



ORAL HEALTH PROGRAM:

Activities of the Oral Health Program:

CONTINUING EDUCATION READY TO USE:

The Oral Health Program has added one course to the OHP website for Continuing Education using IN-TRAIN. These courses are provided by the Indiana State Department of Health. There is no charge and participants earn CE credits for satisfactorily completing each course. Instructions for taking these courses can be found by following links provided on the following website: <http://www.in.gov/isdh/26868.htm>

Infection Control in Dental Facilities in Indiana – 3 CE Credits – **READY FOR USE**

News and Events:

The next Indiana Oral Health Coalition (IOHC) meeting will be held at the Indiana State Department of Health, 5th floor conference room 5T, from 10 a.m. to noon on December 9.

ISDH Health Awareness:

October is **Flu Prevention Month**. The most common way the flu is spread is through flu germs on people's hands. Flu germs can survive for up to 48 hours on some surfaces.

To help prevent the spread of the flu:

1. Consider getting the flu shot every year.
2. Fight germs, and wash your hands properly and often.

For more information on flu prevention, visit the following website from the Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/flu/consumer/prevention.htm>



November is **American Diabetes Month**. People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight. For more information on flu prevention visit the following website from the Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/diabetes/basics/index.html>



December is **Safe Toys and Gifts Month**. Suggested safety tips for toys & gifts may be found at the following website from Child and Family Services:

<https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month>



ORAL HEALTH TOPIC:

Benefits and Types of Dental Bridges:

A bridge is a fixed dental restoration used to replace a missing tooth by joining an artificial tooth permanently to adjacent teeth or dental implants. Types of bridges may vary, depending upon how they are fabricated and the way they anchor to the adjacent teeth. Conventionally, bridges are made using the indirect method of restoration.¹

Dental bridges fill in your mouth's empty space with false teeth. Dentists use the teeth on either side of the gap like anchors to hold the false teeth down. Depending on your preference, these teeth can be made from porcelain, gold, alloys or any combination of the three. Dental bridges can restore your smile, improve chewing and speaking, maintain your face's natural shape, even out your bite, and prevent teeth from shifting positions.²

In some circumstances, the use of an implant instead of a bridge may be the ideal treatment. We plan to provide some information on this topic in a future newsletter.

More information about dental bridges may be found at the links below:

Mouth Healthy

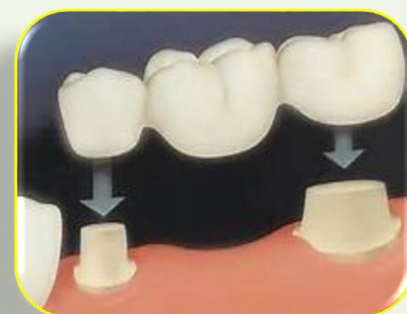
<http://www.mouthhealthy.org/en/az-topics/b/bridges>

WebMD

<http://www.webmd.com/oral-health/guide/dental-health-bridges>

Medicinenet

<http://www.medicinenet.com/bridges/article.htm>



REFERENCES:

1. **Dental Bridges.** wikipedia.org. Retrieved 7/29/2016
2. **Dental Bridges Benefits.** michaelpagedds.com. Retrieved 7/29/2016

REMINDERS:

The **Oral Health Topic** section of the newsletter is suitable for the general public and may be shared with your patients or people in your community interested in oral health. We welcome any suggestions for topics you would like to see covered in this section. Suggestions may be made to Linda Hillers at LHillers@isdh.IN.gov.

These newsletters are archived on the OHP website at: <http://www.in.gov/isdh/18695.htm> under the section entitled **Newsletters**. This website contains other information about oral health that may be of interest to you.

Note: If you do not want to receive this newsletter in the future, please contact Linda Hillers at LHillers@isdh.IN.gov or Patty Morris at PMorris@isdh.IN.gov.

Disclaimer: The materials provided in the Oral Health Topic's section are for informational purposes only. Individuals should see an oral health professional to discuss any specific oral health issue.