

**ECHO IDAHO**

Oral Health in Primary Care

# Promoting Prevention and Early Intervention in Oral Health

4/21/26

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



100

MILLION  
MOUTHS  
CAMPAIGN

The  
Idaho   
Oral  
Health  
Alliance

 DELTA DENTAL<sup>®</sup>

# Learning Objectives

- Identify common signs and symptoms of oral disease
- Identify risk factors and prevention strategies for oral disease
- Access resources for additional oral health information and services



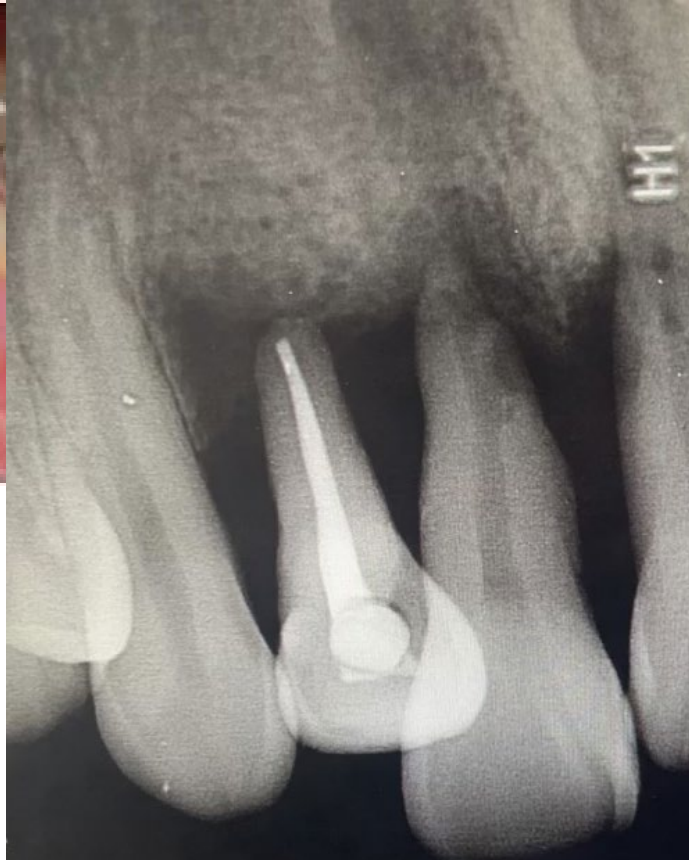
# A Siloed Approach to Healthcare



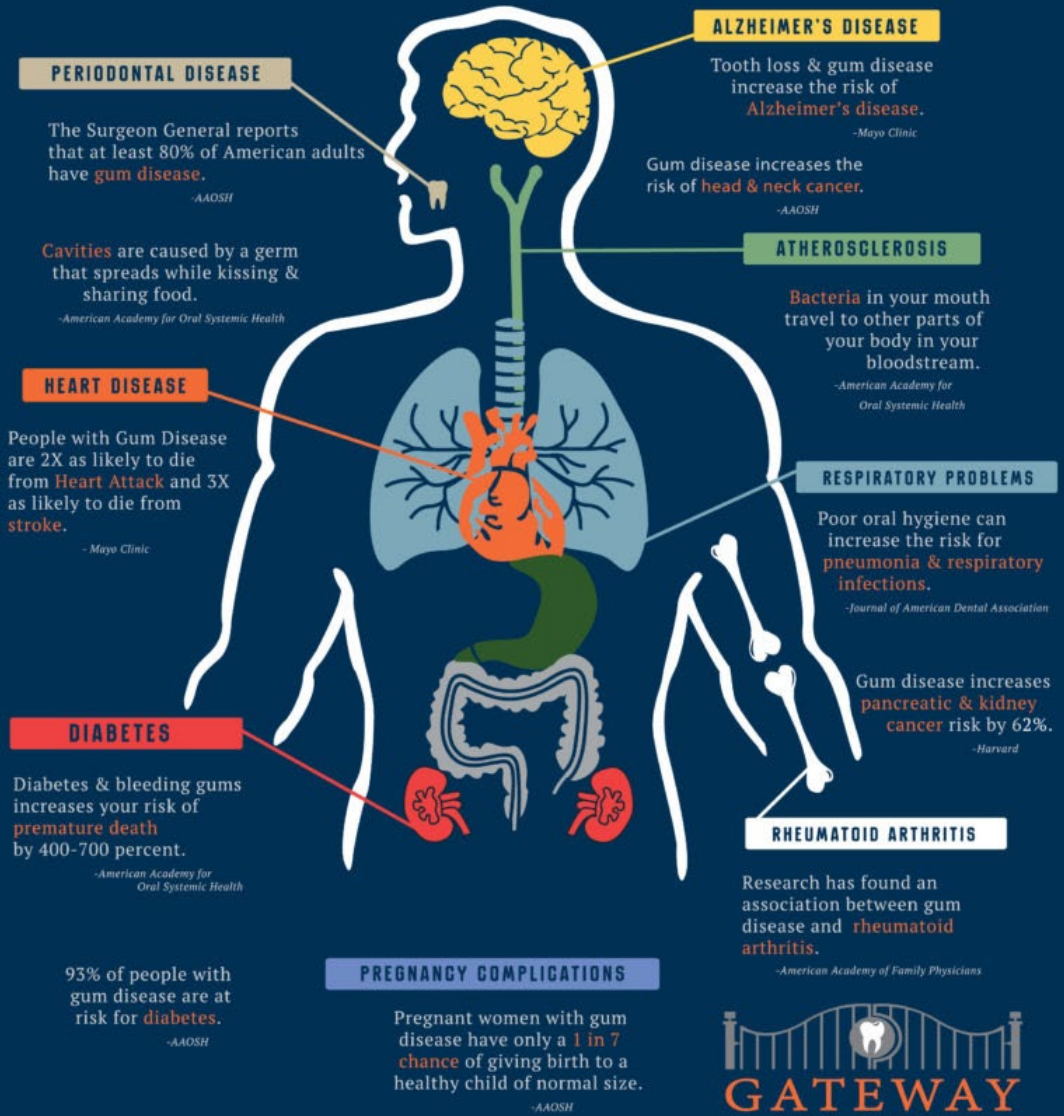
<https://images.app.goo.gl/mfoaxdPDqVnKaBer6>

**Where has that  
gotten us...?**

# ...It's gotten us HERE



# Mouth Body Connection



Periodontal disease and dental caries are **infections** that occur in the mouth.

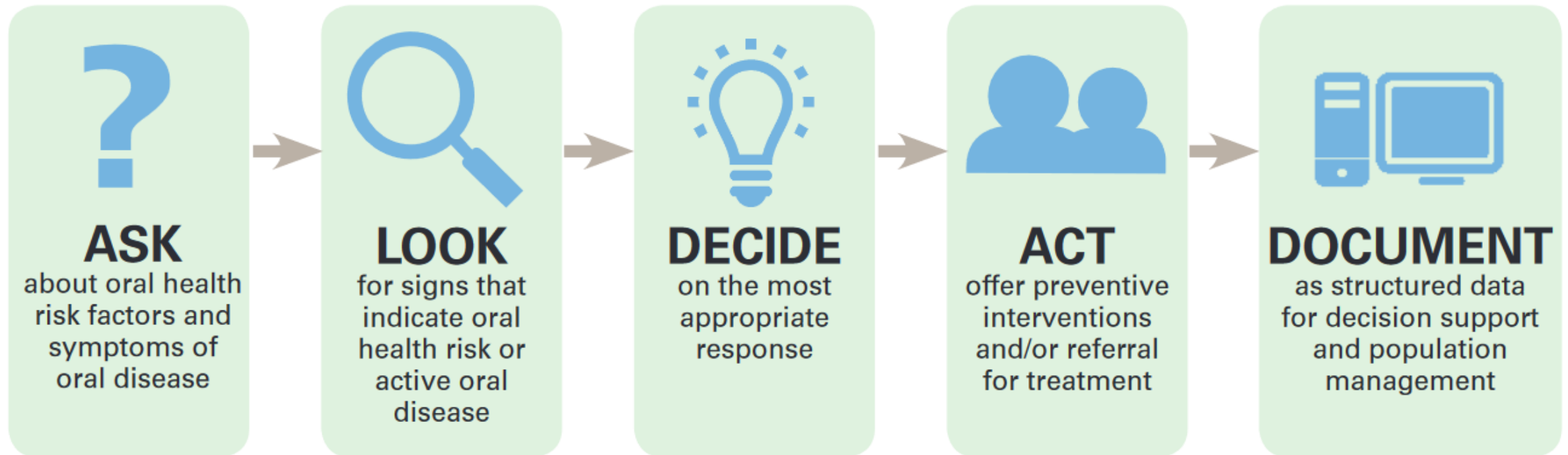
If we had an **infection** anywhere else in our bodies...*would we leave it untreated?*

