



WE'RE ALWAYS
THINKING
OF YOUR SMILE



ORAL HEALTH PROGRAM:

Courses Available on the Oral Health Program Website

Continuing Education courses are available using IN-TRAIN at no cost to the participants. The instructions for taking these courses are available on the Oral Health Program website: <http://www.in.gov/isdh/26868.htm>. Courses available are: **1.** Infection Control in Dental Facilities in Indiana (1.5 credit hours); **2.** Dentistry and Basic Non-Opioid Prescribing in Pain (3 credit hours); and **3.** The Opioid Crisis and Orofacial Pain Management (4.5 credit hours).

These courses are also available as Non-CE courses online at: <https://www.in.gov/isdh/27761.htm> and are meant to be used as additional resources for information related to dentistry.

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 10 a.m. to noon Friday, Sept. 13, at the Indiana State Department of Health, Conference Room 5T, 2 N. Meridian St., Indianapolis.

Health Awareness Events As They Pertain To Dental Care

July 28 is World Hepatitis Day. Today, viral hepatitis has become a silent epidemic worldwide. It is the major cause of liver cirrhosis and liver carcinoma. In a dental office, proper infection control, sterilization, and prophylactic vaccination protocols should be followed to reduce the risk of hepatitis. For more information on hepatitis, please see the following website: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4456879>.



August is National Psoriasis Awareness Month. Most folks think of psoriasis as a skin problem that shows up on spots that everyone can see, such as elbows, knees and scalp. But symptoms of this disease may happen in unexpected places, including inside the mouth. For more information on oral psoriasis, please visit the following website from WebMD:

<https://www.webmd.com/skin-problems-and-treatments/psoriasis/what-is-oral-psoriasis>.



September is National Atrial Fibrillation Month. Although a lot of people don't find it important to keep their dentist updated on their health changes, it's more serious than people may think. This is especially true for patients with a cardiovascular condition, such as atrial fibrillation. The dentist should know which cardiologist is handling their patient's care, the date of the last visit and any recent complications. Dentists may need to coordinate care with the cardiologist before some types of treatment are performed. For more information on this topic, please see the following website: <https://afib.newlifeoutlook.com/see-dentist/>.



ORAL HEALTH TOPIC:

Dry Mouth

We all need saliva to moisten and cleanse our mouths and to digest food. Saliva also prevents infection by controlling bacteria and fungi in the mouth. When you don't make enough saliva, your mouth gets dry and uncomfortable. Fortunately, many treatments can help against dry mouth.¹

Some of the common problems associated with dry mouth include a constant sore throat, burning sensation, trouble speaking, difficulty swallowing, hoarseness or dry nasal passages. Without saliva, extensive tooth decay can also occur. Your dentist can recommend various methods to restore moisture.²

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

Dry Mouth

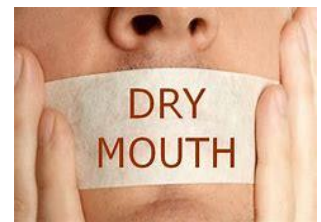
- ✓ <https://www.nidcr.nih.gov/health-info/dry-mouth>

Oral Health for Seniors

- ✓ http://seniorsoralhealth.org/dry-mouth/?doing_wp_cron=1538660582.4760649204254150390625

Symptoms & Causes

- ✓ <https://www.mayoclinic.org/diseases-conditions/dry-mouth/symptoms-causes/syc-20356048>



REFERENCES:

1. Causes of Dry Mouth. WebMD. Retrieved 6/1/2019
2. Problems Associated with Dry Mouth. ADA. Retrieved 6/1/2019

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. Suggestions for topics you would like to see covered in this section are welcome. Send ideas 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 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.