ORAL HEALTH

3 TIPS
FOR A HEALTHY MOUTH AND OVERALL WELLNESS

CREATING A DENTAL SOLUTION FOR SENIORS

University of Toronto Faculty of Dentistry teams up with non profit Access To Care Toronto to create smiles.

Your best brush
Shop smart when picking oral products

The public pledge
The crucial role of the dental hygienist

March 2012

There is a direct link between oral health and your overall health. Brush, floss, rinse, eat healthy, and see your dental hygienist regularly.

Learn more, visit www.cdha.ca/ndhw
Tobacco is the leading cause of preventable death and disease, killing an estimated 13,000 Ontarians every year. The costs to our health, economy, and environment are enormous and health benefits begin within weeks of quitting. Over the past 40 years we have seen a profound shift in the number of Canadian who smoke. The percentage of the Canadian population that smokes cigarettes has been declining since the 1960s. In 1964, 40 percent of Canadians over the age of 12 smoked. Today roughly 20 percent of Canadians aged 12 and over smoke. While these are encouraging results, there is still much work to be done.

Challenges

In Ontario will at least five Ontarians in ten estimated in five Ontarians is a smoker. This year in four in 10 smokers in Ontario will attempt to quit, but 45 percent of Canadian smokers who attempted to quit, but the withdrawal symptoms of nicotine can be so severe that many smokers fail on their first attempt. Keep trying.

As a dentist and a parent, I am very concerned about the rate of smoking in youth. The Lung Association continues to identify respira-

tory educator and speak to a certified respira-
tory educator or check out www.changewhats-

Catching it early

As a dentist and a parent, I am very concerned about the rate of smoking in youth. The Lung Association offers these tips to help smokers quit for good:

- Make a plan—tobacco is an addiction that motivates them to act.
- Set a quit date.
- Get active!
- Find support—from friends, family and your healthcare provider.
- Get quit tips.
- Get help.

Helping smokers quit for good:

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Every day in Ontario, dentists help patients quit smoking by offering support and encouragement. Dentists can also prescribe stop-smoking medications, where helpful, and explain the oral and overall health benefits of quitting today.

As the experts in oral health care, dentists often have the front line to spot the damage tobacco does to the mouth and teeth. In Canada this year, over 3,000 people will be diagnosed with oral cancer. Early detection is key to improving the outcome for those patients.

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THINKING OF QUITTING? TALK TO YOUR DENTIST.

Dr. Harry Hoediono
President, the Ontario Dental Association

HOW YOU CAN QUIT

Quitting is one of the toughest, yet most rewarding challenges smokers will face. The Lung Association offers these tips to help smokers quit for good:

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Keeping dentists current

Dentists in Ontario have a mandatory requirement to complete continuing dental education programs on a regular basis throughout their career. Every year, over 1000 dentists take courses at the University of Toronto Faculty of Dentistry which provides a comprehensive continuing education program of 30 courses in all aspects of dentistry. Courses are presented by leading experts and based on scientific evidence supporting appropriate application of new treatment procedures and technology.

Courtesy of University of Toronto

A message from the Ontario Dental Assistants Association

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PRO ADVICE

NEWS

PROFESSIONAL STRENGTH DENTURE CLEANER

Better teeth, brighter smiles

Eighty percent of aboriginal children in Canada aged six to 11 have tooth decay, compared to 24 percent among their non-aboriginal counterparts.

Dr. Herenia Lawrence, associate professor at the University of Toronto Faculty of Dentistry, has made it her mission to lessen this disparity and bring about an ambitious new study in partnership with dozens of communities, including First Nations communities on Manitoulin Island and in the Sioux Lookout Zone in Ontario, the Norway House Cree Nation in Manitoba and urban First Nations groups in Toronto and Winnipeg.

Lurking below the surface

It is not merely, says Lawrence, to think of tooth decay as simply an aesthetic problem. “We think of the mouth as detached from the rest of the body,” she says. In fact, tooth decay interrupts normal body functions such as ear infections. It’s also linked to infectious diseases such as ear infections.

“It progresses rapidly and if left untreated, becomes a tooth abscess. These children live in remote communities so access to dental care is an issue. To treat the child you travel to a centrally-located hospital and the child is operated on under general anesthesia. It’s a mistake, says Lawrence, to think of tooth decay as simply an aesthetic problem. “We think of the mouth as detached from the rest of the body,” she says. In fact, tooth decay interrupts normal body functions such as ear infections. It’s also linked to infectious diseases such as ear infections.

Lawrence’s ultimate goal isn’t simply to improve oral health among Aboriginals, it’s to tackle some of society’s toughest and most enduring social problems. “Our mission in dental public health is to reduce inequalities arising from dental disease. Our target populations are vulnerable and under-served people.”
Inspirition

Dental care can become a costly burden when not supplemented by workplace health benefits. The Access to Care Fund, provided by the University of Toronto, aims to reach those in need of care who would otherwise fall through the cracks.

How We Made It

A program at the University of Toronto's Faculty of Dentistry is giving seniors a reason to smile. The Access to Care Fund provides dental work to patients who normally wouldn't be able to afford it—a demographic that includes a huge number of elders. Since many seniors live on fixed incomes, a visit to the dentist is often not in their budget, says Dr. Carlos Quiñonez of the Faculty of Dentistry.

"Most dental care in Canada is paid for through employment-based insurance but when you're retired, a lot of people lose those benefits because they've retired," he says. "Your income is limited as well. What you used to be able to afford, you can't afford anymore and one of those things is oral health." Therefore, being eligible for the Access to Care Fund gives seniors a chance to get the dental care they need, which leads to a healthier, longer life.

