Dental Health Ambassador

DHA TRAINING
DENTAL HEALTH AMBASSADORS!
Our Mission Statement

“The Dental Health Ambassadors program is the educational outreach component of the UCSD Pre-Dental Society. Members are trained and certified as Dental Health Ambassadors with the help of the Share-the-Care Dental Initiative of San Diego County to raise awareness for the importance of oral health. DHA focuses on preventing oral decay and diseases by providing the surrounding community, particularly children, with simple techniques and information to maintain good oral health. Through this program, we hope to instill in our community that oral health is valuable and very much a significant aspect of one's overall well-being.”
Events

- Elementary Schools
- Health Fairs
- Family/Community Resource Events
- Teenage/Homeless Shelters
- Clinic

- Know your Audience!
Signing up to Volunteer

- Emails will be sent out for each event
- Sign-up through Google form
- Selection Factors
  - DHA Certification
  - Sign-up time
  - Meeting Attendance
  - Experience
  - General Involvement
VOLUNTEER EXPECTATIONS

- Basic oral health knowledge
  - Be able to answer questions
  - Research on topic if necessary
- Preparation
  - Organize your presentation
  - Props
  - Visual aids
- Attire
  - Scrubs + Name tag
• Be vocal and professional
  – Make an impact!
• Interaction
  – Induce questions and conversations for discussion
• Promptness
  – Be on time!
• No-Show Fee!

• Smile!
Communication

- Email or phone?
- Talk to us at meetings!
  - We’ll be nice 😊
- READ EMAILS ALL THE WAY THROUGH!!
  - Pretty Please!
Workshop Topics

- Brushing and Flossing
- Anatomy and Disease
- Nutrition
- Experiment
- Dentistry
- Rotating Stations
Teenage-Adult Audiences

- Storefront Teenage Shelter
- Additional Topics:
  - Oral Cancer
  - Tobacco
  - Alcohol
  - Drugs
  - Oral Embellishments'
  - College/Careers
“You can not be healthy without oral health.”


And by practicing good oral hygiene habits it’s possible to prevent tooth decay, gum disease and possibly some serious health issues....
Poor dental health is related to our systemic health

- Diabetes
- Cardiovascular Disease & Stroke
- Asthma
- Epilepsy
- Cancer
Anatomy of a Tooth
Tooth Numbering

• Adult Teeth:
  – 32 total
  – Maxillary & Mandibular
    • Right → left
  – Teeth to note:
    • 8, 9, 24, 25
How to Correctly Brush Your Teeth
Toothbrush & Toothpaste

• Soft Bristled
• New toothbrush every 3 months
• Throw away toothbrush after an illness (ie. cold, flu, etc.)

• Fluoridated toothpaste
• Amount of toothpaste = toothbrush width
• Non-fluoridated for infants and small children that can’t control swallowing
How to Correctly Floss Your Teeth

1. Hold a piece of dental floss
2. Wrap it around your teeth
3. Glide the floss between your teeth
4. Move it back and forth

UCSD Pre-Dental Society
Student-Run Free Dental Clinic
Peanut Butter Flossing Experiment!

-Demonstrate to kids that flossing is essential along with brushing, to get food and plaque out from between their teeth
-Gloved fingers=teeth
-Peanut Butter=food/plaque
-Tissue=brush/brushing
-String=floss/flossing

-Put peanut butter into gloved hand, wipe off as much as possible with tissue
-Wiggle string between two fingers and demonstrate proper flossing techniques
-Remove string and let kids examine it. Make sure they notice how much peanut butter “plaque” had been left behind with brushing and how flossing was needed to remove it
Sugar Conversion:
4 grams = 1 teaspoon
Exercise
Cavity Equation

Bacteria + Sugar = Acid

Acid + Tooth + Time = Caries

What Can You Control?
Factors Necessary for Caries

**TOOTH**
- Age
- Fluorides
- Morphology
- Nutrition
- Trace Elements
- Carbonate Level

**SUBSTRATE**
- Oral Clearance
- Oral Hygiene
- Salivary Stimulants
- Frequency of Eating
- Carbohydrate (type, concentration)

**FLORA**
- Strep, Mutans
- (Substrate)
- Oral Hygiene
- Flouride in Plaque
COOKIE EXPERIMENT!

Crunchy, healthy snacks can help clean teeth

1.) Eat cookie
2.) Drink water

1.) Eat cookie
2.) Eat apple, carrot, etc.

Teaches kids that eating a crunchy healthy snack after all their food will help clean their teeth the best, when they don't have a toothbrush.
Acid stays in the mouth for 20 to 40 minutes.
Acid in Foods

**pH Scale**

- pH 14
- pH 13
- pH 12
- pH 11
- pH 10
- pH 9
- pH 8
- pH 7
- pH 6
- pH 5
- pH 4
- pH 3
- pH 2
- pH 1

**NEUTRAL**

- pH 5.5 enamel starts demineralization

**Acids in Foods**

- Adipic
- Citric
- Fumaric
- Lactic
- Malic
- Tartaric

**Images:**
- Snapple, Gatorade
- Lucas cubes
- Lollipops

**Other Text:**
- pH 14: Drink change
- pH 13: Soap
- pH 12: Ammonia
- pH 11: Air
- pH 10: Water
- pH 9: Sea water
- pH 8: Pure water
- pH 7: Milk
Eggsperiment!

