

Interview During and After Pregnancy

Interview questions to ask pregnant women and new mothers (or other intimate caregivers) before and during the colonization process (first 30 months of the child's life):

- ✧ Do you have any problems with your teeth and gums?
- ✧ Have you had a dental visit in the last 6 months?
- ✧ Does your family have any inherited problems/diseases affecting the teeth?
- ✧ Do you know the fluoride status of your drinking water?
- ✧ Are you brushing and flossing regularly?
- ✧ As your child grows up, do you think you can help your child prevent tooth decay? What kinds of things do you want to do to protect your child's teeth?



Interview and Risk Assessment During Infancy

Interview questions to ask parents of infants:

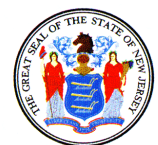
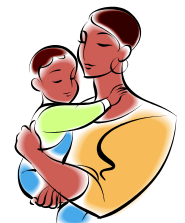
- * How is feeding going?
 - * How well does your infant sleep? Do you give her/him a bottle in bed? What is in the bottle?
 - * Is your infant easy or difficult to comfort?
 - * Does your infant's drinking water contain fluoride?
 - * Does your infant use a pacifier? Does she/he suck her/his thumb or finger?
 - * Do you put your infant in a safety seat when she/he rides in a car?
 - * Are you brushing your infant's teeth? How has this been going?
 - * Do you have a family dentist? Does your dentist provide care for young children?
- Have you made an appointment for your infant's first dental visit?



Interview and Risk Assessment During Early Childhood

Interview questions to ask parents of young children:

- ☺ Are you brushing your daughter's/son's teeth? How has this been going?
- ☺ Are you using fluoridated toothpaste on your daughter's/son's teeth (for children ages 2 and older)?
- ☺ Have your other children had any dental problems? Have you had any problems with your own teeth?
- ☺ Does your daughter/son drink from a cup? Does she/he drink from a bottle?
- ☺ How often does your daughter/son snack? What does she/he usually eat for a snack?
- ☺ Does your daughter/son use a pacifier? Does she/he suck his thumb or finger?
- ☺ Do you take your daughter/son for regular dental checkups? How often?



Oral Health Recommendation Fact Sheet for Health Care Professionals

Please advise women that the following actions will improve their health:

- ◇ Brush teeth twice a day with a fluoride toothpaste.
- ◇ Floss daily.
- ◇ Limit foods containing sugar to mealtimes only.
- ◇ Choose water or low-fat milk as a beverage. Avoid carbonated drinks during pregnancy.
- ◇ Choose fruit instead of fruit juice to meet the recommended daily fruit intake.
- ◇ Obtain necessary dental treatment before delivery.

Please advise women that:

- * Dental care is safe and effective during pregnancy.
- * First trimester diagnosis and treatment, including needed dental x-rays, can be undertaken safely to diagnose disease that requires immediate treatment.
- * Necessary treatment can be provided throughout pregnancy; however, the ideal time is between the 14th and 20th week of pregnancy,
- * Optional treatment can be delayed until after delivery.
- * Delay in necessary treatment could result in significant risk to the mom and indirectly to the fetus.
- * Chewing xylitol gum may reduce the level of plaque bacteria transmitted from mom to child.

Please advise women that the following actions may reduce the risk of tooth decay in children:

- ☺ Wipe an infant's teeth after feeding, especially along the gum line, with a soft cloth or soft bristled toothbrush.
- ☺ Supervise children brushing and use a small smear (size of child's pinky nail) amount of toothpaste.
- ☺ Avoid putting the child to bed with a bottle or sippy cup containing anything other than water.
- ☺ Limit foods containing sugar to mealtimes only.
- ☺ Avoid saliva-sharing behaviors, such as sharing a spoon when tasting baby food, cleaning a dropped pacifier by mouth or wiping the baby's mouth with saliva.
- ☺ Take the child to an oral health professional by one year of age.

A program of Southern Jersey Family Medical Centers, Inc. and Central Jersey Family Health Consortium
in collaboration with the New Jersey Department of Health.
Project REACH is funded in part through a grant from the American Dental Association Foundation.





Project REACH: “Reducing Early Childhood Caries through Access to Care and Health Education”

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New Jersey Department of Health
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**The Children’s Oral Health Program is funded through a grant by
the New Jersey Department of Health.
Funding for Project REACH is provided in part by a grant from the
American Dental Association Foundation.**



Tim Peckham

Why is Oral Health Important?



Why is Oral Health Important?

- **We Need Our Teeth for:**
 - **Eating and digestion**
 - **Speech and enunciation**
 - **Appearance and self-esteem (Smile!)**
- **Oral Health Problems can affect:**
 - **Diet and nutrition**
 - **Sleep**
 - **Psychological status**
 - **Social interaction**
 - **School or work**
 - **General health**

