

Primary Oral Health Promotion and Disease Prevention

Book II



Primary Oral Health Promotion and Disease Prevention II

To prepare the Alaska Dental Health Aide to promote oral health and prevent dental disease, the following topics are included in Part II:

- Motivational Interviewing
- Oral Hygiene Instruction
- Diet Counseling
- Educational Techniques



Chapter 1

Motivational Interviewing



Motivational Interviewing

Notes

Terms to Know



Affirmation: genuine statements that acknowledge an individual's behaviors and strengths.



Barriers: circumstances or obstacles that prevents communication or progress.



Close-ended questions: can be answered by a simple "yes" or "no."



Empathy: the ability to understand and share the feelings of another.



Motivational Interviewing: An effective way to help individuals to resolve their contradicting thoughts and feelings about changing their behaviors without causing resistance to change.



Open-ended questions: require more thought and more than a simple one-word answer.



Option: various choices that may be selected.



OARS: acronym for open-ended questions; affirmations; reflective listening; and summary statements. Technique used to establish trust, empathy, and rapport.



Rapport: relationship in which the people understand each other's feelings or ideas and are able to better communicate.

Motivational Interviewing

Notes

Terms to Know



Reflective listening:

communication strategy involving two key steps: (1) seeking to understand a speaker's statement, (2) then offering the statement back to the speaker to confirm it has been understood correctly.



Resistance:

the refusal to accept or comply with something.



Self-efficacy:

refers to an individual's belief in his/her capacity to change and maintain behaviors.



Summary statement:

brief account or restatement of main points.



Trust:

firm belief in the reliability, truth, ability, or strength of someone or something.



Motivational Interviewing

Notes

INFANT MENU

I will:

- Brush my baby's teeth with a smear of fluoride toothpaste
- Not put any sugary drinks in my baby's bottle or cup
- Wean my baby from a bottle around first birthday
- Limit my baby's snacking
- Bring my baby in for dental visits



CHILD MENU

I will:

- Help my child brush his/her teeth
- Limit my child's snacking time
- Serve juice only during meals
- Bring my child in for dental visits



ADULT MENU

I will:

- Brush my teeth each morning and before bed
- Floss once a day
- Eat healthy meals
- Limit my sugar intake
- Choose water instead of sweetened beverages or juice
- Stop using tobacco



Presentation 1.1

MOTIVATIONAL INTERVIEWING

Dr. Mary Williard



Motivational Interviewing

Notes

Self-Efficacy in Action

Movie 1.1 Nellie



Oral Hygiene Instruction



Oral Hygiene Instruction

Notes

Terms to Know



Anticavity: prevent the occurrence of dental cavities.



Antigingivitis: prevent the occurrence of gingivitis.



Antimicrobial: an agent that kills microorganisms or inhibits their growth.



Customize: modified to meet specific needs of a person.



Dental plaque: a biofilm consisting of bacteria and bacterial by-products.



Disclosing solution: coloring agent applied to teeth that makes plaque visible.



Gingivitis: a bacterial infection that is confined to the gingiva. It is reversible.



Interproximal: in between the teeth.



Oral Hygiene Instruction

Notes

Terms to Know



Oral disease prevention: focuses on reducing the risk of disease or detecting disease in its early, most treatable stages. Examples include oral hygiene instruction, diet counseling, and topical fluoride treatments.



OHI: acronym for oral hygiene instruction.



Oral health promotion: the process of empowering people to make healthy lifestyle choices and motivating them to take better care of their mouth. Examples include education about the caries and periodontal disease processes and supporting community water fluoridation.



pH: a numeric scale used to specify the acidity or alkalinity of a solution; pH less than 7 is acidic and pH greater than 7 is alkaline or basic.



Xerostomia: dryness of the mouth caused by reduction in saliva.

Oral Hygiene Instruction

Notes

Goal of Oral Hygiene Instruction

To help patients of all ages to attain optimal oral health throughout their lives.

Dental Health Aides educate, motivate, and assist patients in developing skills to thoroughly remove plaque every day.

Patients are often confused about which tools will work best for their oral hygiene needs.



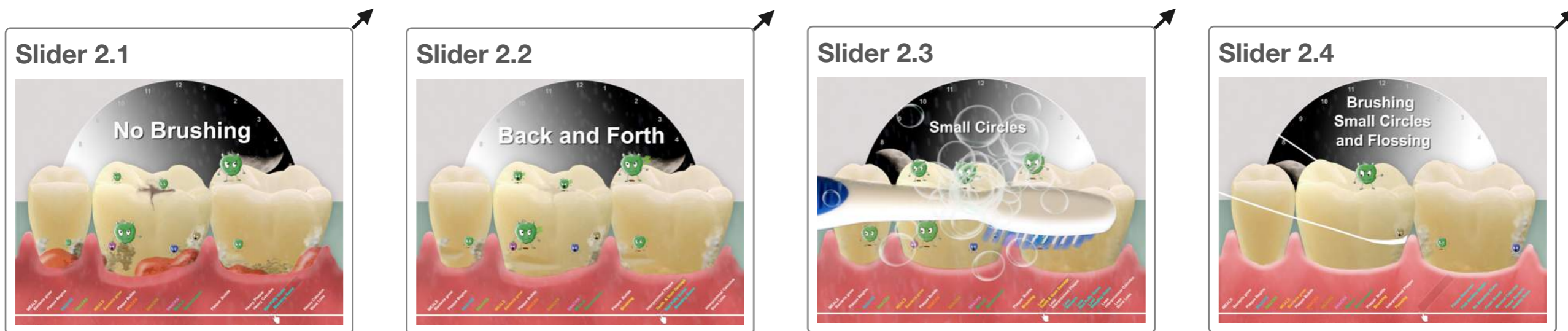
Oral Hygiene Instruction

Notes

Dental Plaque

- Plaque is a biofilm consisting of bacteria and bacterial by-products.
- We need to remove dental plaque for good oral hygiene.

Tap to open, then slide you finger to the right to learn more.





Oral Hygiene Instruction

Notes

Oral Hygiene Tools

Disclosing tabs/solution

Toothbrush

Toothpaste

Floss

Floss threader

Interdental brush

Rubber tip

Wooden wedge

Mouthrinses

Anti-Cavity Crème

Oral Hygiene Instruction

Plaque Disclosing Products

Notes

- Contain a dye that reacts with the plaque that may remain on areas of the teeth after cleaning.
- Colored stains on the teeth indicate areas where plaque remains after brushing and flossing, providing feedback to improve plaque removal techniques.
- Available over-the-counter in liquid or tablets.



Oral Hygiene Instruction

Notes

Plaque Disclosing Instructions

Plaque disclosing tablet:

Chew a tablet and let it mix with the saliva in your mouth, then swish the saliva around for about 30 seconds and spit it out.

Plaque disclosing swab:

Use the swabs to wipe the surfaces of your teeth.

