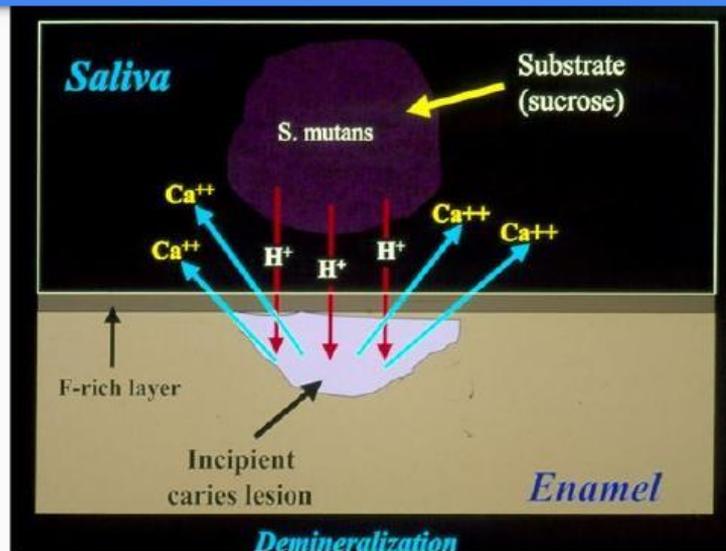
The Mouth-Body Connection

From Amarilis San Vicente, DDS, MS, CPH

The dirty truth of bacteria and the mouth

- Pathology of plaque and bacteria on teeth

From Amarilis San Vicente, DDS, MS, CPH



How do we preserve perfection?

- Care about the health of the adult and child mouth.
- Avoid colonization of Strep mutans.
- Brush, brush, brush away retained food, cariogenic materials and “plaque”.
- Embrace fluoride-toothpaste, fluoridated water, fluoride varnish.
- Avoid sugar sweetened beverages.

Care about the health of the adult and child mouth.

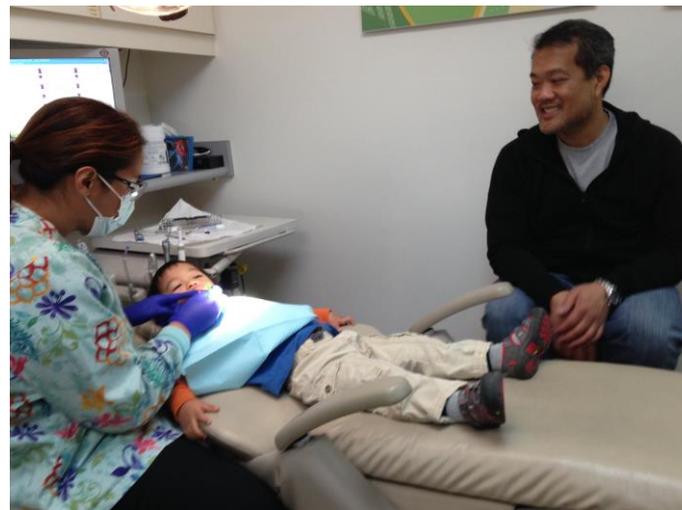
- Mother's oral health status can predict the oral health status of the kids.
- Baby teeth are priceless and they are free.
- Value baby teeth. Protect baby teeth.

Avoid colonization of Strep mutans.

- Avoid saliva exchange between adults and baby.
- Avoid saliva exchange between elder children and baby.
- Fomites?: eating utensils, sharing chopsticks, using the adult mouth to “rinse” a fallen pacifier,
- Do people still do this? Premasticating solid foods for baby.

What about Dentists?