**Why is Oral Health
Especially Important for
Pregnant Women?**



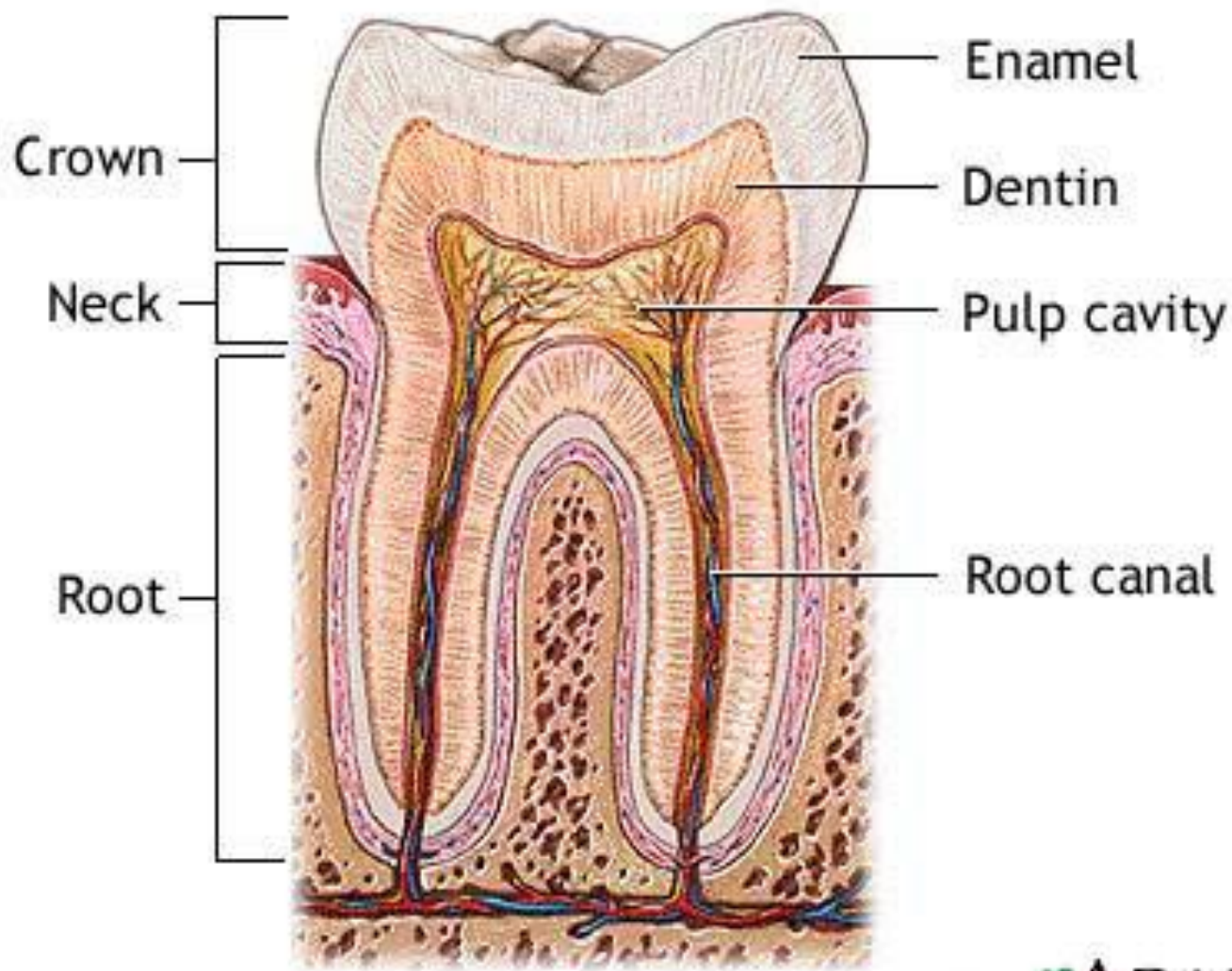
Oral Health and Pregnancy

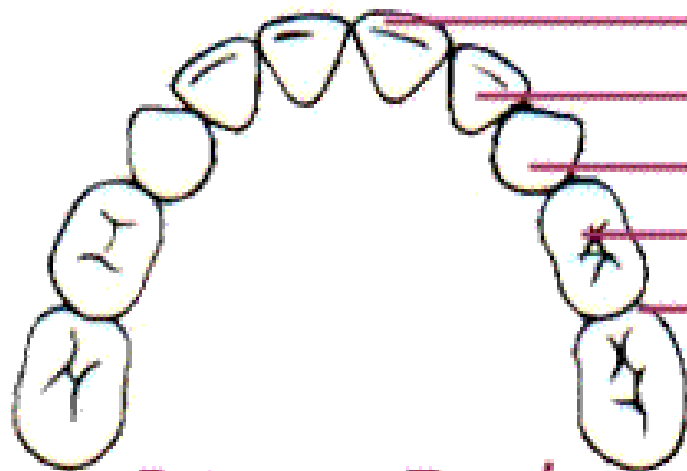
- **Pregnant women are at a higher risk for periodontal (gum) disease**
- **Many women do not receive dental care during pregnancy**
 - **Only 38% of women reported having a dental visit during their most recent pregnancy! (Source: PRAMS 2006)**
- **Women with periodontal disease are at increased risk for poor birth and pregnancy outcomes**
 - **preterm birth (due to release of prostaglandin)**
 - **low birth weight**
 - **gestational diabetes.**



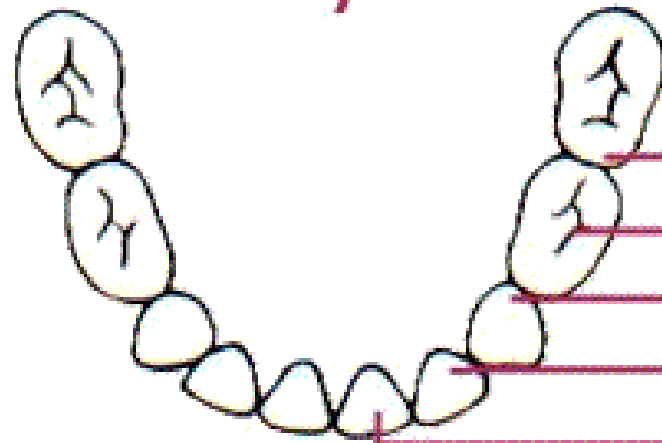
**“Brush up” on
Basic Tooth Facts:**

Tooth Anatomy and Eruption Charts





Primary Teeth



Upper Teeth

- Central Incisor
- Lateral Incisor
- Canine (cuspid)
- First molar
- Second molar

Erupt

- 8-12 mos.
- 9-13 mos.
- 16-22 mos.
- 13-19 mos.
- 25-33 mos.

