



ORAL HEALTH PROGRAM:

Activities of the Oral Health Program:

The ISDH OHP is working on a webcast to train pediatricians on how to assess the risk for dental caries in children, apply fluoride varnish to children's teeth, and refer them to dentists.

Continuing Education Courses Available Through IN-TRAIN:

The Oral Health Program currently has two continuing education courses using IN-TRAIN. Instructions for taking these courses can be found by following the links provided on the Oral Health Program website: <http://www.in.gov/isdh/26868.htm>. If you have any questions on completing these courses please contact Linda Hillers at LHillers@isdh.IN.gov.

Upcoming 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 September 8.

Health Awareness News as it Pertains to Oral Health:

July is National Juvenile Arthritis Awareness Month. Types of Juvenile Arthritis may affect the temporomandibular joint, causing pain, stiffness and altered growth. This can make brushing and flossing difficult. A child's dentist may suggest assistive devices or rinses to help teeth and gums stay healthy. For more information on Juvenile Arthritis, please visit the Arthritis Research Foundation website:

<http://www.arthritis.org/about-arthritis/types/juvenile-idiopathic-arthritis-jia/treatment.php>



August is National Breastfeeding Month. Did you know breastfeeding can impact the dental health of both baby and mom? For babies, one benefit is a reduced risk of baby bottle tooth decay. For moms, it is important during this busy time to remember to maintain their own oral health by continuing their routine oral hygiene practices and seeing their dentist regularly. For more information on breastfeeding and dental health, please visit the following website from the American Dental Association:

http://www.mouthhealthy.org/en/az-topics/b/Breastfeeding?source=Morning_Huddle



September is Healthy Aging Month. As you age, it becomes even more important to take good care of your teeth and dental health. One common misconception is that losing your teeth is inevitable. If cared for properly, your teeth can last a lifetime. For more information on aging and dental health, please visit the following website from the American Dental Association:

<http://www.mouthhealthy.org/en/az-topics/a/aging-and-dental-health>



ORAL HEALTH TOPIC:

Cleft Lip & Cleft Palate:

Clefting results when there is not enough tissue in the mouth or lip area, and the tissue that is available does not join together properly. A cleft lip is a physical split or separation of the two sides of the upper lip and appears as a narrow opening or gap in the skin of the upper lip. A cleft palate is a split or opening in the roof of the mouth.¹

Having a baby born with a cleft can be upsetting, but cleft lip and cleft palate can be corrected. The goals of treatment for cleft lip and cleft palate are to improve the child's ability to eat, speak and hear normally and to achieve a normal facial appearance.²

More information for this topic may be found at the links below:



✓ **CDC Facts about Cleft Lip and Cleft Palate**

<http://www.cdc.gov/ncbddd/birthdefects/CleftLip.html>

✓ **Dental Care for a Child with Cleft Lip and Palate**

<http://www.cleftline.org/parents-individuals/publications/dental-care-for-a-child-with-cleft-lip-and-palate>

✓ **March of Dimes**

<http://www.marchofdimes.org/complications/cleft-lip-and-cleft-palate.aspx>

REFERENCES:

1. **Cleft Lip & Cleft Palate.** WebMD. Retrieved 5/15/2017
2. **Treatment of Cleft Lip and Cleft Palate.** Mayo Clinic. Retrieved 5/15/2017

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 issues.