Plaque disclosing solution:

Swish the solution around in your mouth for about 30 seconds and spit it out.

Movie 2.1 Disclosing Plaque

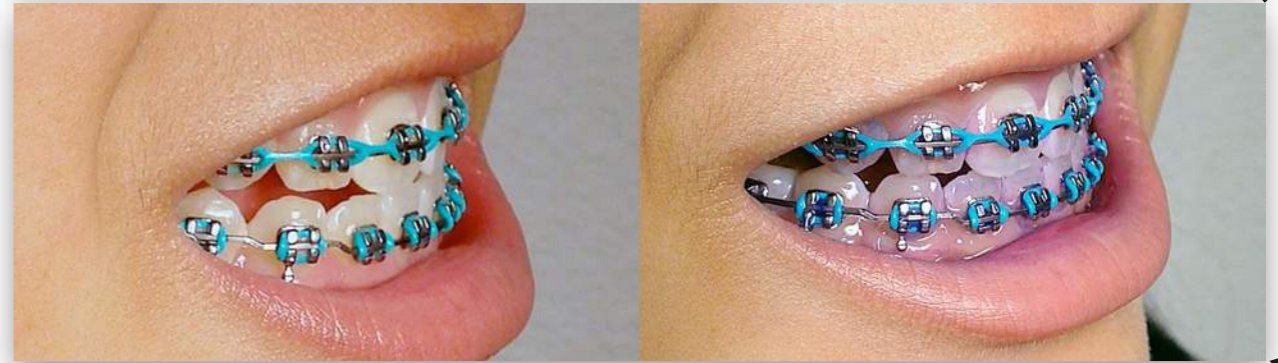




Oral Hygiene Instruction

Before and After Disclosing

Notes



Oral Hygiene Instruction

Notes

Toothbrushes and Toothbrushing

Types

- Baby “finger brushes”
- Child toothbrushes
- Adult tooth brushes

Manual toothbrushes

- Soft-bristled
- Remove plaque without causing tissue damage

Automatic toothbrushes

- Larger handle makes it easier for children or patients with physical disabilities to hold
- May have timing device to remind a patient how long to brush



Oral Hygiene Instruction

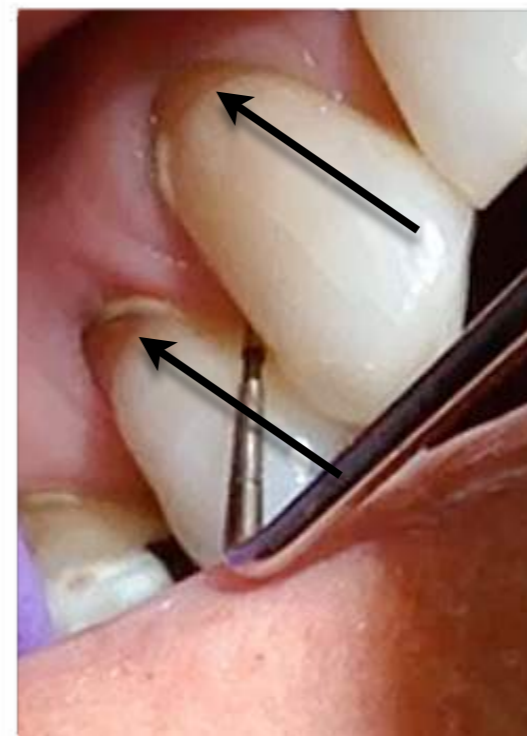
Notes

Toothbrushing Precautions

- Damage may be caused by vigorous scrubbing the teeth:
- Abrasion (abnormal wear of tooth structure).
- Gingival recession (gums recede).
- Exposure of the root surface (roots become noticeable).
- Any of these conditions can make teeth sensitive and more susceptible to the dental caries process.