Shed

- 6-7 yrs.
- 7-8 yrs.
- 10-12 yrs.
- 9-11 yrs.
- 10-12 yrs.

Lower Teeth

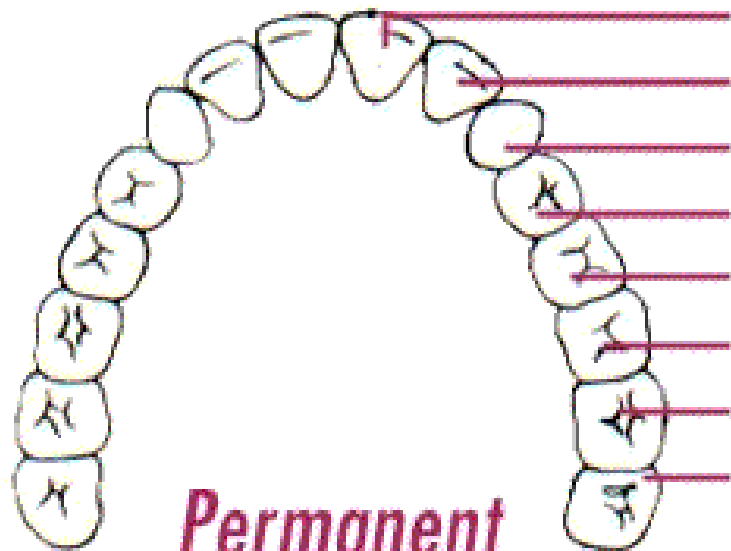
- Second molar
- First molar
- Canine (cuspid)
- Lateral Incisor
- Central Incisor

Erupt

- 23-31 mos.
- 14-18 mos.
- 17-23 mos.
- 10-16 mos.
- 6-10 mos.

Shed

- 10-12 yrs.
- 9-11 yrs.
- 9-12 yrs.
- 7-8 yrs.
- 6-7 yrs.



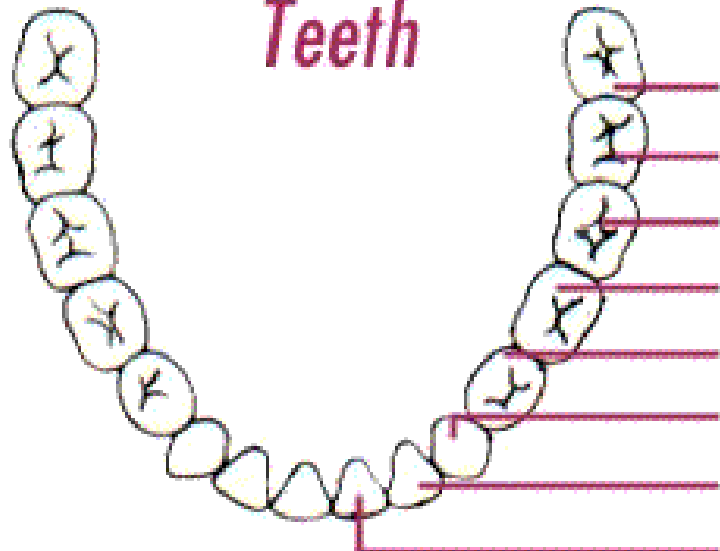
Permanent Teeth

Upper Teeth

- Central incisor
- Lateral incisor
- Canine (cuspid)
- First premolar (first bicuspid)
- Second premolar (second bicuspid)
- First molar
- Second molar
- Third molar (wisdom tooth)

Erupt

- 7-8 yrs.
- 8-9 yrs.
- 11-12 yrs.
- 10-11 yrs.
- 10-12 yrs.
- 6-7 yrs.
- 12-13 yrs.
- 17-21 yrs.



Lower Teeth

- Third molar (wisdom tooth)
- Second molar
- First molar
- Second premolar (second bicuspid)
- First premolar (first bicuspid)
- Canine (cuspid)
- Lateral incisor
- Central incisor

Erupt

- 17-21 yrs.
- 11-13 yrs.
- 6-7 yrs.
- 11-12 yrs.
- 10-12 yrs.
- 9-10 yrs.
- 7-8 yrs.
- 6-7 yrs.

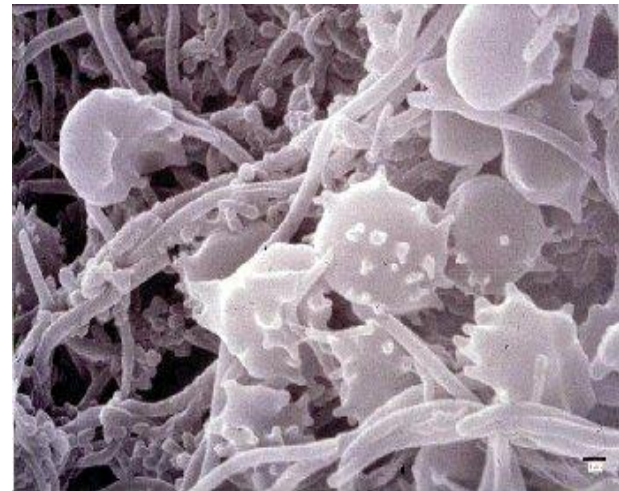
Two Key Oral Health Concerns:

- Tooth Decay**
- Periodontal (Gum) Disease**

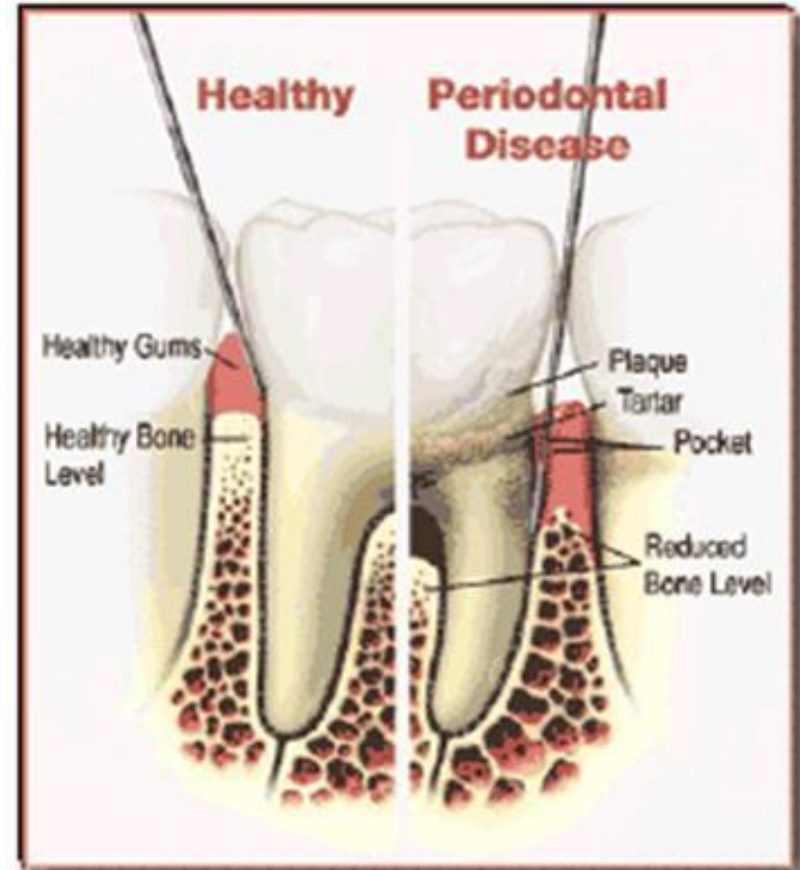


Streptococcus Mutans
Lactobacillus

Biofilm
(Plaque =
germs)



Periodontal (Gum) Disease



Periodontal Disease Signs & Symptoms

- **Bleeding gums**
- **Red, swollen, tender gums**
- **Gums that pull easily away from the teeth**
- **Bad breath**
- **Loose teeth or teeth that have changed position**
- **Pus between the gums and teeth**

Progression of Periodontal Disease



Pregnancy Gingivitis

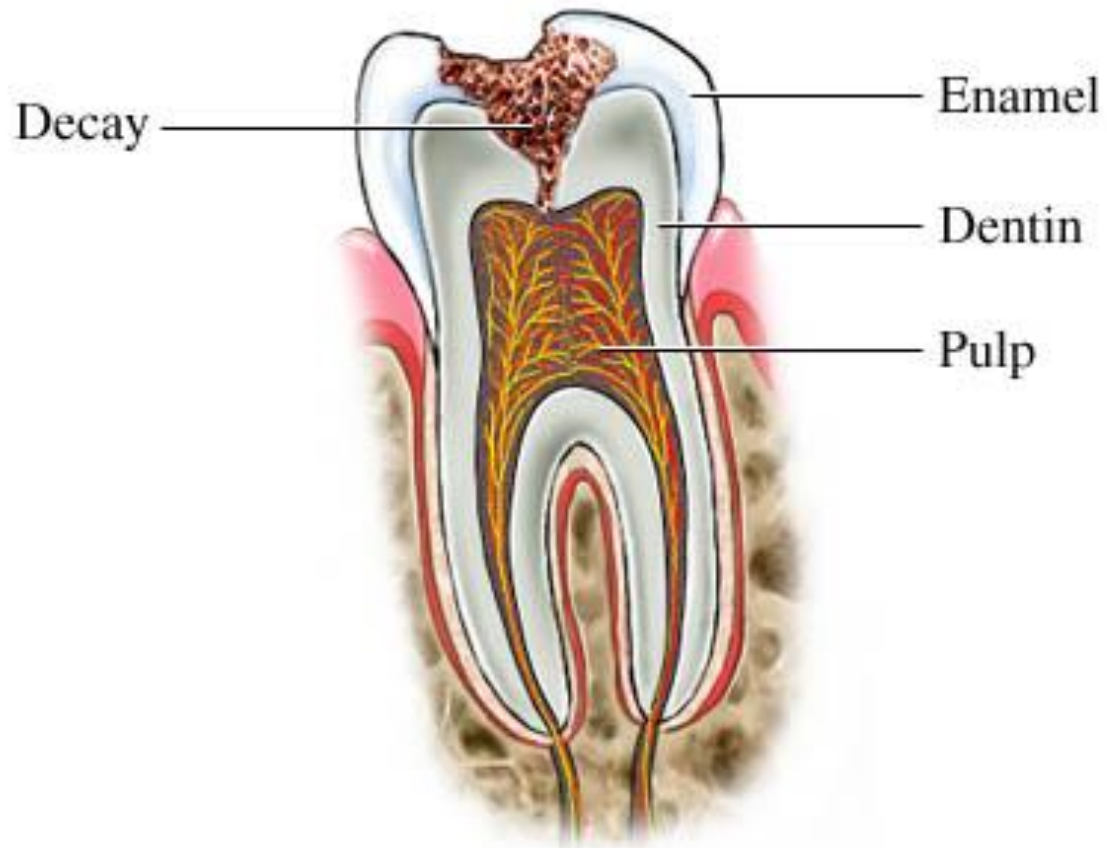


Health problems linked with periodontal disease:

- **Premature Birth / Low Birthweight**
- **Diabetes**
- **Heart Disease**
- **Respiratory Disease**



