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”

Dr. Beverly Kupiec-Sce
New Jersey Department of Health
Children’s Oral Health Program

Deb Tracy, RDH, MAS
Southern Jersey Family Medical Centers, Inc.

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.
Sometimes I feel that I have the worst job in the world!

Ya...Right!
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 bicuspoid)
- Second premolar (second bicuspoid)
- 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 bicuspoid)
- First premolar (first bicuspoid)
- 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
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

Decay
- Enamel
- Dentin
- Pulp
The Decay Equation

sugar + bacteria → acid

acid + teeth → decayed teeth
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)
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!

Funding for Project REACH has been provided in part through a grant from the American Dental Association Foundation.
New Jersey Department of Health
Children’s Oral Health Program
Tooth Eruption

**Primary Teeth**

**Upper Teeth**
- Central incisor: Erupt 8-12 mos. Shed 6-7 yrs.

**Lower Teeth**
- First molar: Erupt 14-18 mos. Shed 9-11 yrs.
- Canine (cusp): Erupt 17-23 mos. Shed 9-12 yrs.
- Lateral incisor: Erupt 10-16 mos. Shed 7-8 yrs.
- Central incisor: Erupt 6-10 mos. Shed 6-7 yrs.

**Permanent Teeth**

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

**Lower Teeth**
- Third molar (wisdom tooth): Erupt 17-21 yrs.
- Second molar: Erupt 11-13 yrs.
- First molar: Erupt 6-7 yrs.
- Second premolar (second bicuspid): Erupt 11-12 yrs.
- First premolar (first bicuspid): Erupt 10-12 yrs.
- Canine (cusp): Erupt 9-10 yrs.
- Lateral incisor: Erupt 7-8 yrs.
- Central incisor: Erupt 6-7 yrs.

Source: The American Dental Association
**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.

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¿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 génermenes 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 bebé 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 checar 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 bebé 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
- Spanish: [http://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.pdf](http://www.mchoralhealth.org/PDFs/pregnancybrochure_sp.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](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](http://www.dentalclinics.nj.gov)