- Age of first dental visit-
- Recommended vs reality
- Pediatric dentists vs family dentists
- Dental insurance-Private vs public vs none



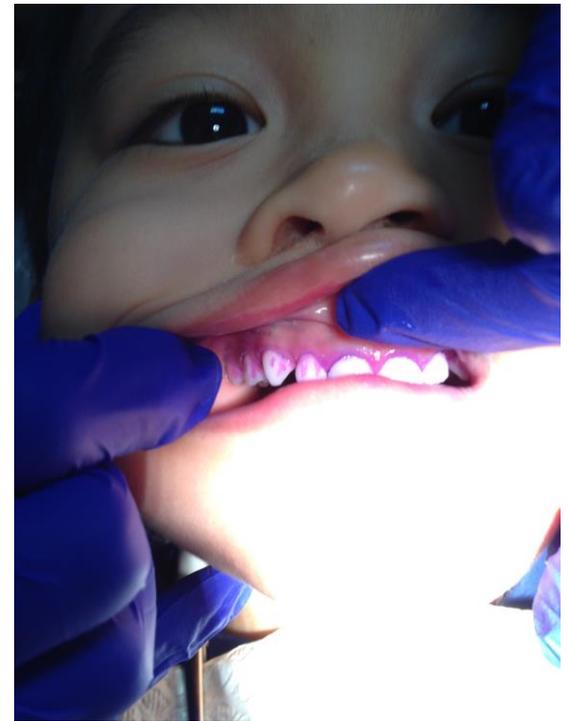
The dental home starts at home.

- Oral care needs to be an ingrained series of daily home habits, overseen and enforced by the parent or guardian.
- Barriers and myths.
- Identify the champion in the family.
- Encourage, acknowledge



Brush, Floss and Brush

- Brush, brush, brush away retained food, cariogenic trash and plaque.
- Use floss once a day, find the time that fits best with the busy home schedule.
- It does not have to happen in the bathroom. Do it during book and or screen time.
- Brush-Book-Bed—give families a bedtime plan.
- (We interrupt this children’s oral health discussion with a plug for limiting screen time for all children. Aim for no more than 1 hour of screen time a day, thank you. Unplug yourself first, your kids are watching and learning from you.)



Ways to get fluoride on the teeth

- Fluoridated Tooth paste twice a day from the first tooth (AAP, AAPD Pediatric Dentists)
- Under 3 yo-rice size or a smear
- Over 3 yo-pea sized
- Drink Fluoridated faucet water
- Fluoride varnish applications 3-4 times per year.

The Professional Dental Home

- First visit by first tooth or 12 mos old
- Screening, identify risks, focused education, reassurance.
- Cleaning-removing tartar
- Prevention –fluoride treatments
- Treatment-treat gingivitis, caries, abscesses, root canals, caps, extraction. Everything else!

The Medical Home



- Wait a minute, WHAT??
- That's not my job! See a dentist...
- I'm already doing too much! There isn't enough time to add anything else.
- And I have to do EMR notes!!!
- Pediatricians don't get paid enough to do so much...nickel and dime. I got school loans.
- Gripe, gripe, gripe.

Oral Health Messages and Fluoride Varnish

- All it takes is a few comments about preserving oral health and 30 seconds to paint fluoride on to the teeth to Make a Difference in your patient's life.

Workflow Preservation

- Greeting
- HPI
- ROS
- PE-screen for cavities and FV.
- Assessment
- Plan

Screening for Poor Oral Health

- White spots, Grey Spots, Black spots, Holes!

Oh, my!!!

From Amarilis San Vicente, DDS, MS, CPH and
AAP Section on Oral Health

CLINICAL FINDINGS

- ⚠ White spots or visible decalcifications in the past 12 months
 Yes No
- ⚠ Obvious decay
 Yes No
- ⚠ Restorations (fillings) present
 Yes No
- Visible plaque accumulation
 Yes No
- Gingivitis (swollen/bleeding gums)
 Yes No
- Teeth present
 Yes No
- Healthy teeth
 Yes No



Screening for gum disease

- Normal gums (photos)
- Pink, edematous gums
- Red, edematous, friable gums

Fluoride Varnish Prep

- Varnish packet
- FV is \$154 for a box of 200, \$0.77 ea.
- Gloves
- 2x2 gauze

Gifts to preserve oral health

- Age appropriate tooth brush
- Fluoride toothpaste
- Dental Floss

- Thank you to Margaret Fisher of SFDPH and Abby Wolf, RN—health nurse of SFHP for your generous gift of FV and gift supplies.