Tooth Decay



The Decay Equation



sugar

+



bacteria



acid

acid

+



Addressing Oral Health with Patients





Important questions to ask at the first prenatal visit:

- 1. Do you have bleeding gums, a toothache, cavities, loose teeth, teeth that don't look right, or other problems in your mouth?**
- 2. Have you had a dental visit in the last 6 months?**

Dental Care during Pregnancy



Dental Care during Pregnancy

- **Oral health care is safe and effective during pregnancy and should include the following as needed:**
 - **Routine exams and cleanings**
 - **Treatment of abscesses**
 - **Tooth extractions**
 - **Treatment of gum disease**
 - **Treatment of tooth decay**



Encourage Women to:

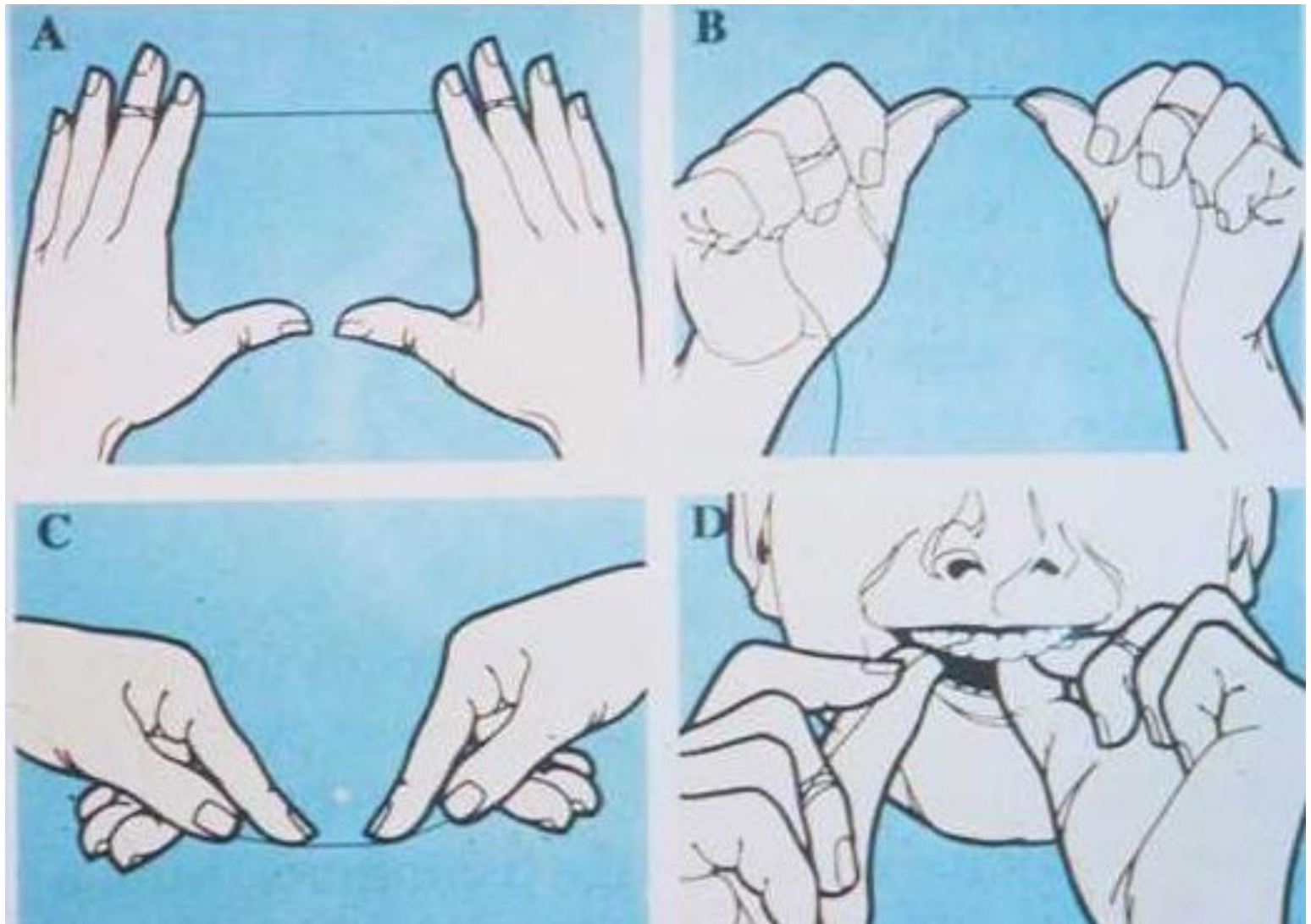
- **Brush teeth with fluoride toothpaste**
- **Floss daily**
- **Get necessary dental treatment before delivery (week 14 – 20 is ideal)**
- **Limit sugary foods and drinks to mealtimes only**

