



ORAL HEALTH PROGRAM:

Activities of the Oral Health Program (OHP):

Due to the increase in opioid abuse and addiction in the past decade, the OHP is considering a second IN-TRAIN online pain management course for acute pain in dentistry. While the first course discussed the use of NSAIDs, this course would discuss alternative methods for reducing pain, as well as the prescriptions of narcotics for acute pain where indicated.

Continuing Education (CE) Courses Available Through IN-TRAIN:

The Oral Health Program has two CE 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>. Please email any questions on completing these courses to Linda Hillers at LHillers@isdh.IN.gov.

Upcoming Events:

The next Indiana Oral Health Coalition (IOHC) meeting will be from 10 a.m. to noon on Friday, Dec. 8, at the Indiana State Department of Health, fifth floor conference room (5T).

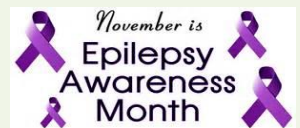
Health Awareness Months As They Pertain To Dental Care:

October is **National Dental Hygiene Month**. The importance of National Dental Hygiene Month is to promote good oral health maintenance to the public. Many people do not appreciate the full impact that oral care has on overall health. For more information on dental hygiene, please visit the following website from the Center for Oral Health:



<http://www.centerfororalhealth.org/news-blog/256-october-is-national-dental-hygiene-month.html>

November is **National Epilepsy Awareness Month**. Patients living with epilepsy have special needs during dental treatment. The oral health of epilepsy patients may be significantly worse than the non-epileptic population. For more information on epilepsy, please visit the following website from the Centers for Disease Control & Prevention (CDC):



<https://www.cdc.gov/features/epilepsyawareness/index.html>

December is **National Stress-Free Family Holidays Month**. Holiday gatherings are supposed to be joyful and stress-free, but that's not always the case. Emotions – such as anxiety, stress, anger, frustration or tension – may cause people to grind their teeth. For tips to help reduce holiday stress, visit the following website from WebMD: <http://www.webmd.com/balance/stress-management/features/home-for-the-holidays-stress-tips>



ORAL HEALTH TOPIC:

Your Dentist May Be The First To Know:

Research shows that a large number of systemic diseases have oral manifestations, including swollen gums, mouth ulcers, dry mouth and excessive gum problems.¹ In many cases, a dentist may be the first health care provider to diagnose a health problem in its early stages, since many people have regular oral exams and see their dentists more often than their physicians.²

As inflammation builds up in the blood, it can make other health conditions worse. Some studies suggest that gum disease is associated with diabetes, heart disease and premature birth.³ It is likely that diabetes is a risk factor for gum disease. Whether gum disease is an actual risk factor for diabetes, heart disease or premature birth is less understood.

However, maintaining good oral hygiene to prevent or reduce gum disease is always a good idea. The extent to which it reduces the risk for other health issues is an added benefit.

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



✓ **Oral Health & Bone Disease**

https://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Oral_Health

✓ **A Window to Overall Health**

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

✓ **Healthy Teeth, Healthy Heart?**

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/heart-disease-prevention/faq-20057986>

REFERENCES:

1. **Oral Health Reflects Overall Health.** Delta Dental. Retrieved 8/30/2016
2. **Seeing a Dentist Regularly.** Delta Dental. Retrieved 8/30/2016
3. **What's The Link?** WebMD Retrieved 8/30/2016

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 issues.