The Return

- Lifetime oral health habits
- Reimbursement from some insurances
- \$18 from Health Plan of San Mateo
- 3 times per year
- 99188 or D1206

- Not yet by SFHP, CCHP, AAMG—to date.
- (I am working on them-check back next year)

Is there a down side?

- Nay sayers who insist oral health care is the jurisdiction of dentists.
- The specter of fluoridosis. How to reassure.
- Toddler behavior impediment-what if they cry?
- There's no time for this.
- More paperwork-procedure note within the WCC note, logging Brand, Lot number, etc.
- Purchasing Fluoride Varnish.

“Now I understand it’s important, but how can I fit another thing in?”

- The provider can do it (99188).
- An MA can do it, too (D1206).
- The provider or MA can do it during a Fluoride varnish “clinic”. (Think of a Flu shot clinic).
- CHDP reimbursement for VACCINE administration is \$9.
- HPSM reimbursement for FV is \$18. Twice as much income for your coffers.

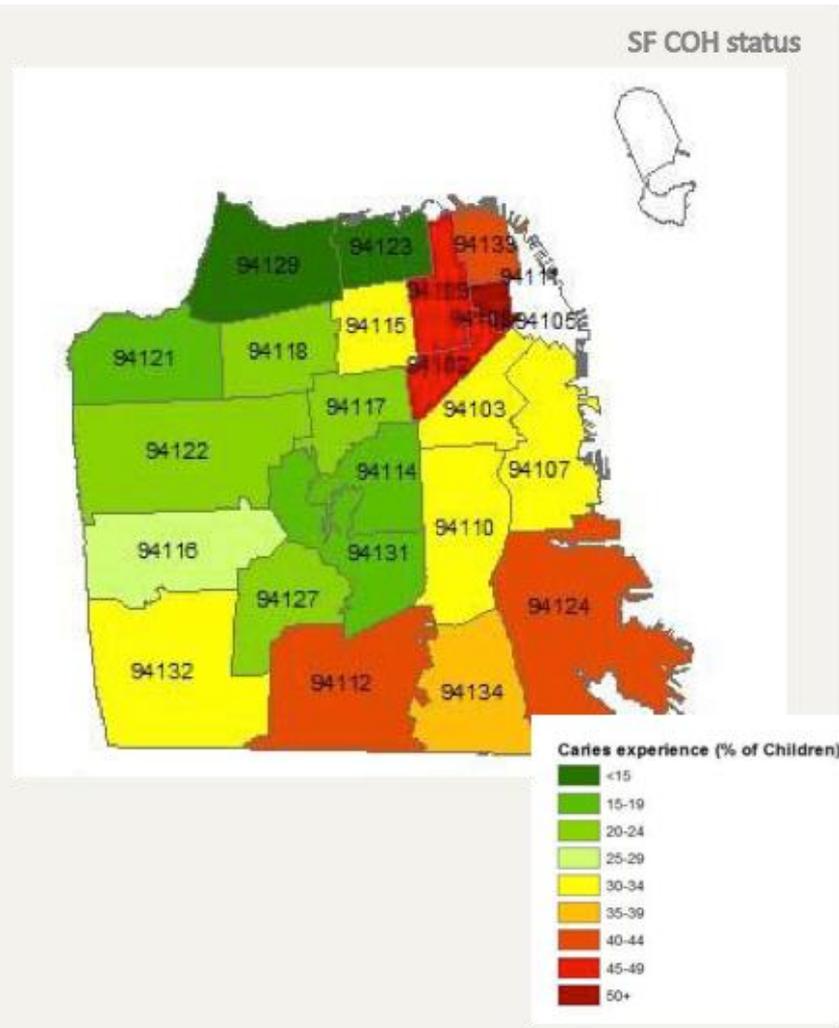
How long does it take?

- Watch me

What is happening in the mouths of babes in SF?