Nutrition

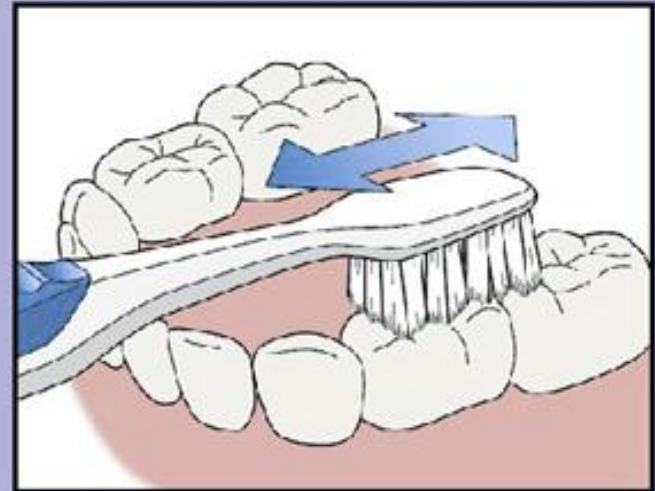
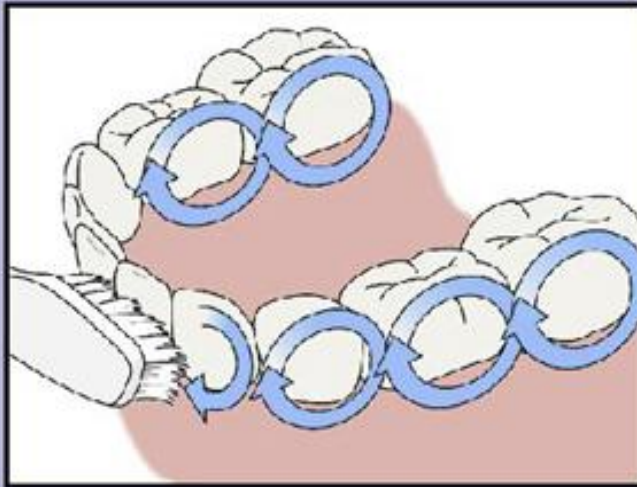
1. **Drink water when thirsty and avoid soda**
2. **Limit between meal snacking**
3. **Avoid sweetened and/or acidic drinks between meals (and choose fruit instead of fruit juice)**
4. **Make healthy food choices**
 - **Vitamins A, C, D, calcium and phosphorus are key for baby's tooth and gum development**



How to Floss



Toothbrushing Technique



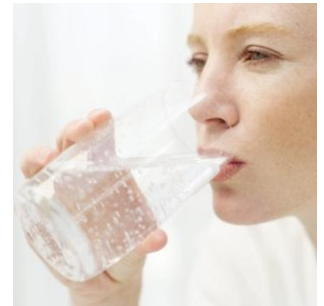
- Angle bristles toward the gingival region
- Use light pressure with a circular motion
- Biting surfaces also need to be brushed

For Nausea:

- **Eat small amounts of nutritious foods throughout the day**
- **Chew sugarless or xylitol-containing gum after meals**

For vomiting, recommend:

- **Rinsing the mouth with a teaspoon of baking soda (sodium bicarbonate) in a cup of water after vomiting to neutralize acid.**
- **Gently brush teeth with fluoridated toothpaste twice a day to prevent damage to demineralized tooth surfaces.**



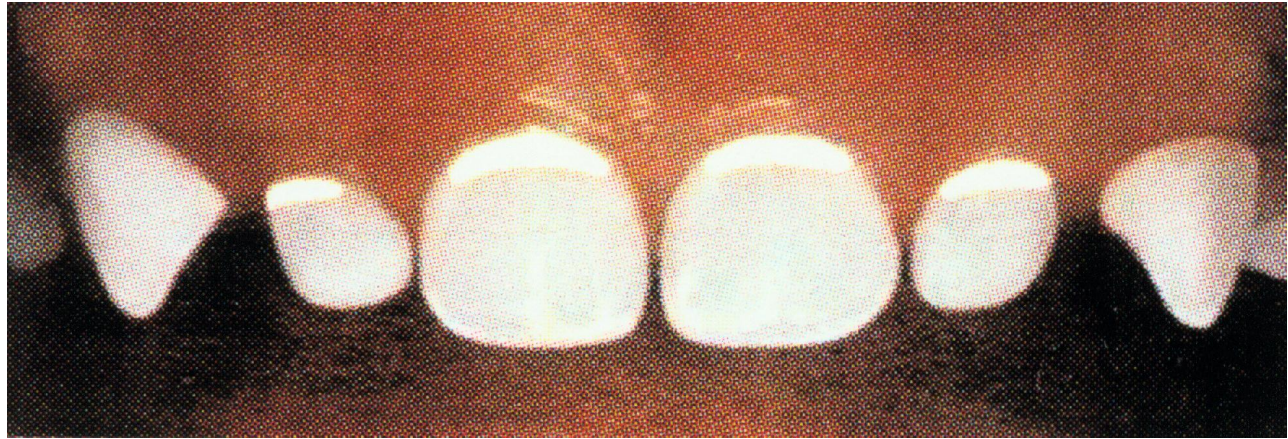
Xylitol – Gum Chewing?



Addressing Infant and Child Oral Health with Patients:

Preventing Early Childhood Caries

Early Childhood Caries - Mild



Early Childhood Caries (ECC)



Mild



Moderate



Severe



Early Childhood Caries Risk Factors:

- Poor oral hygiene
- Moms with untreated decay
- Diets high in sugar / fermentable carbs



- Use of a sweetened pacifier
- Sugar-based medications
- Continuous use of a sippy cup
- Sleeping with a bottle



Promoting Oral Health in Children

Anticipatory Guidance for Prevention of Early Childhood Caries:

- **Never put child to bed with a bottle**
- **Introduce cup by 6 months of age**
- **First dental visit by age 1**
- **Reduce frequent sugar consumption**
- **Fluoride as per health professional**
- **Cleaning of gums pads and teeth**
- **Avoid saliva sharing behaviors**





Wipe the baby's gum pads and teeth gently after every feeding!