Gingival Recession



Gingival Recession





Oral Hygiene Instruction

Demonstration of Manual Toothbrushing

Notes

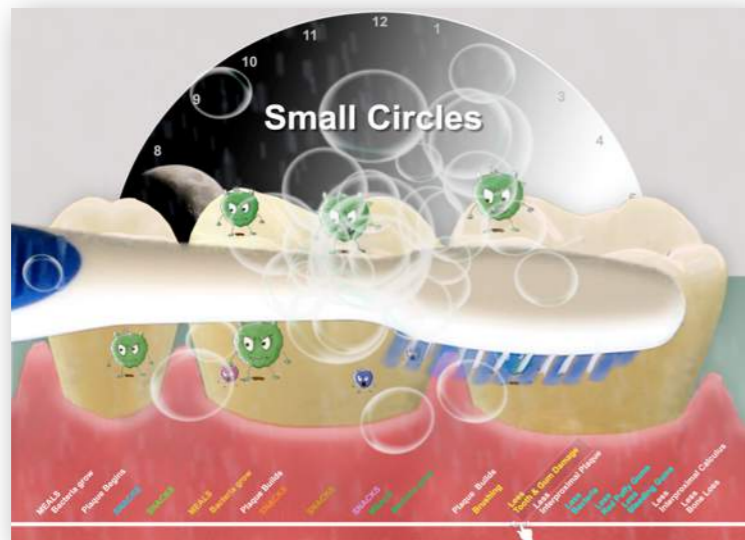
Movie 2.2 Circular Motion



Movie 2.3 Modified Bass Technique



Slider 2.5



Movie 2.4 Modified Bass Technique



Oral Hygiene Instruction

Toothbrushing

Notes

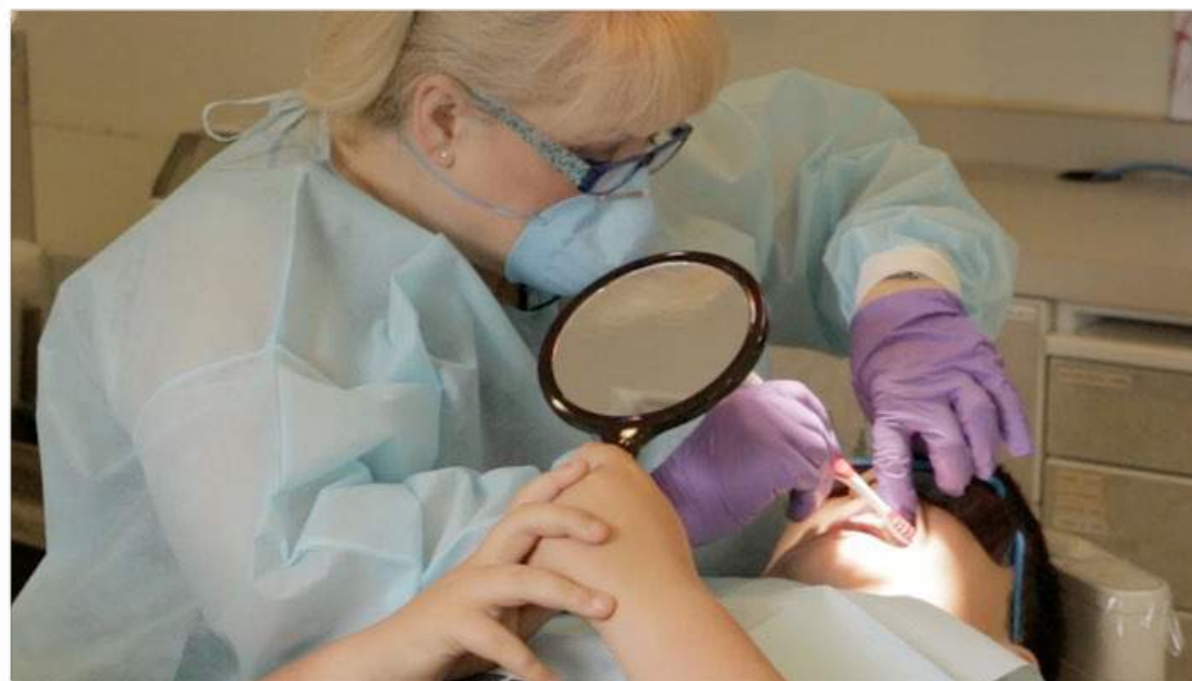
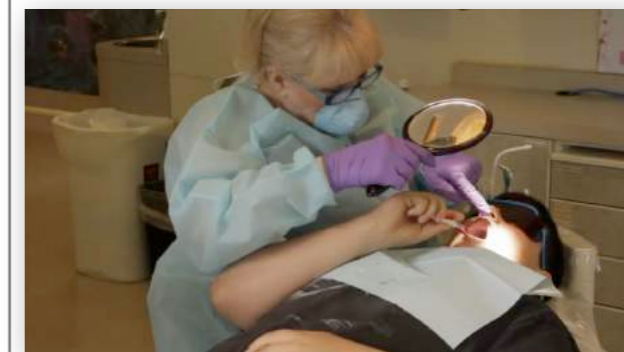
Provide instruction specific to each patient's oral health status:

- Patient's age
- Dexterity

Observe patient's toothbrushing technique.

- Praise efforts, and ask if they would like tips or coaching to improve their technique.
- Give patients written materials that reinforce brushing technique.

Movie 2.5 Brushing



Oral Hygiene Instruction

Toothpaste

Notes

Toothpaste is used to promote oral hygiene.

It serves as an abrasive that aids in removing the dental plaque and food from the teeth.

Assists in suppressing halitosis (bad breath).

Delivers active ingredients such as fluoride or xylitol to help prevent tooth and gum disease (gingivitis).



Ingredients in Toothpaste

In addition to 20-42% water, toothpastes are derived from a variety of components, including three main ones:

1. abrasives
2. fluoride
3. detergents



Oral Hygiene Instruction

Notes

Toothpaste Ingredients

- Abrasive agents: Scratchy materials such as calcium carbonate and silicates that help remove food, bacteria and stains from your teeth.
- Fluoride: The most important ingredient to look for when choosing toothpaste is fluoride.
- Detergents: Such as Sodium Lauryl Sulfate (SLS) provide the suds you see when you brush your teeth. Some toothpastes no longer include detergents.
- Flavoring: Artificial sweeteners are often added to toothpaste to make it taste better.
- Humectants: Provide moisture retention.
- Thickeners: Add thickness to the toothpaste to help maintain a proper texture.



Oral Hygiene Instruction

Notes

Type and Purpose of Toothpastes

Types	Purpose
Anticaries (contains fluoride)	Assists in remineralization of tooth surfaces.
Antigingivitis	Antimicrobial action on bacteria in plaque.
Tarter control	Inhibits calcification of supragingival calculus on teeth.
Desensitizing	Blocks the openings to exposed dentinal tubules.
Whitening	Mild abrasive that removes surface stain and provides a gentle polish.
pH altering	Makes the mouth environment less acidic.



Oral Hygiene Instruction

Anticavity Toothpaste

- Some toothpastes include fluoride and are available without a prescription.
- The abbreviation for non-prescription drugs is over-the-counter (OTC) drugs.



Notes



AntiCavity Toothpaste Prescription Required

- Prescription strength.
- Higher levels of fluoride than OTC toothpastes.
- Primarily used for the prevention of caries in high risk patients.
- Usually recommended use is one time per day.



Oral Hygiene Instruction

Notes

Antigingivitis Toothpaste

Colgate Total™ fights plaque for 12 hours, and prevents:

- gingivitis
- tarter build-up
- cavities
- bad breath



Colgate Total™ active ingredient is triclosan:

- Animal studies have shown that triclosan alters hormone regulation. However, data showing effects in animals don't always predict effects in humans.
- Other studies in bacteria have raised the possibility that triclosan contributes to making bacteria resistant to antibiotics.
- In light of these studies, FDA is engaged in an ongoing scientific and regulatory review of this ingredient. At this time, FDA does not have sufficient safety evidence to recommend changing consumer use of products that contain triclosan.

Oral Hygiene Instruction

Notes

Tooth Sensitivity

What causes tooth sensitivity?

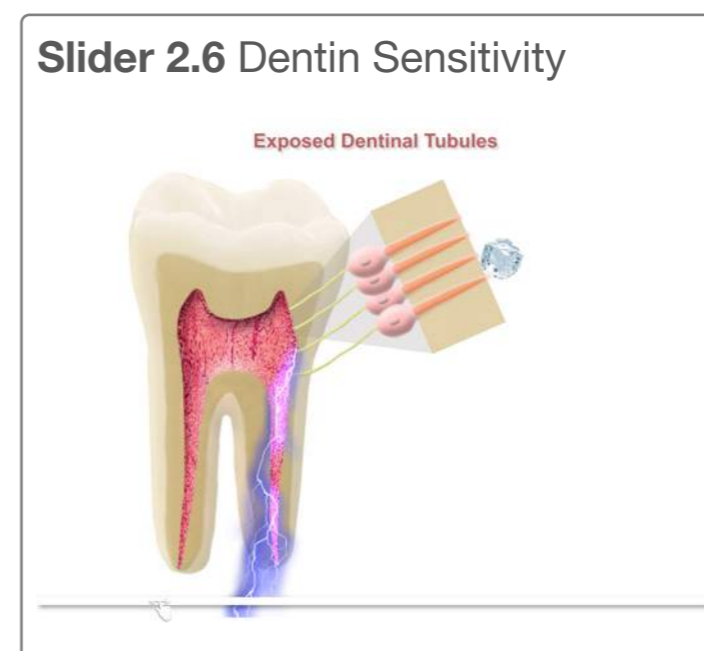
- Gingival recession and abrasion can make teeth sensitive to hot, cold or sweets.
- Thousands of tiny dentinal tubules leading from the dentin to the pulp allow stimuli to reach the nerve and result in sensitivity.

Desensitizing Toothpaste

- Contain ingredients that help block the transmission of sensation from the tooth surface to the nerve of the tooth.



