



WE'RE ALWAYS
THINKING
OF YOUR SMILE



ORAL HEALTH PROGRAM:

Activities of the Oral Health Program

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.

Continuing Education

There are three courses available for Continuing Education using IN-TRAIN at no cost to participants. Instructions for taking these courses are available 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 10 a.m. to noon Friday, Dec. 13, at the Indiana State Department of Health, Fifth floor, Conference Room 5T, 2 N. Meridian St., Indianapolis.

General Health and Oral Health

October is National ADHD Awareness Month. Patients with moderate to severe ADHD may become irritated during their care. Keep visits short and sweet, preferably in the morning. If necessary, break up the treatment into smaller appointments so there is less time sitting still. For more information on dental care for people with ADHD, please visit the following website: <https://adhd.newlifeoutlook.com/going-dentist>.



November is National Chronic Obstructive Pulmonary Disease (COPD) Month. Recent clinical research suggests that periodontal disease, or gum disease, is associated with chronic obstructive pulmonary disease (COPD) and may contribute to its severity. More information on COPD and dental care can be found at the following website: <https://copd.newlifeoutlook.com/keeping-a-healthy-smile>.



Dec. 7 thru 13 is National Handwashing Awareness Week. Hand hygiene is considered a primary measure for reducing the risk of transmitting organisms to patients and healthcare personnel. Studies also have shown that the prevalence of healthcare-associated infections decreased as hand hygiene measures improved. Contaminated hands continue to be a mode of infection transmission during patient care, and effective hand hygiene practices protect both patients and team members. More information can be found at the following website: <https://www.cdc.gov/features/handwashing/index.html>.



ORAL HEALTH TOPIC:

Children's Oral Health Care

Your child's baby teeth are at risk for decay as soon as they first appear — which is typically around age 6 months. The good news is that tooth decay is preventable! Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth.¹

Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing and learning.²

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



A Child's Dental Care

✓ <https://medlineplus.gov/ency/article/002213.htm>

Keeping Your Child's Teeth Healthy

✓ <https://kidshealth.org/en/parents/healthy.html>

8 Ways to Protect Your Child's Teeth

✓ <https://www.webmd.com/oral-health/dental-health-for-kids#1>

REFERENCES:

1. **Healthy Habits.** ADA. Retrieved 9/1/2019
2. **Children's Oral Health.** CDC. Retrieved 9/1/2019

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. We welcome any suggestions for topics you would like to see covered in this section. Suggestions may be emailed 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.