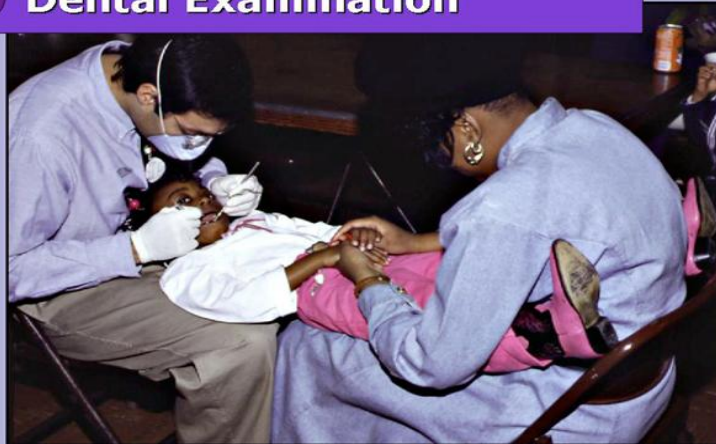
Age Of First Dental Visit

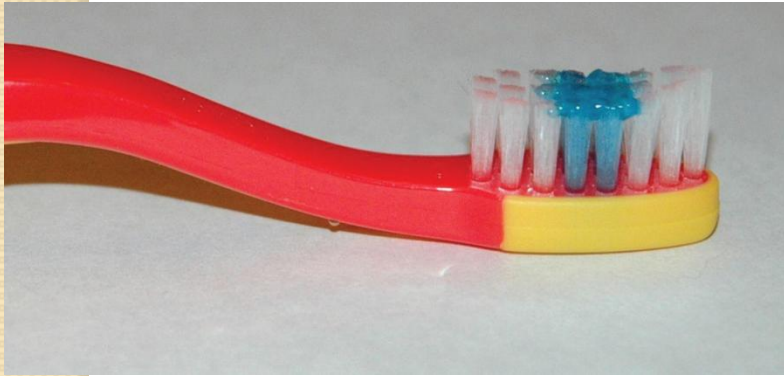
The AAPD and AAP recommend a child's first dental visit by age 1.

AAPD (American Academy of Pediatric Dentistry)

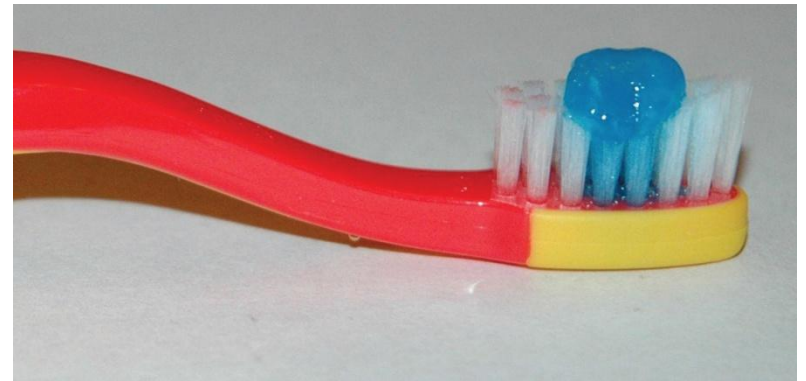
AAP (American Academy of Pediatrics)

Dental Examination





**Children under 2:
small smear –
no rinsing**



**Children ages 2 – 6:
pea size dab –
rinsing not necessary**



Dental Clinic Directory

www.dentalclinics.nj.gov

Steps to Keep a Healthy Smile!

Important oral health topics to cover with patients

- **Fluoride**
- **Brush**
- **Floss**
- **Dental Visits**
- **Proper Nutrition**
- **ECC prevention**



In Summary:

- Discuss the importance of oral hygiene and oral health care.
- Encourage improvement of oral health during pregnancy.
- Talk about preventive measures for their children.
- Explain that care during pregnancy is safe, effective and essential for health. Advise that delaying necessary treatment could result in risk to the mom and indirectly to the fetus.
- Provide a referral to your center's Dental Department. Counsel women to adhere to their dentist's recommendations.



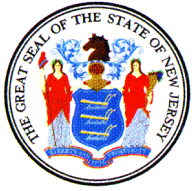
**“If you don’t have oral health,
you’re not healthy.”**

**Former Surgeon General,
C. Everett Koop, M.D.**

THANK YOU
**For Your Efforts in Protecting
Your Patients' Smiles!**

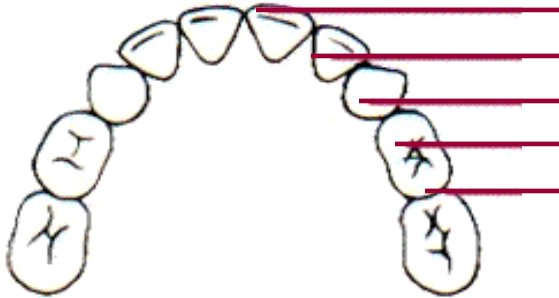


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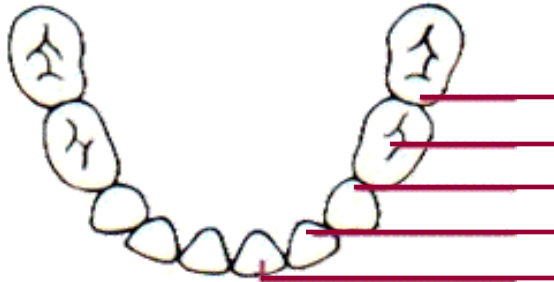


New Jersey Department of Health Children's Oral Health Program Tooth Eruption

Primary Teeth

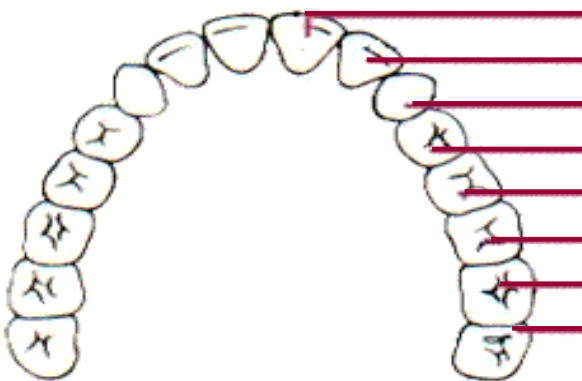


<i>Upper Teeth</i>	<i>Erupt</i>	<i>Shed</i>
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