Tap to open, then slide you finger to the right to learn more.



Oral Hygiene Instruction

Notes

Whitening Toothpaste

- Whitening toothpaste cannot alter the natural color of teeth or reverse discoloration by penetrating surface stains or decay.
- A more abrasive toothpaste does not contribute to increased plaque removal.
- To remove surface stains, whitening toothpaste may include abrasives and additives such as sodium tripolyphosphate.
- When used twice a day, whitening toothpaste typically takes two to four weeks to make teeth appear more white.
- Whitening toothpaste is generally safe for daily use, but excessive use might damage tooth enamel.



Oral Hygiene Instruction

Notes

pH Altering Toothpaste

Arm & Hammer™
Baking Soda Toothpaste

- Removes plaque and extrinsic stains.
- Makes the mouth environment less acidic.
- Freshens breath.



Oral Hygiene Instruction

Notes

Crest Pro-Health™ : the only toothpaste accepted by the American Dental Association (ADA) to help with six different problems:

- cavities
- gingivitis
- plaque
- whitening
- sensitivity
- bad breath



Oral Hygiene Instruction

Notes

Possible Side Effects of Toothpaste

- Tissue sloughing
- Tooth sensitivity
- Tissue contact allergy



Oral Hygiene Instruction

Toothpaste

Notes

Provide specific recommendation for a patient's oral health need:

- Prevent caries and remineralize enamel
- Antimicrobial action on bacteria in plaque.
- Prevent tartar build up
- Reduce tooth sensitivity
- Whiten teeth
- Alter pH

Give patients written materials that reinforce the type of toothpaste recommended.





Oral Hygiene Instruction

Notes

Drag and Drop 2.1 Toothpaste

MATCHING

Oral Hygiene Instruction

Interdental Cleaning

Notes

- Toothbrushing does not remove plaque between teeth.
- Products to clean between the teeth include:
 - Floss
 - Interdental brush
 - Wooden wedge
 - Rubber tip stimulator



Oral Hygiene Instruction

Notes

Waxed or Unwaxed Floss?

- 4 of 5 prefer waxed or lightly waxed.
- No difference in effectiveness between unwaxed, woven, or shred resistant floss products.



VS



Oral Hygiene Instruction

Notes

Flossing Products



• WaterPik® Water Flosser



• Floss Threaders



• Super Floss



• Disposable Floss/Picks



• Reach Access® Flosser



• Shred resistant dental floss



Oral Hygiene Instruction

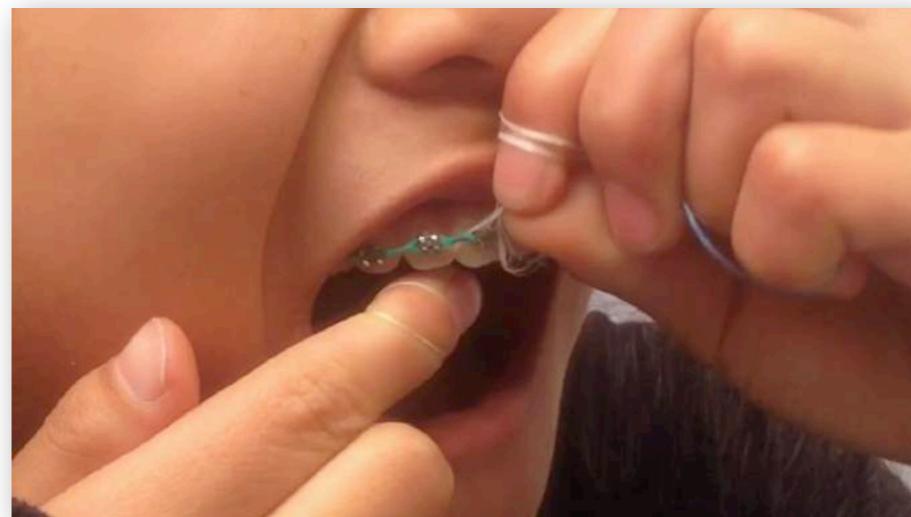
Flossing Technique

Notes

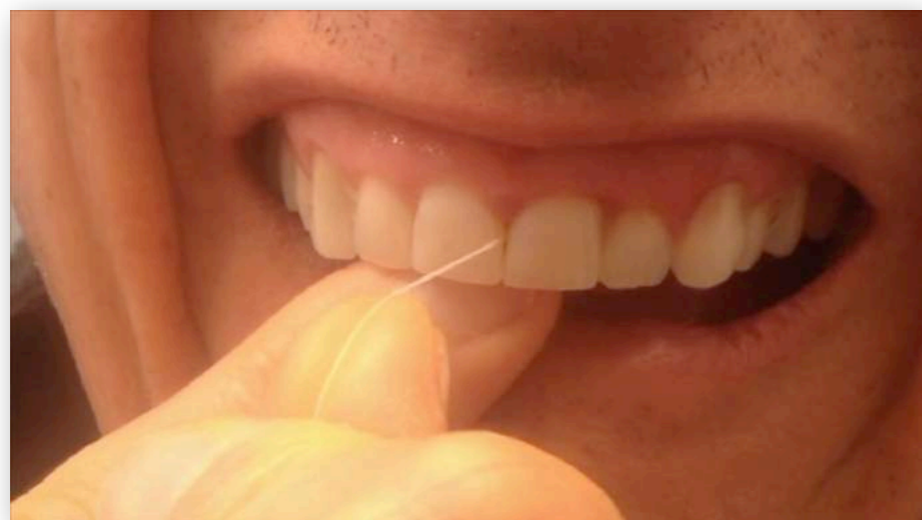
Movie 2.6 Flossing



Movie 2.9 Floss Threader



Movie 2.7 Flossing



Movie 2.8 Floss Aid



Oral Hygiene Instruction

Interdental Brushes

Useful to clean:

- Between large gaps and interdental spaces.
- Around implants.
- Under orthodontic arch wires, brackets and bridges.