## WHY SHOULD THE MOUTH BE ANY DIFFERENT?

# Oral Health In The News

- HPV responsible for 70% of oral cancers; caused more oropharyngeal cancers than cervical cancers in the U.S.
  - Senkomago V, Henley SJ, Thomas CC, et al. Human papillomavirus-attributable cancers - United States, 2012–2016. *MMWR. Morbidity and Mortality Weekly Report* 2019; 68(33):724–728
- Risk of severe head and neck infections exacerbated by poor oral hygiene
  - Hirvonen, J., Heikkinen, J., Nyman, M. et al. MRI of acute neck infections: evidence summary and pictorial review. *Insights Imaging* 14, 5 (2023). <https://doi.org/10.1186/s13244-022-01347-9>
- Oral bacteria found in the blood clots of four out of five stroke patients
  - Patrakka Olli. Studies on the bacterial microbiome in thrombus aspirates of acute ischemic stroke patients. Dissertation presented to: the Faculty of Medicine and Health Technology of Tampere University; March 8, 2024; Finland. <https://trepo.tuni.fi/bitstream/handle/10024/154588/978-952-03-3315-7.pdf>
- Buildup of beta-amyloid protein in response to *Porphyromonas gingivalis* infection may impair brain cell communication
  - CareQuest Institute for Oral Health. Poor Oral Health May Contribute to the Risk of Dementia. Boston, MA: April 2024
- Pediatric medical home leads to earlier first dental visits
  - Bussard N, Casamassimo P, Amini H, Peng J, Wapner A, Meyer BD. Age of first dental visits: A benefit of the pediatric medical home. *J Public Health Dent.* 2024. <https://doi.org/10.1111/jphd.12619>
- Erectile dysfunction linked to poor oral health
  - Fujita, N., Iwane, T., Tamura, Y., Okamoto, T., Yamamoto, H., Hatakeyama, S., Yoneyama, T., Hashimoto, Y., Kobayashi, W. and Ohyama, C. (2024), Associations of remaining teeth number, periodontal disease, and occlusal support status with erectile dysfunction in community-dwelling men. *Int. J. Urol.* <https://doi.org/10.1111/iju.15472>

# Oral Health Delivery Framework



# An Ounce Of Prevention...

Address oral health during regular annual/preventive care visits

- **Examine the mouth** & ask questions
  - Oral symptoms
    - Bleeding gums
    - Swelling/inflammation
    - Sensitivity or toothache
    - Loose teeth
    - Holes/broken teeth
- Incorporate discussion
  - Oral hygiene
  - Diet
  - Dental visits/dental home
- Referral system



# What Is A Healthy Mouth?

A healthy mouth has no untreated tooth decay and no evidence of lumps, ulcers, or unusual color on/under the tongue, cheeks, or gums

- Tissues (Mucosa)

- Moist
- Odor free
- Pain free

- Gingiva (Gums)

- Vary in pattern and color between different people
  - Coral pink to heavily pigmented
- Firm
- Not red or swollen
- *Does not bleed* when brushed or flossed

- Teeth

- Firmly attached to gingiva and bone
- Does not hurt to chew or brush



# Common Oral Findings



# Oral Disease In Children

## Healthy Baby Teeth/Gums

- No deviation in tooth color or texture (smooth- no roughness)
- No redness, swelling, or bleeding



## Decay and Gum Disease

- White or brown spots, roughness or cavitation
- Redness, swelling, and/or bleeding



# Early Childhood Caries (ECC)



Li et al., 2012

# Oral Health Considerations For Children & Adults

- **Oral health risk assessment**
  - Individual or parent disease status/risk
- **Delay of colonization**
  - Bacteria is transmissible
  - Xylitol use
- **Establish a dental home**
  - First dental visit when the first tooth erupts or by age 1- *whichever comes first*
- **Teething**
  - No topical anesthetics, teething tablets, or teething jewelry
- **Non-nutritive habits**
  - No pacifier by age 3
  - Address parafunctional habits
- **Ortho referrals**
  - Airway & Occlusion
- **Diet**
  - Only water in bottles/cups at night
  - Avoid frequent snacking; consider snack choices
  - pH considerations
- **Oral hygiene**
  - Remove biofilm with washcloth or finger brush daily pre-teeth
  - Brush 2x/day
  - Floss teeth that touch
  - Clean in between
- **Fluoride**
  - < 3: Rice-sized smear toothpaste
  - > 3: Pea-sized toothpaste
  - Supplements as teeth are developing (if indicated)



