Oral Health Improvement

Prevention in Practice

Vicky Brand
<table>
<thead>
<tr>
<th>Question</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>The % of 5 yr olds in 05/06 in Greater Manchester who experienced tooth decay was just over</td>
<td>30%</td>
<td>40%</td>
<td>50%</td>
</tr>
<tr>
<td>Which of the following is more likely to cause bottle caries?</td>
<td>Bottle of milk given frequently</td>
<td>Milk with honey given frequently in a bottle</td>
<td>Diluted juice given in a trainer cup at mealtimes</td>
</tr>
<tr>
<td>At about what age should a trainer cup be introduced?</td>
<td>6mths</td>
<td>9mths</td>
<td>12mths</td>
</tr>
<tr>
<td>How soon should baby teeth be brushed?</td>
<td>As soon as they erupt</td>
<td>6mths</td>
<td>When at least half the teeth are through</td>
</tr>
<tr>
<td>Which fluoride concentration in toothpaste should a child under 3 yrs old be using?</td>
<td>450ppm</td>
<td>1,000ppm</td>
<td>1,350ppm</td>
</tr>
<tr>
<td>How often should fluoride varnish be applied to the teeth of a 4 yr old that is not a concern?</td>
<td>Once a year</td>
<td>Twice a year</td>
<td>3-4 times a year</td>
</tr>
<tr>
<td>Until what age should children be supervised while brushing?</td>
<td>3 yrs</td>
<td>5 yrs</td>
<td>7 yrs</td>
</tr>
</tbody>
</table>
Aim

• To build on existing oral health knowledge and skills.

Objectives

• Discuss the role of DBOH and SBOHE and compare the two documents
• Discuss how this evidence can be used in your everyday practice.
Delivering Better Oral Health
An Evidenced Based Toolkit for Prevention


- Department of Health Guidance for all those working within dentistry and oral health.


- Key element of DBOH is to simplify the key messages to prevent confusion.

- Evidence informed practice is key to effective prevention.
The Scientific Basis of Oral Health Education 6th Ed

• An essential document for all those involved in providing oral health education to the public.

• The aim of the book - provide a sound basis for giving information and advice on the main aspects of oral health.

• Provides four key messages which form the basis of the advice.
Oral Health Matters....

• It is poor among the population particularly
  - for children under 5
  - those with a physical and or intellectual disability
  - those with poor general health

• Poor oral health can have an impact on an individual's general health and quality of life
Key messages 0-3 yrs
Bottle Caries
<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar (grams per 500ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drench blackcurrant and apple</strong></td>
<td>46g</td>
</tr>
<tr>
<td><strong>This Water</strong></td>
<td>40-50g</td>
</tr>
<tr>
<td><strong>Pure Pret Still Lemon Aid</strong></td>
<td>41.5g</td>
</tr>
<tr>
<td><strong>Volvic Touch of Fruit lemon and lime</strong></td>
<td>27.5g</td>
</tr>
<tr>
<td><strong>Pure Pret Still mango and passion fruit</strong></td>
<td>26.2g</td>
</tr>
<tr>
<td><strong>Vitamin Water</strong></td>
<td>23-30g</td>
</tr>
<tr>
<td><strong>Volvic Touch of Fruit strawberry</strong></td>
<td>24g</td>
</tr>
<tr>
<td><strong>Volvic Touch of Fruit blackcurrant</strong></td>
<td>20g</td>
</tr>
<tr>
<td><strong>Neuro Water</strong></td>
<td>10.5g</td>
</tr>
<tr>
<td><strong>Krispy Kreme doughnut</strong></td>
<td>9g each</td>
</tr>
</tbody>
</table>
Parents should be warned over the practice of allowing prolonged drinking from a bottle or valve feeder with any sugared solution.

Prolonged contact time between the sugar and the teeth will cause rapidly progressing decay.

The risk is increased if the bottle is used as a comfort, especially at bedtime.

A bottle should not be used for anything other than milk and water.
Key Messages

(DBOH 2009)

• Breast feeding provides the best nutrition for babies
• From 6 months of age infants should be introduced to drinking from a trainer cup.
• From 1 year the bottle should be discouraged.
• Sugar should not be added to weaning foods
Continued

• The frequency and amount of sugary foods and drinks should be reduced and kept to mealtimes, they should not be consumed more than 4 times a day.

• Sugar free medicines should be recommended.
Sugar Free Medicine

- Sugars in medicine can cause decay.
- The use of sugared medicine should be strongly discouraged.
- SF medicine should be chosen by prescribers and promoted by pharmacists when buying non prescription medicines.
- Children with long-term medical conditions should always have SF prescribed.