Movie 2.10 Interdental Brushes



Notes



Oral Hygiene Instruction

Rubber Tip

Notes

Movie 2.11 Rubber Tip



Stim-U-Dent

Movie 2.12 Stim-U-Dent



Oral Hygiene Instruction

Notes

Interproximal Aids

Provide recommendation and instruction specific for a patient's need:

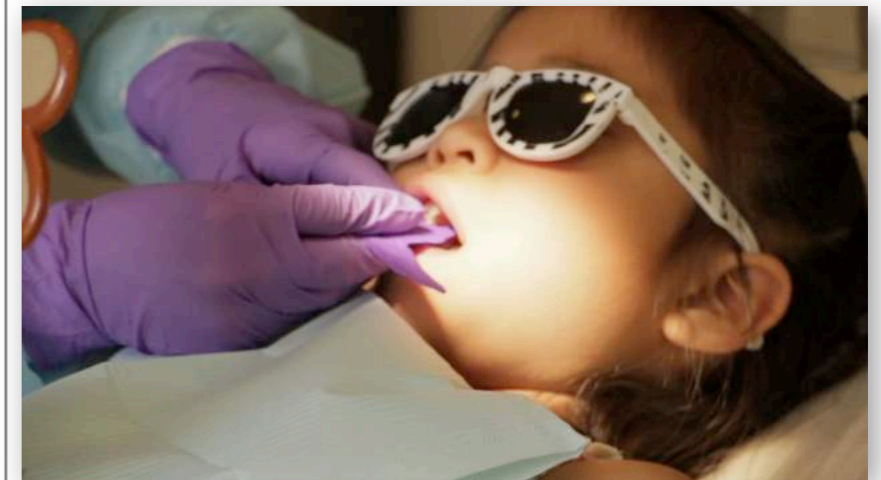
- Patient's age and dexterity
- Tight or large interproximal spaces
- Braces
- Bridges
- Implants

Observe patient's use of interproximal aid technique.

Praise efforts, and ask if they would like tips or coaching to improve their technique.

Give patients written materials that reinforce instruction.

Movie 2.13 Floss Aid





Oral Hygiene Instruction

Notes

Drag and Drop 2.2 Interproximal Aids

MATCHING

Oral Hygiene Instruction

Mouthrinse

Notes

What are the purposes of mouthrinse?

- An adjunct to brushing and flossing.
- Does not remove plaque and do not penetrate the biofilm.
- Reduces the number of microbes or bacteria in the mouth.
- Helps promote good oral hygiene.
- Reduces oral discomfort.
- Provides moisture to oral tissues.
- Helps with bad breath.



Oral Hygiene Instruction

Notes

May recommend mouthrinse for:

- Pre-procedural rinse
- High risk for tooth decay
- Gum inflammation
- Dry mouth (xerostomia)
- Gum disease
- Following oral surgery
- Following periodontal treatments (scaling and root planing)



Types of Mouthrinse

- Anticavity
- Antimicrobial
- Xerostomia



Oral Hygiene Instruction

Notes

OTC Anticavity Mouthrinses

- Are clinically proven to strengthen teeth and prevent tooth decay.
- Recharge sealants and glass ionomer fillings.
- Contain the highest amount of fluoride available in rinse form without a prescription.
- Contain the active ingredient Sodium Fluoride at 0.05% (0.02% w/v fluoride ion).
- Anticavity products:
 - ACT® for Kids
 - ACT® for Anticavity Fluoride



Oral Hygiene Instruction

Notes

OTC Antimicrobial Mouthrinses

“...safe and effective in reducing plaque and gingivitis, and they should be a part of a daily comprehensive oral health care regimen that includes brushing, flossing, and rinsing to prevent or minimize periodontal disease.”



Oral Hygiene Instruction

Rx Antimicrobial Mouthrinses

Notes

Chlorhexidine Gluconate

- An antimicrobial, antiplaque and antigingivitis rinse.
- When used as an oral mouth rinse, it kills the bacteria in the mouth and restores the gums to a healthy condition.
- Available only with a prescription.
- Available with and without alcohol (recommend alcohol free).

Brand Names for Chlorhexidine Gluconate

- Peridex™
- PerioGard®
- Paroex™ (alcohol free)



Oral Hygiene Instruction

Notes

Contraindications for Use of Chlorhexidine

Chlorhexidine gluconate oral rinse should not be used by persons who are known to be hypersensitive to Chlorhexidine gluconate or other formula ingredients.

NOTE: Chlorhexidine mouthrinse is not for long term use.

Side effects of Chlorhexidine Gluconate

- Can cause stains on teeth
- Can promote calculus formation
- Can alter taste



Oral Hygiene Instruction

Notes

Hydrogen Peroxide (H₂O₂)

- Will not cure gum disease because it does not penetrate below the gum line.
- Works best in conjunction with daily brushing and flossing.
- Used as an antibacterial and antiplaque rinse.



Oral Hygiene Instruction

Notes

Listerine®

- An antimicrobial, antiplaque and antigingivitis rinse (21%-27% alcohol)
- Designed to kill germs
- Decreases plaque on teeth (19-35%)
- Decreases gingivitis (15-37%)
- LISTERINE ZERO® - Alcohol free
- LISTERINE® HEALTHY WHITE™-formulated to whiten teeth



Oral Hygiene Instruction

Notes

Xerostomia

- Dry mouth occurs when saliva production begins to slow down.
- May be a side effect of radiation treatment, diabetes, Sjogren's Syndrome, medications
- Products to help with dry mouth:
 - Biotene®
 - Oasis
 - ACT® Total Care Dry Mouth



Oral Hygiene Instruction

Notes

Salt Water Mouthrinse

- Mix a teaspoon of salt in a cup of warm water.
- Rinsing with warm, mild saline solution encourages healing and removes debris.
- Helpful if a patient has canker sores or a traumatic lesion, and brushing the area could be painful.
- Often recommended for use after oral surgery procedures.



Oral Hygiene Instruction

Notes

Mouthrinses

- Provide specific recommendation for each patient's oral health need:
 - Anticavity
 - Antimicrobial
 - Xerostomia
- Give patients written materials that reinforce the type of mouthrinse recommended.



Oral Hygiene Instruction

Notes

Review 2.1 Mouthrinses

Question 1 of 3

Mr. Smitt presents with canker sores. What type of mouthrinse would you recommend?

- A.** ACT®
- B.** Hydrogen Peroxide
- C.** Salt water rinse
- D.** Listerine®



Check Answer



Oral Hygiene Instruction

Anticavity Crème

Notes

- Remineralizing white spot lesions
- During and/or after orthodontics
- High-carries risk patients
- Used for cleaning and polishing procedures as part of a professional prophylaxis.
- Can be used for the management of tooth sensitivity, post-scaling



MI Paste™ Reduces Tooth Sensitivity

Do you like eating ice cream, but find the experience more painful than pleasurable?

You might be experiencing tooth sensitivity, which has numerous causes:

- Tooth decay
- A cracked tooth
- Worn tooth enamel
- Worn fillings and tooth roots exposed by vigorous tooth brushing
- Gum recession and disease

The Solution

MI Paste™ with RECALDENT™ (CPP-ACP) soothes sensitivity in just minutes by:

- Delivering calcium and phosphate to provide a protective covering for dental nerve endings
- Helping remineralize your teeth and restore a healthy oral mineral balance
- Buffering plaque acid as it reduces sensitivity

Available in five delicious flavors, MI Paste with RECALDENT™ (CPP-ACP) can help you strengthen, protect and condition your teeth. Ask your dentist or hygienist how it can help you enjoy a smile that lasts a lifetime.



Types of Anticavity Crème

- MI Paste™ containing calcium and phosphate.
- MI Paste Plus™ contains calcium, phosphate and sodium fluoride (0.2%).