# Diet: Choose This, Not That



- **Protective Foods**

- **Nutrient-Rich Foods**

- Calcium for enamel and bone development
    - Vitamin D enhances calcium absorption
    - Phosphorus for strengthening teeth
    - *Nuts, cheeses, leafy greens*

- **Probiotics**

- Help balance bacteria in the mouth
    - *Yogurt*

- **Water**

- Natural cleanser
  - Aids in saliva production & neutralizing acids
  - Fluoridated water for cavity protection

- **Detersive Foods**

- Crunchy fruits & veggies remove plaque and stimulate gums
  - *Apples, carrots*

- **Sugary Foods/Drinks**

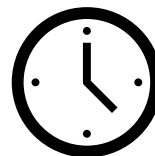
- Bacteria feed off sugar and produce acid
  - Limit refined carbohydrates & foods high in sugar
  - Don't forget about *liquid sugars!*

- **Acidic Foods/Drinks**

- Erode enamel over time
  - Limit frequency of consumption
  - Rinse with water after eating/drinking to neutralize acids and/or chew sugar-free gum

- **Sticky and Hard Foods**

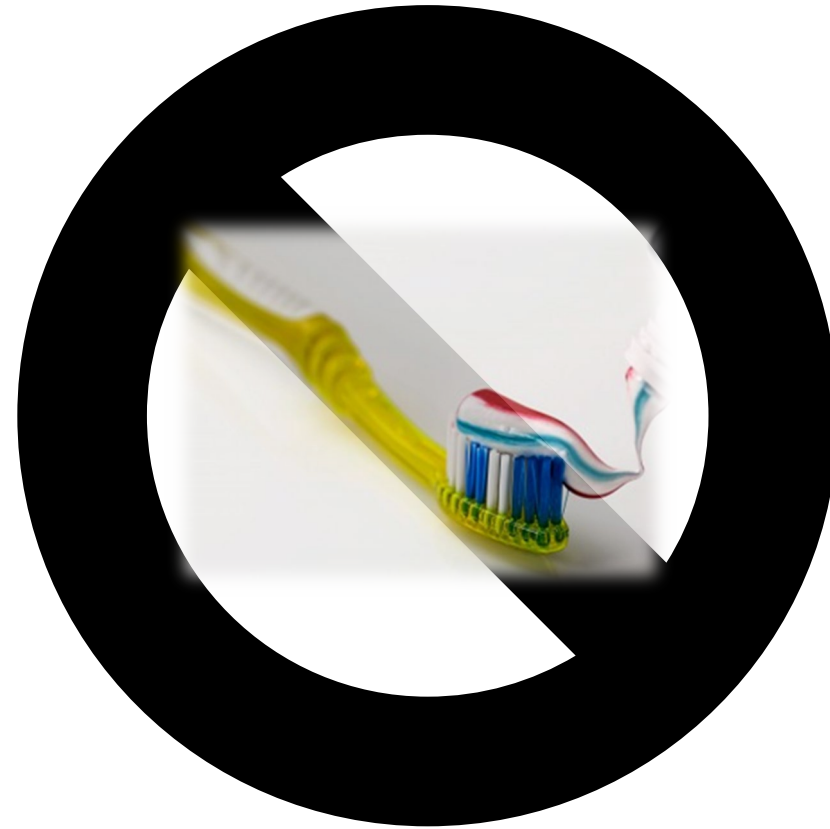
- Sticky foods are difficult to remove, increasing risk of decay
    - *Dried fruit, granola bars, fruit snacks*
  - Hard foods can cause physical damage to the teeth



**pH MATTERS!**

# Oral Hygiene

- Toothbrush
  - Electric vs. Manual
- Toothpaste
  - Which one?
  - How much?
- Clean in Between
  - Floss
  - Picks
  - Water flosser
- Mouthwash
  - Is it necessary?