- Teaches kids that brushing is essential to remove acidic coating from food/drinks off of teeth
- Egg was kept in acidic vinegar over-night and the result is...weak shell!
- This is what happens to your enamel if you consistently do not remove the acid from everyday usage
Oral Health: Through the Ages
When should we FIRST begin to take care of the MOUTH?
Ideally before conception. Definitely during pregnancy…

…and as soon as an infant is born…

before that first tooth erupts
Pregnancy

- Gingivitis
- Periodontal disease
- Dental caries
- Premature birth/low birth weight
Dental visits are safe:

• Any time

• For the comfort of the mother-to-be and the fetus:
  – Second trimester
  – Third trimester-first half
  – First trimester

By NOT going to the dentist, a pregnant woman could suffer dental infections and may cause harm to the fetus.
Primary Causes

Feeding Habits

• Nursing
• Bottle feeding
• Sippy cups
Infants and Toddlers

Caries is a bacterial, transmissible, and contagious disease

Is influenced by dietary preferences & poor hygiene habits

Preventable

Reversible at an early stage

Bacteria can be transferred from mother/primary caregiver to child

- hand-to-mouth
- sharing food and utensils
- “cleaning” pacifiers
- pre-chewing food
- everyday life
Childhood Caries

- The most common chronic disease
- Can develop as soon as teeth erupt.
- 5 times more common than asthma
- 7 times more common than hay fever
- When should a child first see a dentist?
  - No later than the first birthday.

Photos by Bryan Williams, DDS
Progression Of Dental Caries
Progression of Dental Caries
How to Spot Caries

Reversible:
• White spots
• Brown spots

Not Reversible:
• Black spots
Periodontal Disease: Clinical Signs

A. Healthy Periodontium
B. Gingivitis
C. Slight to Moderate Chronic Periodontitis
D. Advanced Chronic Periodontitis

Photographs courtesy of Charles Cobb, DDS, PhD
Why Baby Teeth Matter

- Self Esteem - Appearance
- Speech
- Nutrition
- Space holder

Untreated Caries leads to
- Infection
- Pain
- Failure to thrive/low birthweight
- Systemic disease/chronic disease
- Death

Oral health is part of total health
Children: What’s Different

- Mixed dentition
- Flossing
- Use fluoridated toothpaste
- Sealants
- Nutrition
- Wear a mouth guard when playing sports
Oral Disease Impact

🔗 52 million school hours lost annually

🔗 78% of children age 17 have fillings

🔗 Increased ER visits, hospitalizations, surgeries

🔗 By the time a child is 3, they have at least 11 contact visits with a medical office... a child’s first dental visit is often in an emergency room
Teens: What’s Different

• Independence
• Hormone changes
• Home care and Orthodontics
• Nutrition
  – Eating disorders
• Oral piercing
• Tobacco and other drug use
Adults: What’s Different

- Periodontal disease
- Bridges and implants
- Nutrition
- Medications
- Access to Care
Elderly: What’s Different

- Oral hygiene with Limited Dexterity
- Nutrition
- Xerostomia
- Tooth loss and Denture care
- Access to Care
Other factors effecting Oral Health

Eating Disorders
Obesity
Oral Piercings & Tattoos
Alcohol, Tobacco and Recreational Drugs
Oral Cancer

- Symptoms:
  - Irritation persisting for longer than two weeks
  - Pain or numbness
  - Lump in or about the mouth, face or neck
  - Leathery, wrinkled or bumpy patch inside the mouth
  - Color changes in oral soft tissue (red, white or gray)
  - Ear pains
  - Difficulty chewing, swallowing, speaking or moving the jaw or the tongue
TOBACCO

- Smoked
  - Heat & Toxins
  - Second-hand Smoke

- Smokeless
  - Sugar & Flavorings
  - Sand & Grit

- Stained teeth and tongue
- Tissue trauma & lacerations
- Decreased blood flow
- Tooth sensitivity
- Halitosis (bad breath)
- Gum recession
- Dental Caries
- Periodontal Disease
- Oral Cancer
ALCOHOL

• Oral Cancer
• Xerostomia
  – Decreased Salivary Flow
• Tobacco use
• Behavioral Changes
  – Nutrition
  – Oral Hygiene
DRUGS

• Cause:
  – Xerostomia (Dry Mouth)
  – Halitosis (Bad Breath)
  – Bruxism (Teeth Grinding/ Clenching)
  – Gingival tissue laceration
  – Infection from drugs directly applied to tissue
  – Higher chance of bacterial plaque and tooth staining
Oral Embellishments

- Can include piercings, tattoos and various dental jewelry:
  - Allergic reactions to metals
  - Transmission of disease
  - Altered speech (lisping or slurring)
  - Permanent numbness and drooling
  - Fractured or broken teeth
  - Gum tissue irritation/recession
Diabetes

- Higher chances of periodontal disease (gum disease)
- Gum Disease → Progression of Diabetes
Prevention

- Brushing
- Flossing
- Toothpaste
- Fluoride
- Sealants
- Xylitol Products
- Regular dental visits
- Food choices
Xylitol
Preventive Dental Therapies

Varnish

Sealants

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Dentistry

- Goal: inform the audience and shape their perception of the dentist
- “What is your impression about the dentist?”
  - Be flexible to your audience
  - Converse
- Basic Procedures
- Instruments
- Specialties
- Fear/ anxiety