Oral Hygiene Instruction

Notes

How to apply MI™ Paste/MI™

- Cotton swab
- Gloves or clean finger
- Custom tray

MI™ Paste/MI™ Paste Plus

- Do not use on patients with:
 - A proven or suspected milk protein allergy.
 - Sensitivity or allergy to benzoate preservatives.
- Not recommended for children under 6 years old.



Oral Hygiene Instruction

Anti-Cavity Crème

Notes

- Provide specific recommendation for each patient's oral health need:
 - Remineralization of white spot lesions.
 - During and after orthodontics.
 - High caries risk.
 - Management of tooth sensitivity after scaling and root planing and bleaching.
- Give patients written materials that reinforce type anticavity crème recommendation.

Review 2.2 Anti-Cavity Crème

Which type of Anti-Cavity Crème is contraindicated for children under 6 years of age?

- A. MI™ Paste
- B. MI™ Paste Plus
- C. Both A and B

Check Answer

Oral Hygiene Instruction

Help! What do I do now?

- Giving too many tools at one time can overwhelm a patient.
- May result in a patient not following through with oral hygiene

- Disclosing tabs/solution
- Toothbrush
- Toothpaste
- Floss
- Floss holder
- Interproximal brush
- Rubber tip
- Wooden wedge
- Mouthrinse
- Anti-Cavity Crème





Oral Hygiene Instruction

Notes

FAQs 2.1

FAQs

Oral Hygiene Instruction

Resources

US Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General-- Executive Summary, Rockville, MD: US Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.

Alaska Native Tribal Health Consortium/University of Kentucky College of Dentistry, Primary Dental Health Aide Training Manuals and PowerPoint Presentations.

Bird, Doni L. and Robinson, Debbie S. Modern Dental Assisting. 10th ed. St. Louis, Missouri: Elsevier; 2012.

G. Todd Smith, DDS, MSD, IHS Periodontal Consultant, Narrated PowerPoint Presentations.

Chapter 3

Diet Counseling



Diet Counseling

Notes

Terms to Know

**Carbohydrates:**

type of nutrient that includes sugars and starches, and serves as a major energy source for the human body.

**Fat soluble vitamins:**

are stored in the liver and fat tissue when not used. They are not lost when foods that contain them are cooked. The fat soluble vitamins include A, D, E, and K.

**Fats:**

type of nutrient that produces energy and regulates the body's internal temperature.

**Minerals:**

type of nutrient that builds strong bones and is involved in transmitting nerve impulses. Some minerals are used to make hormones or maintain a normal heartbeat.

**Nutrients:**

substances that provide nourishment essential for growth and the maintenance of life.

**“ose”:**

suffix that indicates full of. For example, sucrose means full of cane or beet sugar.

**Proteins:**

type of nutrient that builds muscles, repairs tissue, and strengthens the immune system.

**Vitamins:**

type of nutrient that helps to regulate body processes such as building, repairing and maintaining the body's cells, tissues and organs.

Diet Counseling

Terms to Know

Notes



Water soluble vitamins:

needed every day because they are not stored by the body and are eliminated in urine. They are easily destroyed or washed out during food storage or preparation. The water-soluble vitamins include the B-complex group and vitamin C.



Diet Counseling

Learning Objectives

- Describe six types and sources of nutrients needed for good overall and oral health
- Explain the use of MyPlate for counseling patients about diet
- Discuss the relationship between diet and dental caries
- Read food labels to identify the amount of sugar and carbohydrates in a product
- Identify different names for sugar found on food labels
- Compare different types of food to determine which is lower in sugar



Diet Counseling

Notes

Nutrients

A nutrient is defined as “a food or other substance that provides energy or building material for the survival and growth of a living organism.” Nutrients are divided into six types:

1. **Carbohydrates** provide energy.
 - Simple = sugars, candies
 - Complex = starches, fibers, breads, potatoes, rice, fruits
2. **Protein** builds muscles, repairs tissue, and strengthens the immune system.
 - Meat (chicken, ducks, geese, beef, moose)
 - Fish
 - Dairy products
 - Nuts
 - Beans (lentils, split pea)



Diet Counseling

Notes

Nutrients

3. **Fats** (lipids) produce energy and regulate the body's internal temperature.

- Saturated
 - Meats
 - Milk
 - Butter
 - Ice cream
 - Lard
 - Oils
- Unsaturated
 - Fish (salmon)



Diet Counseling

Notes

Nutrients

4. **Vitamins** help regulates body processes such as building, repairing and maintaining the body's cells, tissues and organs.

Fat soluble vitamins (A, D, E, K)

- Vitamin A sources include carrots, pumpkin, winter squash, dark green leafy vegetables and apricots.
- Vitamin D is found in milk, oily fish (e.g., herring, salmon and sardines) as well as in cod liver oil.
- Vitamin E is from vegetable oil (soybean, corn, cottonseed, and safflower), and products made with vegetable oil (margarine and salad dressing). Vitamin E sources also include fruits and vegetables, grains, nuts (almonds and hazelnuts), seeds (sunflower) and fortified cereals.
- Good food sources of vitamin K are green, leafy-vegetables (turnip greens, spinach, cauliflower, cabbage and broccoli), and certain vegetables oils including soybean oil, cottonseed oil, canola oil and olive oil.



Water soluble vitamins (C and B-Complex)

- Rich sources of vitamin C are citrus fruits (e.g. orange and grapefruit), and vegetables (e.g. broccoli, Brussels sprouts, cauliflower and green and red peppers).
- B-complex sources include fruits, vegetables, whole grains, beans, fortified grains and grain products, fish, poultry, meat, eggs, or dairy.





Diet Counseling

Notes

Nutrients

5. **Minerals** Calcium (Ca) Phosphorus (P), Fluoride (F), and Iron (Fe) build strong bones and are involved in transmitting nerve impulses. Some minerals are used to make hormones or maintain a normal heartbeat.
- Calcium sources include milk, fortified nondairy alternatives like soymilk, yogurt, hard cheeses, fortified cereals, and kale.
 - Food sources for phosphorous include salmon, pumpkin and squash seeds.
 - Fluoride can be found in water and some sea fish.
 - High iron foods include clams, liver, sunflower seeds, nuts, beef, lamb, beans, whole grains, dark leafy greens (spinach), dark chocolate, and tofu.
6. **Water** gives cells shape and helps the body digest food. If water is fluoridated, it also strengthens teeth.