# The F-word: Fluoride

## Topical Fluoride

- **OTC Toothpaste**
  - Under 3: Smear (grain of rice)
  - Over 3: Pea-size
- **Prescription Toothpaste**
  - 5000 ppm for high risk at age 6+
- **OTC Fluoride Rinse**
  - Daily for moderate risk at age 6+
- **Fluoride Varnish**
  - Every 3 months for high risk
  - CPT code 99188
- **Silver Diamine Fluoride**
  - Arrests/slows decay
  - CPT code 0792T

## Systemic Fluoride

- **Water Fluoridation**
  - My Water's Fluoride
- **Supplements**
  - AAP and USPSTF Recommendations:



Fluoride Supplementation Schedule for Children

Age	Fluoride Ion Level in Drinking Water, ppm <sup>a</sup>		
	<0.3	0.3-0.6	>0.6
Birth to 6 mo	None	None	None
6 mo to 3 y	0.25 mg/d <sup>b</sup>	None	None
3-6 y	0.50 mg/d	0.25 mg/d	None
6-16 y	1.0 mg/d	0.50 mg/d	None

Source: Centers for Disease Control and Prevention.<sup>21</sup>

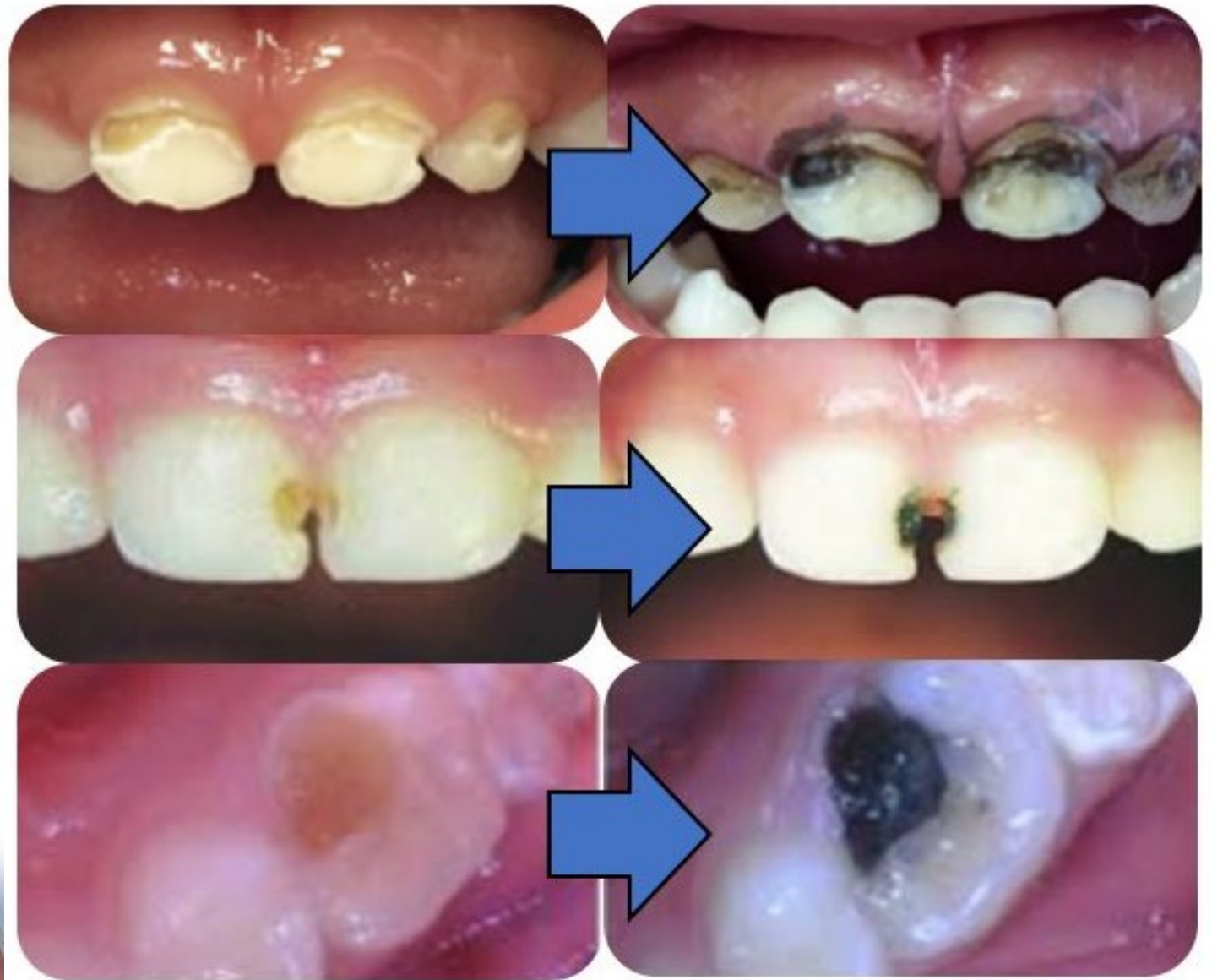
a 1.0 ppm = 1 mg/L.