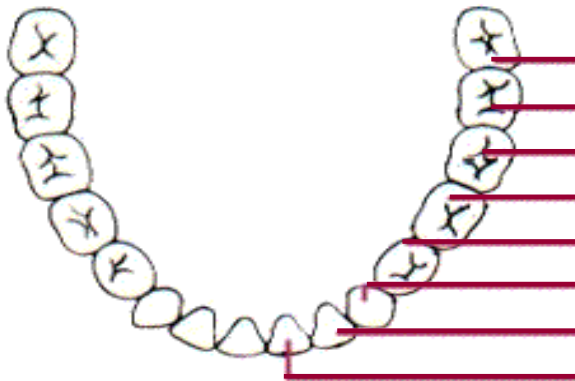


<i>Lower Teeth</i>	<i>Erupt</i>	<i>Shed</i>
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

Permanent Teeth




<i>Upper Teeth</i>	<i>Erupt</i>
Central incisor	7-8 yrs.
Lateral incisor	8-9 yrs.
Canine (cuspid)	11-12 yrs.
First premolar (first bicuspid)	10-11 yrs.
Second premolar (second bicuspid)	10-12 yrs.
First molar	6-7 yrs.
Second molar	12-13 yrs.
Third molar (wisdom tooth)	17-21 yrs.



<i>Lower Teeth</i>	<i>Erupt</i>
Third molar (wisdom tooth)	17-21 yrs.
Second molar	11-13 yrs.
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Second premolar (second bicuspid)	11-12 yrs.
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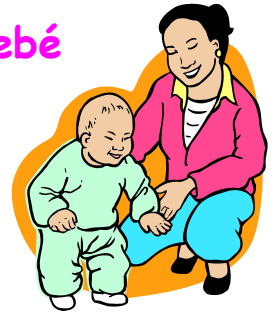
DENTAL DOs and DON'Ts **BIRTH TO 1 YEAR**

- 🚫 **MOMS, DO** have your own dental work done to prevent passing decay-causing germs to your baby.
- 🚫 **DO** hold baby while feeding. **DO NOT** prop the bottle.
- 🚫 **DO** remove baby from breast after feeding.
- 🚫 **DO NOT** let your child carry a bottle in his or her mouth during the day.
- 🚫 **DO** feed baby before putting to bed. **DO NOT** put the bottle in bed with the baby.
- 🚫 **DO** wipe out baby's mouth daily. 
- 🚫 **DO** begin brushing the teeth daily as soon as they come in.
- 🚫 **DO** lift the lip monthly to check for white or brown spots on the front teeth. If you see any spots, take your child to the dentist.
- 🚫 **DO** begin to give liquids in a cup when your baby is 6 months old.
- 🚫 **DO** wean your child from the bottle at 12-14 months of age.
- 🚫 **DO** feed your child nutritious foods. Limit sugary snacks.
- 🚫 **DO** take your child for a first dental visit at one year. Ask your dentist about topical fluoride treatments.



¿SI? o ¿NO? en cuanto a la Salud Dental de su Bebé

Recién Nacido a un Año



- Para las mamás, **SI** hágase su propio tratamiento dental para evitar pasar los gérmenes que causan caries en los dientes a su bebé.
- **SI** amamante el bebé abrazado. **NO** apoye la botella en el pecho del infante.
- **SI** quite el bebé del pecho después de amamantarlo.
- **NO** deje que el bebé traiga la botella en la boca durante el día.
- **SI** alimente a su bebe antes de que se acueste. **NO** ponga la botella en la cuna con el bebé.
- **SI** limpie la boca del infante diario.
- **SI** limpie los dientes diario en cuanto emergen en la boca.
- **SI** alcé el labio mensualmente para chequear por manchas blancas o cafés en los dientes de frente. Si nota que tienen manchas, llévese el bebé al dentista.
- **SI** empiece a darle líquidos en un vaso cuando su bebé tenga seis meses de edad.
- **SI** le quítele la botella al bebé a los 12-14 meses de edad.
- **SI** alimente a su bebe alimentos nutritivos. Evite meriendas azucaradas.
- **SI** llevé al bebé a su primera visa dental a un año de edad. Pregúntele al dentista acerca de tratamientos de fluororo tópicos.



Your Oral Health Is Important, Especially During Your Pregnancy

Problems with your teeth and gums can cause:



Pregnancy complications



Babies who are born too early (premature)



Babies who are born too small (low birth weight)

Take care of your teeth and gums:



Brush teeth twice a day



Floss daily



Avoid sugary foods and drinks



Quit smoking



Get a dental check-up. Dental care is safe and important for pregnant women

Take care of your baby by taking care of your own teeth and gums!



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Other Resources for Project REACH

Two Healthy Smiles: Tips to Keep You and Your Baby Healthy, National Maternal and Child Oral Health Resource Center

English: <http://www.mchoralhealth.org/pdfs/pregnancybrochure.pdf>

Spanish: http://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.pdf

Oral Health Care During Pregnancy: A Summary of Practice Guidelines, National Maternal and Child Oral Health Resource Center

http://www.mchoralhealth.org/PDFs/Summary_PracticeGuidelines.pdf

Access to Oral Health Care During the Perinatal Period, National Maternal and Child Oral Health Resource Center

<http://www.mchoralhealth.org/PDFs/PerinatalBrief.pdf>

New Jersey Dental Clinic Directory 2012 "Dial a Smile", New Jersey Department of Health

www.dentalclinics.nj.gov