Grace Med Health Clinic

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Your Oral Health

• Helping others with oral health means understanding your own oral health
• Cavities aren't just for kids. As we get older, we enter a second round of cavity-prone years.
Why Brush Your Teeth?

While we know it sounds obvious we just wanted to be clear, your mouth smells bad because of bacteria and chewing gum does not kill bacteria. At least not to any significant extent.
Bacteria

• Plaque makes itself at home in our mouths after we eat food. It a soft mix of bacteria and acid that grows into a filmy yellow coating on teeth. This sticky film contains millions of bacteria.

• The bacteria in **plaque** causes tooth decay and gum disease if they are not removed regularly through brushing and flossing.
Plaque forms *every day* on teeth!
Dry mouth is not a normal part of aging.
It is a side effect.

More than 500 medications, including those for allergies or asthma, high blood pressure, high cholesterol, pain, anxiety or depression, Parkinson’s and Alzheimer’s diseases create dry mouth.
There is NO pill to prevent gum disease and cavities.
Myths or Facts

- Oil Pulling – coconut oil
- Cloves
- Limit your fluoride intake
- Chewing gum
- Xylitol
Recipe for oral health

• Brush at least twice a day! With a soft toothbrush please!!!!
• Floss every day!
• Use ADA approved toothpaste with Fluoride.
• Routine Dental exam including x-rays. A prophylaxis performed by your dental hygienist including annual periodontal pocket measurements.
Healthy Diet – Eat A Rainbow
Snacking

• Regular pop, diet pop and fruit juices are acid to your teeth. Rinse with water after a sugary drink.

• Carbohydrates = sugar ★ Limit carbs before bed.

• Chewing gum after a meal helps reduce plaque till you get to a toothbrush. Xylitol should be in your gum.
Getting older?
Well, no sense crying over spilled nutritional supplement.
Gingivitis

- Gingivitis is a common and mild form of gum disease that causes irritation, redness and swelling (inflammation) of your gums. Because gingivitis can be mild, you may not be aware that you have the condition.

- The most common cause of gingivitis is poor oral hygiene.
Gingivitis is only the beginning!

- Your chances of actually preventing Gingivitis look fairly bleak. 80% of Americans are afflicted by some form of gum disease. Eventually you’ll find yourself with something much worse...
Periodontitis

- Inflammation of the periodontium and especially chronic inflammation that typically follows untreated gingivitis and that results in progressive destruction of the periodontal ligament, formation of pockets around the teeth, and resorption of alveolar bone chiefly in a horizontal direction with loosening or loss of teeth.
Whole Health

• Your mouth is one of the primary ports of entry into your body. Food, bacteria, almost everything inside of you passed through it at one point or another. This means that when something as critical as your mouth becomes infested with harmful bacteria (as it would when you have gingivitis or periodontitis) it will inevitably affect the rest of your body.
Gum disease increases risk of stroke, heart disease, pneumonia and dementia.
11 year study of 628 people

Those with severe gum disease had 3 times the risk of death from heart disease and/or kidney disease compared with those who had no gum disease, or mild or moderate gum disease.
Breathing in germs from a dirty mouth is a significant risk factor for pneumonia.
Residents who have diabetes who have gum disease have more trouble controlling their blood sugar levels.
Cancer

• The average age of most people diagnosed with these cancers is 62.

• Persons 65 years of age and older are 7 times more likely to be diagnosed with oral cancer.

• Sores lasting more than 2 weeks.
Loss of Teeth – Declined 50%

• The lack of teeth increases the likelihood of choking and food aspiration.

• 30% of seniors said that they limit the type of foods they eat to accommodate their oral conditions.

• Studies have found that maintaining 20 or more natural teeth represent an important cutoff for adequate nutrition.
I can no longer chew my favorite food

• Tooth loss
• Pain
• Tooth mobility
• Mouth dryness
• Ill-fitting dentures - denture wearers have been described as having one-fifth the chewing ability (losing weight makes loose dentures)
• Soft diets – Mechanical diets are not appealing.
› 2010 Kansas was home to 376,116 seniors
› 13% of the total state population
› By 2030 it is projected to grow to 611,460 which is a 72% increase in just 20 years.
› In the U.S. 10,000 adults reach the age of 65 each year.
Dental Health = Dollars

- 80% of oral health services for the elderly are paid out-of-pocket.

- 66% of nursing home residents are on KanCare. With that level of poverty it is unlikely that they can afford any comprehensive dental care.
Barriers

• **Medicare does not cover dental services**
  
  • KanCare offers minimal dental benefits – only two cleanings a year and extractions.

• **Private Dental Insurance – Plan 65 Delta, BCBS or AARP benefits.**

• **Out of pocket costs for professional dental care is too expensive for most seniors – limited incomes**

• **Transporting to appointments is often not possible or very difficult.**
Pre – Med before dental appointments

• A healthy immune system prevents bacteria from causing any harm. There is concern, however, that for some people who are immune deficient - bacteremia can cause an infection elsewhere in the body.

• Replaced joints and/or heart valves, A fib
Help them keep their mouth clean, brushed and flossed

• Extended Care Permit Hygienists (ECP) are able to support the needs of our seniors by bringing portable dental units to senior care centers at a manageable cost to the resident.

• We can help integrate medical providers and dentistry to improve patients’ overall health - Dr appts

• Teaching home care workers, CNA’s, MA’s, Nurses and loved ones how to brush someone else's teeth.
Portable preventive care

• We can have a dramatic impact on their overall health, wellness and quality of life by:

1. Cleaning their teeth every three to six months to help with healthy gums and screen them for possible decay. We can recognize signs of oral health problems.

2. Keep an eye on the soft tissue under the appliances. Problem solve when appliances are not being worn.

3. Smooth sharp edges to prevent pain and/or soft tissue ulcers. Place temporary fills to help with sensitivity.

4. Guide and help health care providers achieve and maintain good oral health for their residents. Review expectations of brushing. When you’re caring for someone who is confined to bed, they may have so many health problems that it’s easy to forget about oral health.
Silver Diamine Fluoride (SDF) is a particularly effective fluoride treatment for patients whose cavities cannot be treated.

Benefits to this technique:

• Non-invasive
• Painless
• Quick treatment time
• Effective cavity prevention
• May stop tooth decay
• Relieves tooth sensitivity
We’ll give you something to smile about!
Resources

• Kansas Dept of Health and Environment, Bureau of Oral Health Elder Smile 2012
  Katherine Weno DDS, JD, Director
  Kathryn Trilli, RDH Screener

• University of Kansas Medical Center
  Anthony Wellever, Dept of Family Medicine
  Niaman Nazir, Dept of Preventive Med and Public Health
  Kathy Phipps, DrPH, Assoc of State and Territorial Dental Directors

Oral Health of Kansas – Smiles for a Lifetime!

The CDC Oral Health of Older Americans
People who say "There are no stupid questions" get asked a lot of stupid questions.
Outreach Team:

Dave Sanford,  
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Questions?

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