b 2.2 mg of sodium fluoride contains 1 mg of fluoride ion.



# SDF

BEFORE  
AND  
AFTER



<https://mykidsdentistoakville.com/silver-diamine-fluoride-treatment-sdf>

# Resources To Learn More

## Oral Health Fillings, Bits and Bites

Sharing Resources & Helping Educators Integrate Oral Health into Overall Health

*A monthly interprofessional oral health curricular resource brought to you by a team of*

*CIPCOH 100 Million Mouths Campaign Champions.*

**Issue 14 April 2024**



## Oral Cancer Awareness Month

April marks Oral Cancer Awareness Month, highlighting the prevalence and impact of this disease. Click the button below to learn more, view activities and for links to important resources.

[Read More](#)

100 MILLION MOUTHS CAMPAIGN



### ORAL HEALTH FILLINGS, BITS AND BITES THE MOUTH AND MATTERS OF THE HEART

#### BITES

YouTube - [The connection between oral health and heart disease](#)

Harvard Medical School - [Gum disease and the connection to heart disease](#)

#### Curricular Activity – Case Study Write Up or Presentation

This assignment aims to bridge the gap between cardiac and oral health by encouraging students to explore the patient's dental care practices and potential barriers. The focus on a patient-centered approach fosters critical thinking and practical application of healthcare knowledge in real-world scenarios.

### Oral Health From an Equity Lens:

National Black Maternal Health Week (BMHW)

April 1-17, 2024, is National Black Maternal Health Week (BMHW). Held annually on April 11-17th, BMHW is a week-long campaign founded and led by the Black Mamas Matter Alliance (<https://blackmamasmatter.org/bmhw-2024/>) to build awareness, activism, and community-building to amplify the voices, perspectives and lived experiences of Black Mamas and birthing people. The week is intentionally held during National Minority Health Month and begins on April 11th annually to join dozens of global organizations in marking this day as International Day for Maternal Health Rights – an opportunity to advocate for the elimination of maternal mortality globally.

A 2016 article published in the Journal of Healthcare for the Poor and Underserved (<https://pubmed.ncbi.nlm.nih.gov/34803061/>) found that on average, the adjusted predicted rate of reporting receiving a dental cleaning when pregnant was 43.2% for a Black individual (95% CI=40.6% to 45.9%), which was significantly lower than



