

Healthy Teeth



for Mom & Me

Welcome to Today's Presentation

Healthy Teeth



for Mom & Me

Wisconsin
Department of Health and Family Services

Let's talk
about
oral health



Training Objectives

By the end of this presentation, you will be able to:

- Recognize the oral disease called "dental decay" and understand its impact on general health and well-being
- Describe how teeth develop decay.
- List ways to help prevent decay.
- Demonstrate how to screen for decay and other diseases

Training Objectives

By the end of this presentation, you will be able to:

- Understand your role in education, prevention and treatment
- Describe how to make a dental referral
- Understand the use of protective fluorides, including fluoride varnish
- Understand the relationship between pregnancy, periodontal disease and low birth weight babies

Normal Tooth Development

- Eruption begins about 6 months of age
- 20 primary teeth are present at approximately 27 months of age
- Primary teeth hold space in the jaw for permanent teeth
- Primary teeth are necessary for chewing, speaking and overall health



Impact of Dental Decay on Health and Well-being



Dental Decay in Early Childhood

Early Childhood Caries (ECC)

Formerly called:

- Baby Bottle Tooth Decay
- Nursing Caries



Dental Decay in Early Childhood

Early Childhood Caries (ECC)

A severe **rapidly** developing form of tooth decay in infants and young children

Affects teeth that erupt first, at about **6 months**, and are least protected by saliva



Severe ECC Leads To...

- Extreme Pain
- Spread of Infection
- Difficulty chewing, poor nutrition, below average weight



- Extensive and costly dental treatment

- High risk of dental decay and crooked bite in adult teeth



Severe ECC Leads To...

- Poor self-esteem, behavioral and social interaction problems
- Speech development problems
- Lost school days and difficulty learning



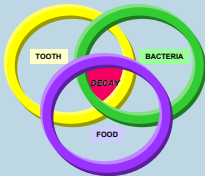
Prevalence of Dental Decay

Dental decay is the most common chronic disease of childhood.

- **6%** of 1 year olds
- **22%** of 2 year olds
- **35%** of 3 year olds
- **48%** of 4 year olds



How Teeth Develop Decay



How Does Decay Develop?

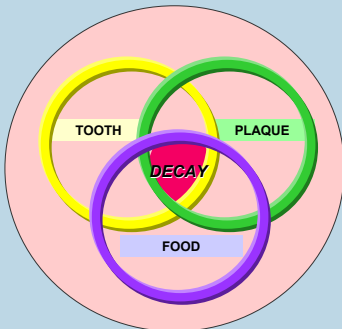
PLAQUE a sticky patch of bacteria,* saliva, food & tissue cells on the tooth
 **Streptococcus mutans* bacteria found in the mouth primarily involved in decay process

FOOD sugars are processed by *S. mutans*

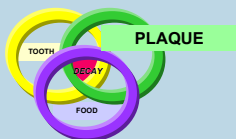
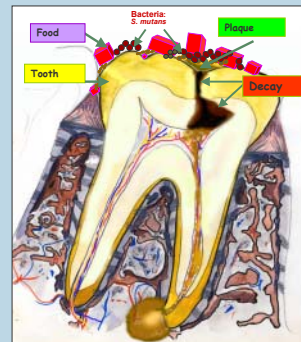
Acids are produced and start eating away at the

TOOTH

How Does Decay Develop?



Plaque + Food + Tooth = Decay



Dental Decay
 Is an **Infectious**
Transmittable Disease

- Bacteria transmitted from mother
- Mothers with high levels of bacteria have:
 - High levels of decay
 - Poor oral hygiene
 - High frequency of sugar intake



Check Food Labels



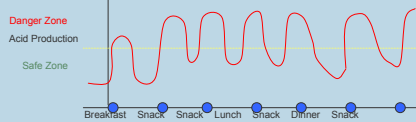
You'd be surprised how much sugar is in some foods!



Not Just What You Eat But How Often

FOOD

- Frequency of sugar ingestion is more important than quantity
- Acids produced by bacteria after sugar intake persist for 20-40 minutes

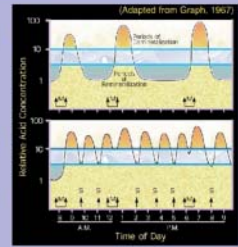


Diet and Dental Caries

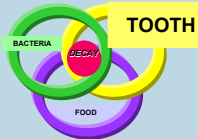
Regular Meals (M)

Regular Meals (M)
plus

Sweet Snacks (S)



Plaque Level Acids



Decay Can Begin As Soon as the Tooth Comes into the Mouth

Early Childhood Caries usually affect:

- First the upper incisors
- Then 1st baby molars
- Then 2nd baby molars



Risk Factors for Dental Decay

Risk for Decay

Increases with certain
socio-economic, behavioral factors

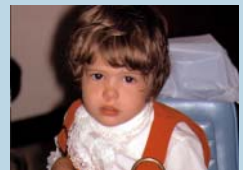
- Low socio-economic status
- Low education level
- Minority race/ethnicity
- Poor access to health care
- Special health care needs
- Inadequate fluoride
- Poor oral hygiene

80% of dental decay occurs in 20% of children

Risk for Decay

Increases with Certain Health Beliefs

- "Decay will happen anyway"
- "Baby teeth are not important"
- "It is cruel to deny children the bottle"
- "The bottle or snacks keep my baby quiet"



Prevention of Dental Decay

Infant Feeding

- Breast feeding is best
- Always hold the infant when bottle feeding
- No propping of bottle
- Only formula or breast milk in bottle
- From breast to cup



Infant Feeding

Bed time bottle alternatives



Good Tip

If child (or "caregiver") is having a lot of trouble giving up the bottle filled with juice or milk, try to...

- ✓ Slowly replace juice or milk with water, adding a little more water to the juice or milk each time
- ✓ Eventually, the child should become used to a bottle with only water

Toddler Feeding

Liquids

- Ideally, **sugar free** drinks
- Milk or water between meals
- No drinking *ad lib* from "sippy" cup
- Sugars in fruit juice cause cavities
- **Limit fruit juice** to meal times



Toddler Feeding

Solid foods

Limit number of times eating and snacking

- Regular meals, no "grazing"
- Sugar-free snacks



Oral Hygiene

Start brushing

When first tooth comes into the mouth

- Clean with **soft nylon** brush and small "pearl" of toothpaste with fluoride
- Adult supervision
- Spit out toothpaste (**Don't rinse**)
- Nothing to eat or drink after brushing at night
- Nighttime is most important time to brush



Oral Hygiene

Proper brushing technique for infant or toddler

- Adult supervision until **6-8 years of age** because younger children do not have the manual dexterity to adequately brush without assistance
- Infant sits or lies in adult's lap, both facing in same direction
- Toddler sits or stands in front of adult, both facing mirror



Oral Hygiene

Proper brushing technique

- Lift lip to brush gum line



- Brush behind teeth

Fluoride

Children at risk for decay should receive fluoride

- By drinking fluoridated water
- - Or - by taking supplements
- Regular use of toothpaste containing fluoride
- Supplements should begin at **6 months** if needed
- Not all municipal water supplies are fluoridated
- Water filters, bottled water, other bottled drinks and wells may have little or no fluoride
- Note: Milwaukee's municipal water supplies are fluoridated



Fluoride

Too Much Fluoride

Can cause **Fluorosis**



Sealants

Dental sealants by age 6-7



First Dental Visit

Ideally, first dental visit by first birthday

Old Approach

- Dental decay will happen
- Treat the decay and then start a preventive program

New Approach

- Early intervention to provide examination, risk assessment, and guidance to prevent disease