Six Types of Nutrients

1. Carbohydrates

4. Vitamins

2. Protein

5. Minerals

3. Fats

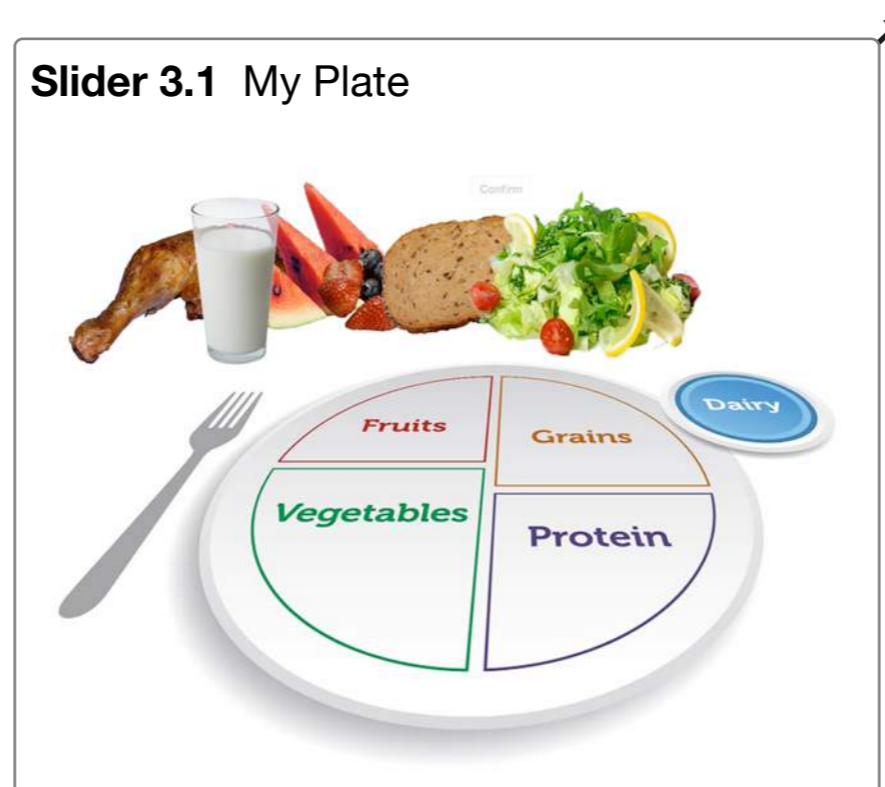
6. Water

Diet Counseling

Notes

Individual nutrition and calorie needs depend on our age, gender, level of physical activity, and other health factors. MyPlate is a Department of Agriculture website used to help individuals choose a balanced and healthy diet which includes:

- Fruits and vegetables - Combined, these should cover half of the plate at meals.
- Grains - At least half of the grains we eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- Dairy - Choose low-fat or fat-free dairy foods most often.
- Protein - Make lean protein choices, such as lean beef, skinless poultry and fish. Vary protein choices to also include eggs, beans, peas and legumes. Each week eat at least twelve ounces of low mercury fish and shellfish.



Diet Counseling

Diet and Dental Caries

Candy (especially hard or sticky candies like lollipops, mints, taffy and caramel), sweets like cookies, cakes and muffins, and snack foods like chips are a cause for dental concern. These foods offer no nutritional value. The amount and type of sugar they contain adhere to teeth. The bacteria in the mouth feed off these sugars, releasing acids, and this can lead to tooth decay. Sugar-containing drinks—soda, lemonade, juice and sweetened coffee or tea (iced or hot)—are particularly harmful because sipping them causes a constant sugar bath over teeth, which promotes tooth decay.

Dried fruits, including raisins, may be choices for a healthy diet, but since they are sticky and adhere to teeth, the acids they produce can continue to harm teeth long after we stop eating them. A piece of fresh fruit is a better choice.



Diet Counseling

How many scoops of sugar are in your food?

Notes

FYI: 1 scoop = 1 teaspoon of sugar = 4 grams of sugar

Interactive 3.2 Sugar Scoops



Interactive 3.4 Sugar Scoops



Hot Spot 3.1 Sugar Scoops



Interactive 3.1 Sugar Scoops



Interactive 3.3 Sugar Scoops



Drag and Drop 3.1 Sugar Scoops



Interactive 3.5 Sugar Scoops



Diet Counseling

Notes

Ingredients

The bacteria in the mouth use sugar for food. When we cut back on sugar, we reduce our cavity risk. Reading food labels helps us to determine the amount of added sugar in a food, and makes limiting sugars easier.

Ingredients are listed on a food label in order of weight, from most to least. If one of the following terms is listed as one of the first few ingredients, it is most likely that food is high in sugar. Another tip for spotting sources of sugar—terms ending in “-ose” indicate a sugar ingredient.

- brown rice syrup
- brown sugar
- cane sugar
- confectioners' or powdered sugar
- turbinado sugar
- raw sugar
- corn sweeteners
- corn syrup
- crystallized cane sugar
- maltose
- fructose
- glucose
- dextrin
- evaporated cane juice
- fruit juice concentrate
- honey
- high fructose corn syrup
- invert sugar
- syrup
- malt syrup
- maple syrup
- molasses
- sucrose

Diet Counseling

Notes

Review 3.1 A “Healthy” Granola Bar Ingredient Label

Question 1 of 4

What is the largest ingredient by weight?

- A. Corn Syrup
- B. Fructose
- C. Brown Rice Syrup
- D. Sugar

Ingredients: Brown Rice Syrup, Corn Syrup, Chocolate Drops (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Sodium Caseinate, Soy Protein Isolate, Sweet Cream Layer (Corn Syrup, Fructose, Palm Kernel Oil, Milk Protein Isolate, Natural Flavor, Salt, Soy Lecithin), Whey Protein Isolate, Brown Sugar, Pasteurized Whole Egg Powder, Fructose Syrup, Chocolate Flavored Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder [Processed With Alkali], Soy Lecithin, Nonfat Milk Powder, Vanilla), Glycerine; Less Than 2% Of The Following: High Oleic Safflower Oil And/Or High Oleic Sunflower Oil, Butter Powder (Butter [Cream, Salt], Nonfat Milk, Tocopherols, Ascorbyl Palmitate), Calcium Phosphate, Peanut Butter, Natural Flavor, Chocolate Powder (Natural Cocoa Powder, Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Salt,

Vitamin And Mineral Blend (Calcium Phosphate, Ascorbic Acid [Vit. C], Magnesium Oxide, dl-Alpha-Tocopheryl Acetate [Vit. E], Niacinamide [Vit. B₃], Zinc Oxide, Calcium Pantothenate [Vit. B₅], Ferrous Fumarate [Iron], Pyridoxine Hydrochloride [Vit. B₆], Vitamin A Palmitate, Riboflavin [Vit. B₂], Thiamine Mononitrate [Vit. B₁], Folic Acid [Vit. B₉], Chromium Chloride, Biotin [Vit. B₇], Sodium Selenite, Sodium Molybdate, Cyanocobalamin [Vit. B₁₂]).

CONTAINS MILK, EGGS, PEANUT AND SOY INGREDIENTS; MANUFACTURED IN A FACILITY THAT PROCESSES TREE NUTS AND WHEAT.

Diet Counseling

Notes

Hot Spot 3.2 How to Read Food Labels

Tap on the Highlighted Areas to learn more.