# Online Resources

AAP Fluoride Use



AAP Protect Tiny Teeth

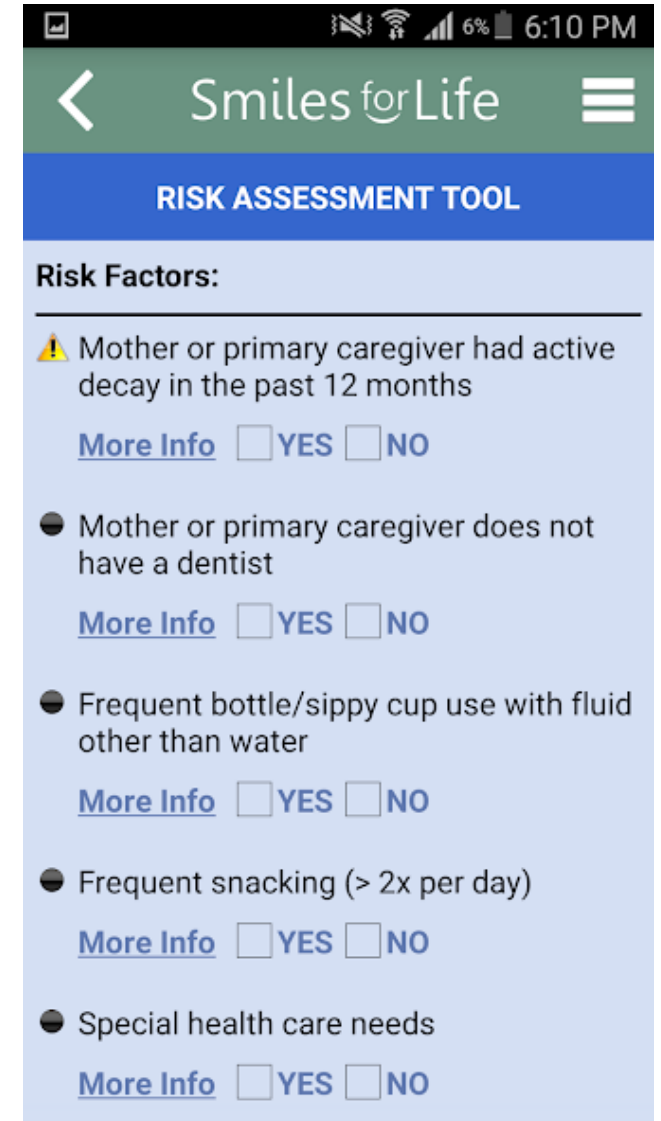
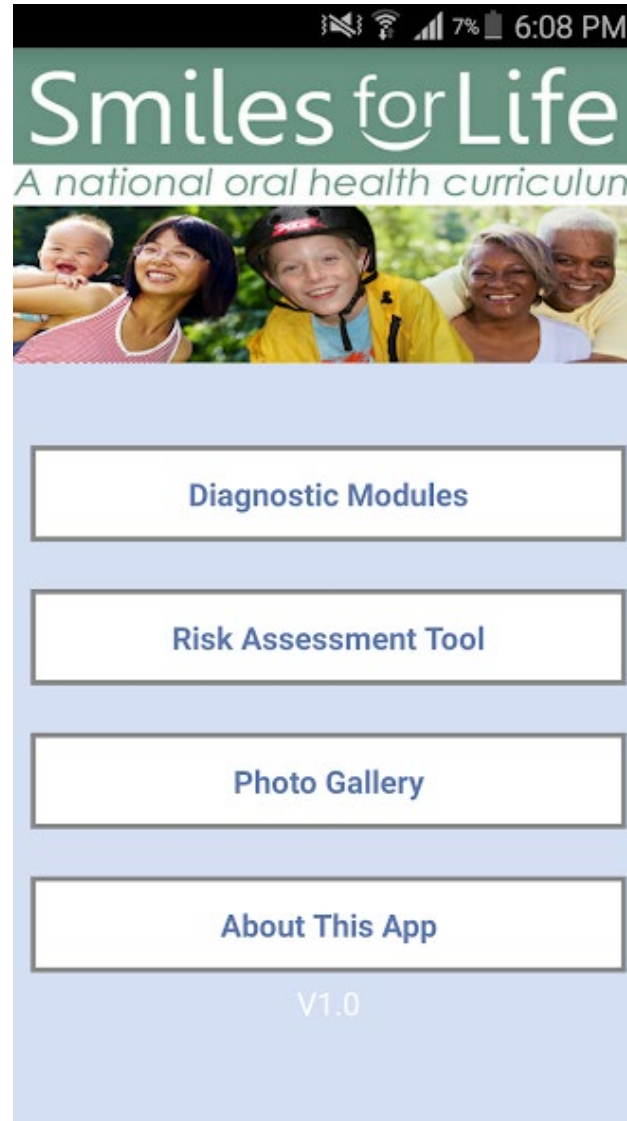


# Smiles For Life



FREE

- iOS
- Android



# Key Points

- Treat periodontal disease and dental caries as **infections**- because *THEY ARE!*
- Best practices in preventive oral healthcare:
  - Look for obvious signs of infection
  - Ask questions
    - How often do you brush/floss?
    - Frequent snacking? Liquid sugars or acidic drinks?
    - When was the last time you saw a dental provider?
  - Discuss WHY oral health is important
  - Establish a referral system
- Reach out- I'm happy to answer questions or connect with resources!

References noted on slides; additional references available upon request

# Thank You to ECHO Idaho's Funders:



# THANK YOU!

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