



ORAL HEALTH PROGRAM:

Activities of the Oral Health Program (OHP)

The OHP has three courses listed on its website under the menu item **Non-CE Courses**. These include: 1) *Risk Assessment for Dental Caries among Infants and Children by Pediatricians*; 2) *Dentistry and Basic Non-Opioid Prescribing in Pain*; and 3) *The Opioid Crisis and Orofacial Pain Management*. These courses may be found online at: <https://www.in.gov/isdh/27761.htm>. The courses are meant to be used as additional resources for information related to dentistry.

Upcoming Events

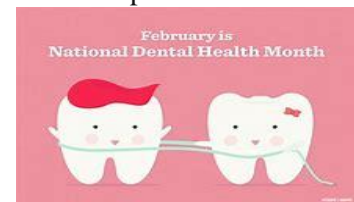
The next Indiana Oral Health Coalition (IOHC) meeting will be 10 a.m. to noon Friday, March 8, at the Indiana State Department of Health, Fifth floor, Conference Room 5T. This meeting will include the election of an IOHC chair and vice-chair.

Health Awareness Events As They Pertain To Dental Care

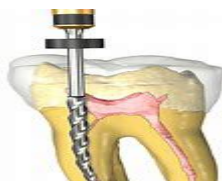
Jan. 22 to 27 is National Drug and Alcohol Facts Week. You already know that drug abuse is bad for your health. From heart problems to cancer, illicit drugs can cause serious health risks, if not death. But did you know that drugs can harm teeth as well? Oral health tends to suffer as a result of substance abuse, often leading to severe damage to teeth and gums. For more information on the effects of substance abuse on teeth, visit the following website: <https://www.drugrehab.org/oral-health-and-substance-abuse>.



February is Dental Health Awareness Month. Oral health is more important than you might realize. Did you know that oral health offers clues about a person's overall health — or that problems in the mouth can affect the rest of the body? Get protected by learning more about the connection between oral health and overall health. Get the facts about how the health of the mouth, teeth and gums can affect your general health. For more information, visit the following website from the Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>.



March 30 to April 5 is Root Canal Awareness Week. If you have a severely damaged, decaying tooth or a serious tooth infection the dentist may recommend a root canal treatment. Root canals are used to repair and save a tooth instead of removing it. A root canal treatment usually takes one or two office visits to complete. There is little to no pain because the dentist will use local anesthesia so patients don't feel the procedure. Once complete, patients should no longer experience the pain felt before the root canal. For more information, visit the following website: <https://www.mouth-healthy.org/en/az-topics/r/root-canals>.



ORAL HEALTH TOPIC:

Oral Cancer

Historically, it has been difficult to determine which abnormal tissues in the mouth are worthy of concern. The fact is, the average person routinely has conditions existing in their mouths that mimic the appearance of pre-cancerous changes and very early cancers of the soft tissues.¹

Early detection may result in better treatment outcomes and may help keep you or someone you love from becoming one of the 10,030 people whose lives may be claimed this year by the disease.²

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



✓ Oral Cancer Symptoms:

<https://www.webmd.com/oral-health/guide/oral-cancer#1>

✓ Oral Cancer Causes

<https://www.nidcr.nih.gov/health-info/oral-cancer/more-info>

✓ Oral and Oropharyngeal Cancer

<https://www.ada.org/en/member-center/oral-health-topics/oral-cancer>

REFERENCES:

1. **Discovery and Diagnosis**, The Oral Cancer Foundation. Retrieved 12/1/2018
2. **Oral Cancer**, ADA. Retrieved 12/1/2018

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 titled **Newsletters**. This website contains other information about oral health.

Note: If you do not want to receive this newsletter in the future, please email 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.