

**California Rural Indian Health Board Inc.**

Dental Support Center  
4400 Auburn Blvd. 2nd Floor  
Sacramento CA 95841

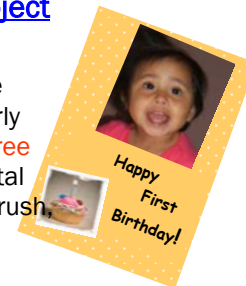
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**Incentive for parents to provide baby's first Dental Screening - First Birthday Card Project**

15 tribal clinics are already participating.....call DSC and be part of the project!

The DSC will provide **First Birthday Cards** to any tribal or urban Indian health clinic that would distribute them to parents of one year old infants. The birthday card carries a message stating the benefits of early prevention and urging parents to take their child for a initial dental screening. The card also offers a **Free Gift** that they will receive with the first dental visit. The DSC will provide the gift packages to all the dental offices that wish to participate in this project. The gift bag will include infant tooth brush, child's toothbrush, kids toothpaste, and a brushing cup set.



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**California Dental Support Center – Advisory Committee**



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California Rural Indian Health Board Inc.

# California Dental Support Center NEWSLETTER



## Northern Valley Indian Health Launches a New Program to Serve Young Children

### Mission

Reduce dental caries in Native American infants, toddlers and children. Provide training, technical assistance and resources to tribal and urban dental clinics operating in California.



### MOBILE DENTAL VAN

The Mobile Dental Van was gifted to NVIH by the First 5 California Commissions of Butte, Glenn and Tehama Counties. The official open house "Floss Cutting Ceremony" was held on December 19, 2008. NVIH will treat children ages birth to five years by visiting pre-schools and kindergartens in the three counties and will offer preventive oral health education and diagnosis and treatment on the van. First 5 Commissions will interface with the various school districts to assist NVIH to set up the initial appointments.

With the approval from the State Health Department as a licensed mobile clinic, the NVIH staff is now looking forward to serving young children with much needed oral health services.



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www.crihb.org

**Register Now!!**

**2009 IHS/CAO Dental Conference**  
May 4th—May 7th, 2009

**Red Lion at Arden Village**  
1401 Arden Way, Sacramento CA 95815  
For more information/registration visit [www.crihb.org](http://www.crihb.org),  
[lalani.ratnayake@crihb.net](mailto:lalani.ratnayake@crihb.net) or  
call Lalani or Bettina at 916-929-9761

# NewsBites



## February is National Children's Dental Health Month

Each February, since 1949, the American Dental Association (ADA) has sponsored National Children's Dental Health Month to raise awareness about the importance of oral health and focuses on providing oral health education to all children despite their economic status. Give Kids A Smile was designed to provide education, preventative and restorative care to low-income children who do not have access to care.



ADA American Dental Association®

**Give Kids A Smile is Friday, February 6, 2009!!**

Are you a partner for this event? For more information visit [www.ada.org](http://www.ada.org)

If your tribal/urban dental clinic is participating in this year's Give Kids A Smile, share your experience and accomplishments with others, by sending us a short write-up of your event and we will be glad to publish it in our next DSC newsletter.

### Another Certification Training for RDAs on Pit and Fissure Sealants

The second training for this grant year will be held at Sonoma County Indian Health Project Dental clinic in Santa Rosa on February 27 - 28, 2009. Twelve RDAs will receive training for certification. The hosting clinic receives three RDA slots and the rest of the class attendees are chosen by lottery. All training costs, travel, lodging and per diem for the attendees are provided by The DSC.

We would like to thank Northern Valley Indian Health for hosting the training in November 2008, helping 10 RDA's to obtain their Sealant certification.

### **The New California Gold Rush Dental Hygienists Helping Tobacco Users Quit**

**Ask** your patients if they use tobacco.

**Advise** your patients to quit.

**Refer** your patients to the California Smoker's Helpline by giving them a Gold Card.



To order Gold Cards and other FREE promotional materials, as well as how to win prizes for your referrals, visit California Dental Hygienist Association website at [www.cdha.org](http://www.cdha.org)

Information provided by Rhoda Gonzales RDH  
Central Valley Indian Health

## Community Highlights

### United Indian Health Service, Inc. Diabetic Dental Enhanced Program

The Goal of the Diabetic Dental Enhanced Program is to provide a program for high risk diabetic clients to improve their oral health in an effort to reduce their blood sugar levels, and improve their general health.

Poorly controlled diabetes can aggravate periodontal disease. Infection and tooth loss are significant complications of diabetes. Most diabetics that lose their teeth need dentures because of periodontal disease. The importance of diet in the diabetic clients makes it important to maintain their own teeth. When periodontal infection goes untreated in diabetic clients, this puts them at greater risk for developing the long-term complications associated with diabetes and cardiovascular disease.

For the past two and half years, UIHS Dental Services, at Smith River and Arcata dental sites, have been offering a Diabetic Dental Enhanced Program to diabetic clients with:

A1c#s of 7 or above ( A1c # is the results of a blood test taken every 3 months by the doctor to show the patient's average blood sugar over the past 3 months. The A1c#s range from 4-13. An HbA1c value of less than 6% for most diabetics, significantly reduces the risk for serious complication of diabetes, including periodontal disease)

Each client is given a complete oral evaluation which includes full mouth x-rays, full mouth probing, evaluation and education of all oral complication associated with diabetes, all restorative treatment needed and any and all periodontal treatment, home care instructions and products, including a free electric tooth brush and frequent recalls.

Each client's A1c # is requested prior to enrolling in the program, as well as one year later to evaluate any changes. All patients have increased satisfaction of their oral cavity and over half decreased A1c#s.

**A healthy body has a healthy mouth.**

Submitted by Darylla Hager, RDH

### Oral Health and Diabetes

Although a number of oral disorders have been associated with diabetes mellitus, the data support the fact that periodontitis is a complication of diabetes. Patients with long-standing, poorly controlled diabetes are at risk of developing oral candidiasis, and the evidence indicates that periodontitis is a risk factor for poor glycemic control and the development of other clinical complications of diabetes. Evidence suggests that periodontal changes are the first clinical manifestation of diabetes. *JADA 2008;139(10 suppl):19S-24S*

#### **What oral health problems can be associated with diabetes?**

The most common oral health problems associated with diabetes are: tooth decay, periodontal (gum) disease, salivary gland dysfunction, fungal infections, lichen planus and lichenoid reactions (inflammatory skin disease), infection and delayed healing, and taste impairment. [www.ada.org](http://www.ada.org)