

Miles of Smiles

New Jersey Department of Health
Children's Oral Health Program

School Year 2020-2021

COVID-19 and Oral Health



During this unprecedented time we hope you and your loved ones have stayed safe and healthy. We know that the lives of many have been turned upside down. The Children's Oral Health Program is adapting to these ever changing circumstances and will now offer virtual as well as in-person programs. We are still here and available to provide oral health education. Oral health is invaluable and ensuring educational resources are accessible remains a priority. We encourage you to contact us for further information! Preventive oral health is key in promoting positive health behaviors and health outcomes. Routine dental health visits are still advised and can be conducted safely. Please refer to our Dial A Smile Dental Clinic Directory described on page 2 for services in your area.

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Oral Health Presentations available at no charge to high-risk schools!

The Children's Oral Health Program has Registered Dental Hygienists (RDHs) and Dentists available to provide virtual and in-person oral health education programs on topics such as good oral hygiene, prevention of tooth decay, importance of regular dental check-ups, oral effects of tobacco use, vaping and drugs, healthy food choices, and the use of mouthguards for prevention of oral injury. Take advantage of this free and worthwhile program.

Contact the Regional Oral Health Coordinator in your county to schedule a presentation!

Visit us on the web: <http://www.state.nj.us/health/fhs/oral/index.shtml>

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Children's Oral Health Program
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Northern Regional Oral Health Program	Central Regional Oral Health Program	Southern Regional Oral Health Program
(Morris, Passaic, Sussex, Warren counties)	(Bergen, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Somerset, Union counties)	(Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean, Salem counties)
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Attention Fluoride Mouth Rinse Program Schools

Unfortunately, the sole manufacturer of the products needed for school fluoride mouth rinse programs has discontinued their production. New Jersey's "Save Our Smiles" program can no longer be offered. We encourage you to continue the fluoride mouth rinse program with your students, with any remaining unexpired supplies from the previous year/s. We ask that you would use those supplies with participating students until they are gone. It will be necessary to check the expiration dates on mix and pump

fluoride mouth rinse supplies to assure that you use only supplies that have not expired.

The Children's Oral Health Program has sincerely appreciated your efforts over the years to improve your students' oral health through the implementation of the fluoride mouth rinse program in your school!



I. Rinse and swish

Chew Away Tooth Decay

Chewing gum has been around for centuries. In our country, Native Americans chewed the sap of the spruce tree. Sucrose, a sugar and common ingredient in chewing gum, is a fermentable carbohydrate. It is easily converted into acids by the bacteria in our mouths, especially *Streptococcus mutans* and *Lactobacillus*. These acids can cause a loss of minerals from the enamel and eventual tooth decay.

However, the use of sugar-free chewing gum may do the opposite. Sugar-free gum contains sugar substitutes like the sugar alcohols (xylitol, mannitol, sorbitol, erythritol), which are not metabolized as easily by oral bacteria. Chewing sugar-less gum also stimulates saliva flow, which helps to neutralize the effects of acids in the drinks or foods that are consumed that can weaken the tooth's enamel. The extra salivary flow generated from chewing sugar-free gum helps to clear the mouth of sugars and starches. The removal of sugar before bacteria have the chance to convert the fermentable carbohydrates into acid is protective of the tooth's enamel. In addition, chewing sugar-less gum has been recommended as an effective treatment of xerostomia (dry mouth). While it isn't a substitute for brushing and flossing, and it won't wash away tooth decay that is already present, chewing sugar-free gums is considered another effective method in the prevention of tooth decay.

Source: ADA News, November 2019



Did You Know?

New Jersey passed a law to end the sale of all flavored e-cigarette/vaping products on 4.21.2020. There is a growing body of evidence showing that e-cigarette/vaping harm lung health. Smoking and vaping can worsen the effects of COVID-19. (Statement from the Campaign for Tobacco-Free Kids)

The 2020 New Jersey Dental Clinic Directory

The 2020 New Jersey Dental Clinic Directory "Dial A Smile" is a reference tool that can be used to provide a central source of information on public dental clinic services in New Jersey. These clinic services are primarily provided by local health departments, hospitals and Federally Qualified Health Centers (FQHCs). The New Jersey Dental Clinic Directory can be found on the Department website at:

http://www.nj.state.nj.us/health/fhs/oral/documents/dental_directory.pdf

(Or Google: "NJ Dial A Smile")

Dental Hygiene at Home

Routines are important for our health. In the time of COVID, we depend even more on good overall health. As dental offices reopen and exams and cleanings resume, there still may be a longer wait for appointments and a delay in preventative treatments. Here are some dental hygiene tips for home care and protecting those pearly whites!

- Brushing at least 2 times a day for 2 minutes
- Flossing at least once daily
- Use of a soft bristled toothbrush or electric toothbrush (replace every 3-4 months or when bristles are frayed)
- Rinsing with a fluoride mouth rinse
- Drinking plenty of water throughout the day



Mirror of the Body: Oral Manifestation of Celiac Disease

Celiac disease (CD) is an autoimmune disorder that is caused by the body's reaction to gluten, a substance found in wheat, rye, and barley products. While it is relatively rare, it is estimated that 2.5 million U.S. individuals remain undiagnosed. In children, early clinical oral signs include delayed tooth eruption, tooth enamel defects like grooves, ridges or staining, and recurrent aphthous ulcers. Bands or pits may be present on the incisors or molars, may look discolored with brownish or yellowish spots, or cause teeth to have a mottled or translucent appearance. In severe cases, CD may even deform the shape of the teeth. Many of these changes occur before the age of seven as children's permanent teeth are developing. Recurrent aphthous ulcers, or canker sores, appear as one or multiple

round or oval shaped, shallow, punched-out-appearing, painful oral ulcers. These ulcers are commonly seen in patients with CD and may provide another clue to the possible presence of the disorder. These ulcers may be due to the malabsorption of certain nutrients, such as folic acid and vitamin B12, in patients with untreated CD. Other, less common, oral health manifestations of CD include:

- A red, smooth, shiny tongue
- Dry mouth syndrome
- Burning sensation in the mouth
- Increased risk for squamous cell carcinoma of the oral cavity

Source: Oral Manifestations of Celiac Disease: A Clinical Guide for Dentists. J Can Dent Assoc. 2001;77:b39

Oral Signs of COVID-19

Oral signs of COVID-19 include new loss of taste (ageusia) and sore throat. Bluish lips are an emergency warning sign. Source: CDC