(SBOHED 2009)
Fluoride

- As soon as teeth erupt in the mouth they should be brushed twice daily.
- Use only a smear of toothpaste containing no less than 1,000ppm fluoride.
- Parents/carers should supervise toothbrushing.

(DBOH 2009)
Children aged 3 - 6 yrs
Key points

• The frequency and amount of consumption of sugars in drinks and foods are the most important risk factors. (SBOHED)

• Sugars -sweetened snacks and drinks should be avoided between meals and especially at bedtime. (SBOHED)

• The frequency and amount of sugary food and drinks should be reduced and, when consumed, limited to mealtimes. (DBOH)

• Sugar free Medicines should be recommended (DBOH)
Fluoride

- To brush last thing at night and on one other occasion.
- Brushing should still be supervised by an adult.
- Use a pea-sized amount of toothpaste containing 1,350-1,500ppm fluoride.
- Spit out after brushing but do not rinse.
Professional intervention

• Application of fluoride varnish
  - Apply to teeth twice yearly (2.2%F-)

• Children giving concern
  - FV 3-4 times yearly
  - Prescribe F supplements
  - Reduce recall interval
  - Investigate diet and assist to adopt good dietary practice
  - Ensure medication is sugar free
Enamel Fluorosis

- To reduce the risk:
  - Parents should supervise brushing until a child is 7 yrs
  - Correct amount and concentration per age
  - Brushing should be done twice a day
  - Spit out but not rinse out
  - Children should never be allowed to eat or lick the paste
  - If fluoride tabs or drops are used, should be given at a different time to brushing.
Children with Extra Needs

- All the advice previously mentioned.
- Dependent on age the correct amount and concentration of fluoride.
- Ensure medication is sugar free.
- Advise dietary supplements containing sugar and glucose polymers are given at mealtimes where possible and not last thing at night. (DBOH)
Older Children

- All the advice previously mentioned.
Adolescents and Adults
Prevention of Caries

• Brush twice daily with fluoridated toothpaste, last thing at night and on one other occasion
• Fluoridated toothpaste should have at least 1,350ppm fluoride.
• Spit out but do not rinse.
• The frequency and amount of sugary food and drinks be reduced and limited to mealtimes. (DBOH)
Adolescents and Adults
Prevention of Periodontal Disease
Cause

• Dental Plaque
• Bacteria sits at the gum margin, the body’s immunological defence system has to fight to prevent harmful bacteria from penetrating this junction, if it affects it the body’s reaction is inflammation and bleeding - Gingivitis (SBOHED)
Prevention

• Brush teeth systematically twice daily
  • A manual toothbrush with a small head and comfortable handle
  • A powered toothbrush with an oscillating/rotating head
• Do not smoke.
• Consider using toothpastes containing triclosan with copolymer or zinc citrate.
• Clean interdentally using brushes or floss.
• Maintain good dietary practices. (DBOH)
Oral Cancer

- Estimated that almost 5,410 new cases in 2007.
- 1,700 death, incidence greater than cervical cancer.
- Twice as many males as females affected.
- Oral cancers detected early 90% survival rate after 5yrs. (SBOHED)
Key Points (SBOHED)

- Smoking, other forms of tobacco use and frequent alcohol consumption are the main risk factors.
- White or red patches and oral ulceration present for more than 3 weeks require immediate investigation.
- Smokers who wish to give up should be given appropriate support to do so.
- Evidence to support the benefit of a higher intake of fruit and vegetables.
Prevention (DBOH)

- Do not smoke.
- Do not use smokeless tobacco.
- Reduce alcohol consumption to moderate.
- Maintain good dietary practices.
- Increase fruit and vegetable intake to at least five portions per day.
Denture Wearers and Older People

Key Points (SBOHED)

• Everyone including those with full dentures should have regular examinations.

• Dentures should be removed and cleaned every night and should be replaced when damaged or ill fitting.

• Fungal infections can occur if dentures are ill fitting or not cleaned thoroughly.
Angular Chelitis
Dry Mouth

- Common condition that increases the risk of dental caries and periodontal disease.
- Side-effect of many drugs.
- Linked to certain conditions.
- General prevention advice is needed.
- Artificial saliva, frequent sips of iced water and even sugar free gum can provide some relief. (SBOHED)
Key point (SBOHED)

- Oral candidosis, when not associated with dentures, may be a sign of systemic disease causing immunosuppression.
Erosion

- Number of epidemiological studies showing soft drinks are associated with erosion and the WHO recommends limitation of these products.
- No evidence could be found that measured the effectiveness of providing preventative advice in a clinical setting.
Visiting the Dentist

• Everyone irrespective of age and dental condition should have regular oral examinations.
  - Under 18yrs, at intervals of no more than 12 mths.
  - Adults no more than 24 mths.
Thank you

Any Questions?