Making the program possible

As an important part of their educational experience, dental students provide oral health care to patients, under direct supervision of instructors. The patients receive quality care for about half the price of a private practice, though it usually takes longer than a regular visit to the dentist. (The graduating class of 2006 did $2.2 million worth of dental work, which works out to $4.4 million in private practice.)

Despite the extended time in the dental chair, the Faculty of Dentistry's services are in high demand. The College recommends members to serve and protect the public interest by establishing the competence (education and experience) required to practice the profession in Ontario. The College is the one of the two (to be sure) regulatory colleges established and operating under the Regulated Health Professions Act (RHPA). The RHPA is generally acknowledged as representing the gold standard in professional regulation in the health care sector. The CDHO honors its commitment to serve and protect the public interest by establishing the competencies (education and experience) required to practice the profession in Ontario. The College is also responsible for enforcing and ensuring compliance, standards of practice, policies and guidelines that ensure dental hygienists provide safe, effective and quality care. One of the College’s most important programs is a Quality Assurance process that ensures that dental hygienists are maintaining high standards of care and using best practices to provide optimal oral health services.

Anyone member of the public who feels they have not received quality oral health care from a dental hygienist can have their complaint handled by the CDHO. Public and other health care practitioner complaints about unsafe or poor care trigger a full investigation. Dental hygienists who do not meet the College’s requirements for practice are subject to a discipline process that can include suspension or revocation of their right to practice.

The largest profession in oral health

Dental hygiene is an independently regulated profession in Ontario and it can take considerable time to be accepted into the clinic. Annual- ly, the faculty’s clinic serves 15,000 patients.

Accessing the treatment

Visitors who are accepted into the clinic have access to every dental specialty and expertise in advanced care, such as programs for gum disease treatment and highly specialized diagnostic. The Access to Care Fund, which was founded in 2006, helps cover the costs for those who can’t afford it. To be eligible for funding, pa- tients are assessed by a student to determine their needs, and whether or their health would be comprom- ised if they couldn’t continue treatment.

"We see patients every day who choose between dental care and providing for their family," says Joan, who needed several fillings for her teeth that could be saved, as well as upper and lower dentures. But the dentures would have to wait before Joan could afford them, which she figured would be another two years. Then, the Ac- cess to Care Fund was funded and fortunately, Joan qualified.

"I thought, she has to have this, she deserves it," said Tang, who was a fourth-year student at the time. "When I told my patient that we could go ahead with her den- tures she was almost in tears, she was so happy."
Access to Care participants receive services from dental students under direct supervision.

PHOTO: RITA BAUER, UNIVERSITY OF TORONTO

Proper denture care is essential to maintaining good oral health, so here are a few simple tips when it comes to caring for your dentures or oral appliances.

Denture cleaners should work quickly. A good denture solution shouldn’t take more than 15 minutes to rid the bacteria, stains or build up out of your oral appliance.

Don’t aggressively brush your dentures. Edward Skyhar DD of Southside Denture Clinic in Winnipeg says brushing can scratch the dentures, causing build-up in the base. “You want to let the denture cleaner do the work,” he says.

Once the dentures have soaked for 15 minutes, be sure to give them a rinse. Just don’t brush.

Do it every day. Cleaning your dentures daily will lead to a healthier mouth, fresher breath and reduce health risks like respiratory infections and acne.

Look for a professional strength cleaner. A professional strength denture cleaner will work quickly and effectively, removing the bacteria from the acrylic, soft lining or mouth guard.

50,000 strokes in Canada = 1 stroke every 10 minutes

About 300,000 Canadians are dealing with the after effects of a stroke. The risk of stroke doubles every 10 years at age 55. A stroke survivor has a 20% chance of having another stroke within two years.

stroke

your 1st defence in oral health

College of Dental Hygienists of Ontario

www.cdho.org

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Oral health starts with consumer education

Question: What should consumers keep in mind when shopping for oral products?

Answer: When you shop for oral products, look out for warnings, to help you choose the right products for your dental needs, and invest in quality.

There are countless varieties of floss, toothpastes, mouthwashes, and toothbrushes, all promising to give you a dazzling smile. But with all these products to choose from, it can sometimes be confusing to understand what to specifically look for as a consumer.

For one, it’s important to find the Canadian Dental Association’s Seal of Acceptance. This will help identify to consumers, as well as dental professionals, products that are beneficial, allowing them to make an informed decision on what they are buying, Dr. Carlos Quiñonez says.

Another tip is to specifically look for as a consumer. When it comes to toothbrushes, he suggests looking for products to choose from.

“Hard bristles can actually damage your teeth and your gums,” he warns. Electronic toothbrushes are proven to work well at removing plaque and food debris and they’re also extremely helpful for people who have dexterity problems.

“If you have a senior who’s developed dexterity issues, a nice big toothbrush thatYou can enjoy your cocoa or chocolate without feeling guilty (or at least not as guilty) because you can brush your teeth.

Chewing gum for two minutes after a meal has been proven to remove more food than saliva alone. In one study, 64.5 percent of food debris was gone at the two-minute mark with the help of gum, compared to 24 percent removed with saliva alone.

It doesn’t end there. Not only does chewing gum help keep your mouth clean and fresh, it’s also been proven to reduce stress, lower heart rates, and boost alertness—leading to over-all wellness.

During April Oral Health month, a portion of the proceeds of Extra Professional will be donated to

Gum is not a substitute for brushing.