Children in some SF neighborhoods have experienced 2-3x more caries

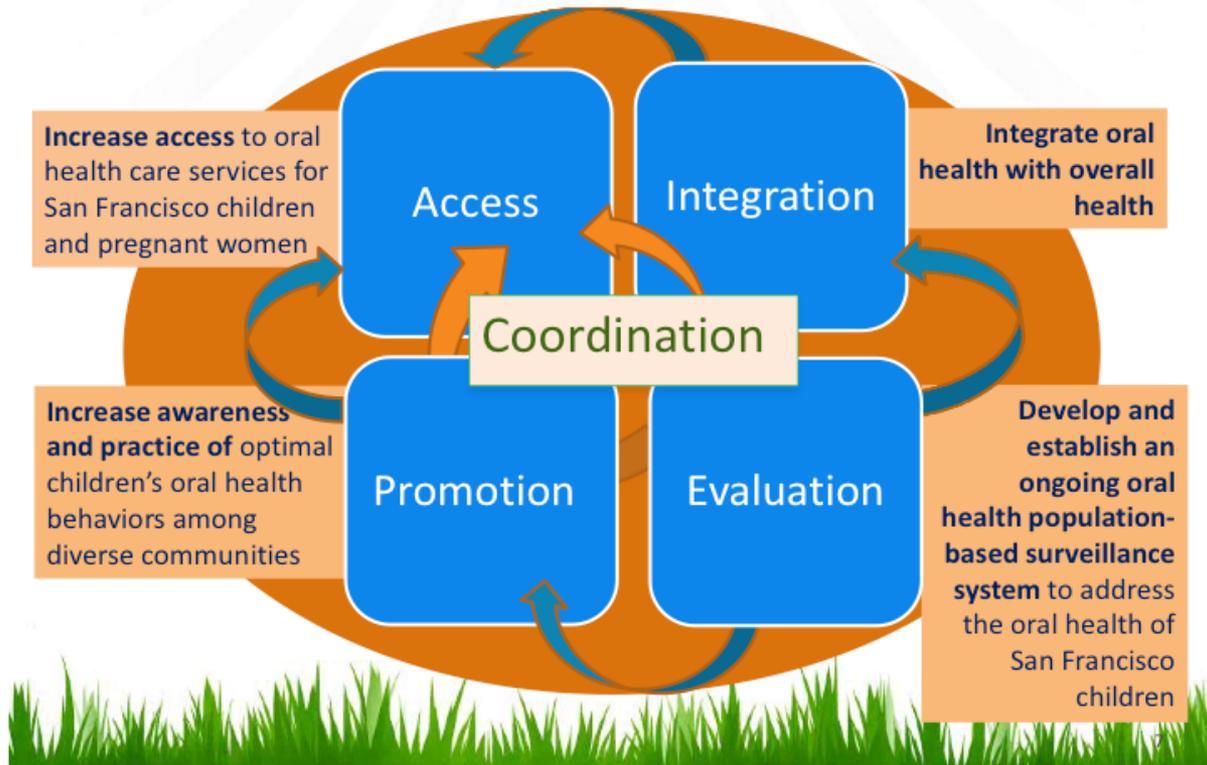
Chinatown
North Beach
Nob Hill/Russian Hill/Polk
Tenderloin
South of Market
Bayview/Hunter's Point
Visitation Valley
Excelsior
Portola



What are we doing about it?

- SF Children's Oral Health Collaborative

Overarching strategic priority areas



Communities taking care of their own:

The Chinatown Children's Oral Health Taskforce

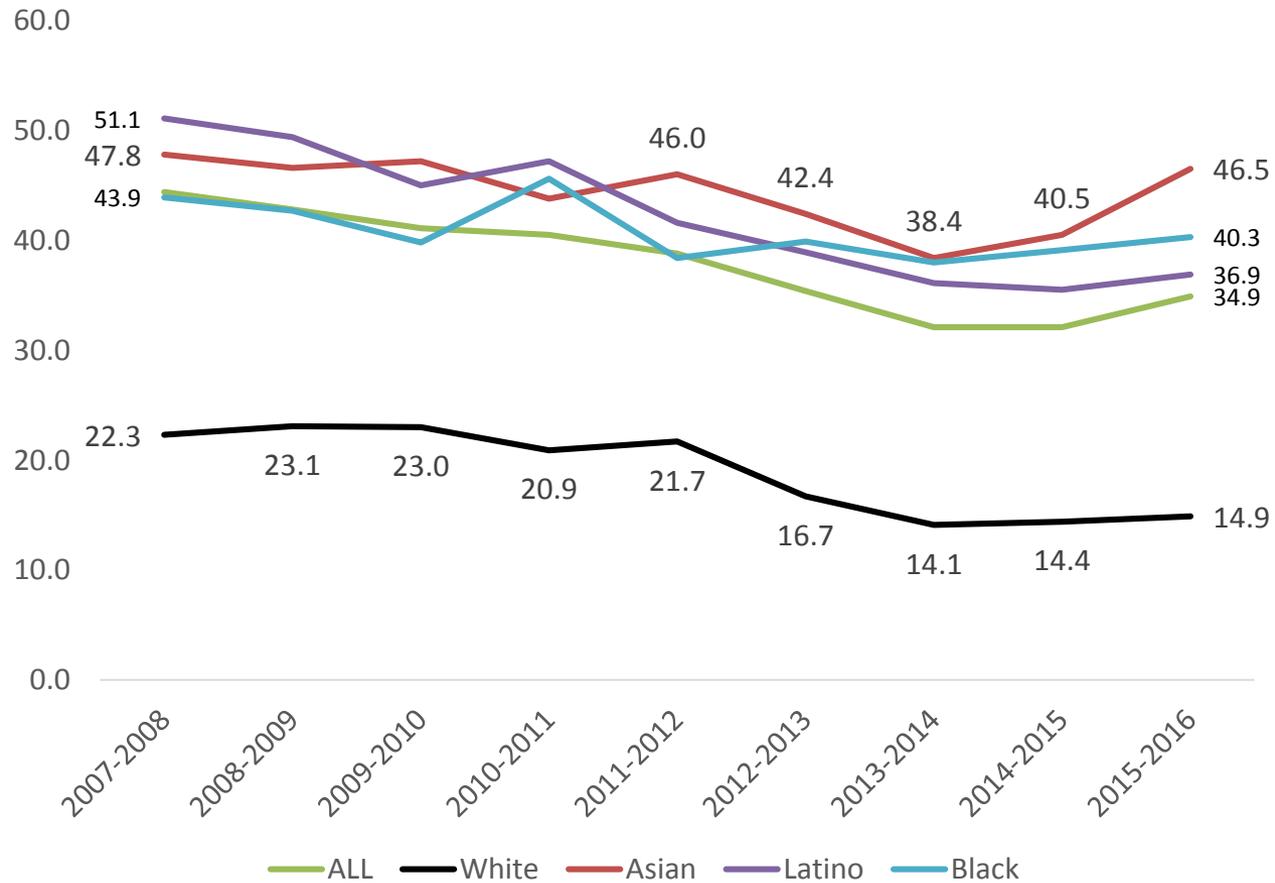
- NICOS and Chinatown Public Health Centers
- Created independently
- Cultural and language specific community intervention at elementary schools, preschools, and community health fairs.
- Volunteer based

The trends despite our efforts

SF Children's Oral Health Collaborative started in 2014.

Our goal is a Caries Free SF.

SFUSD kindergarteners caries experience by ethnicity, 2007–2016



Data source: SFDPH-SFUSD-SFDS Kindergarten Oral Health Screening Program.

The Need is Real

- You can make a difference with this preventable health problem one family at a time. The statistics can change within 5 years.
- It's not a pie in the sky goal.
- You can effect change with this gross health disparity.
- Only you can make the time to address it in your office with your patients.

OK, I will do it.

Do or Do Not, there is no try—YODA

Your patients and
their families thank you...