Wheat Thins Reduced Fat Crackers

Nutrition Facts

Serving Size 16 crackers (29g)
Servings Per Container About 14

Amount Per Serving

Calories 130 Calories from Fat 30

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230 mg	10%
Potassium 60mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Diet Counseling

Notes

For healthy living and for healthy teeth and gums, think before eating and drinking. It's not only what is eaten, but also when it is eaten that can affect dental health. For good dental health, keep these tips in mind when choosing meals and snacks:

1. Drink plenty of water.
2. Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - fruits
 - vegetables
 - lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes
 - low-fat and fat-free dairy foods
3. Limit the number of snacks.

Snacking

For dental health, it's recommended that we limit eating and drinking between meals. Of course, sometimes eating between meals happens. Unfortunately, we often choose foods like sweets and chips for snacks. Frequent consumption of foods high in carbohydrates has been shown to promote tooth decay. This is because they can be broken down to acids that lead to demineralization. Make nutritious snack choices to improve overall and dental health.



Diet Counseling

Notes

Foods That May Benefit Dental Health

Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens and almonds, are foods that may benefit tooth health. They provide high amounts of calcium and other nutrients. Protein-rich foods like meat, poultry, fish, milk and eggs are the best sources of phosphorus. Both of these minerals play a critical role in dental health, by protecting and rebuilding tooth enamel.

Fruits and vegetables are good choices for a healthy smile since they are high in water and fiber, which balance the sugars they contain and help to clean the teeth. These foods also help stimulate saliva production, which washes harmful acids and food particles away from teeth and helps neutralize acid, protecting teeth from decay. Plus, many contain vitamin C (important for healthy gums and quick healing of wounds) and vitamin A (another key nutrient in building tooth enamel).

Hands down, water—particularly fluoridated water—is the most tooth-friendly beverage.



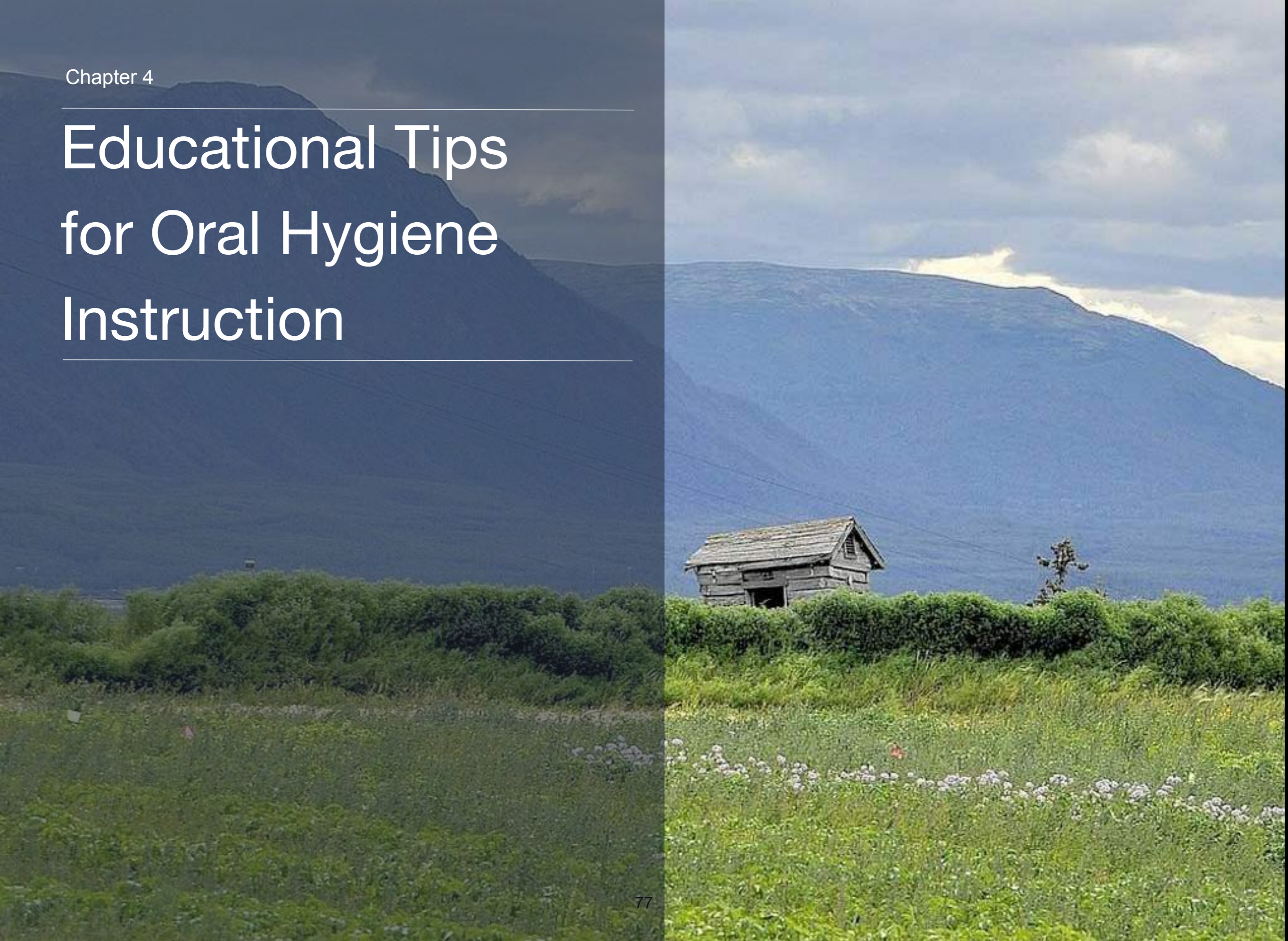
Diet Counseling

Notes

Resources

- Dorland's Medical Dictionary for Health Consumers.
- <http://www.ext.colostate.edu/pubs/foodnut/09315.html>
- Academy of Nutrition and Dietetics.
- <http://www.choosemyplate.gov>
- Source: Dietary Guidelines for Americans, 2010
- <http://water.epa.gov/scitech/swguidance/fishshellfish>

Educational Tips for Oral Hygiene Instruction





Educational Tips

Notes

Simplify OHI

- Provide a patient with menus to offer options and focus OHI.
- Focus on problem areas.
- Use Show-Do-Show-Do educational method.
- Listen to a patient's concern, and customize OHI.

Presentation 4.1

EDUCATIONAL TIPS FOR ORAL HYGIENE INSTRUCTION

INFANT MENU

I will:


- Brush my baby's teeth with a smear of fluoride toothpaste.
- Not put any sugary drinks in my baby's bottle or cup.
- Wean my baby from a bottle around first birthday.
- Limit my baby's snacking.
- Bring my baby in for dental visits.



CHILD MENU

I will:

- Help my child brush his/her teeth.
- Limit my child's snacking time.
- Serve juice only during meals.
- Bring my child in for dental visits.

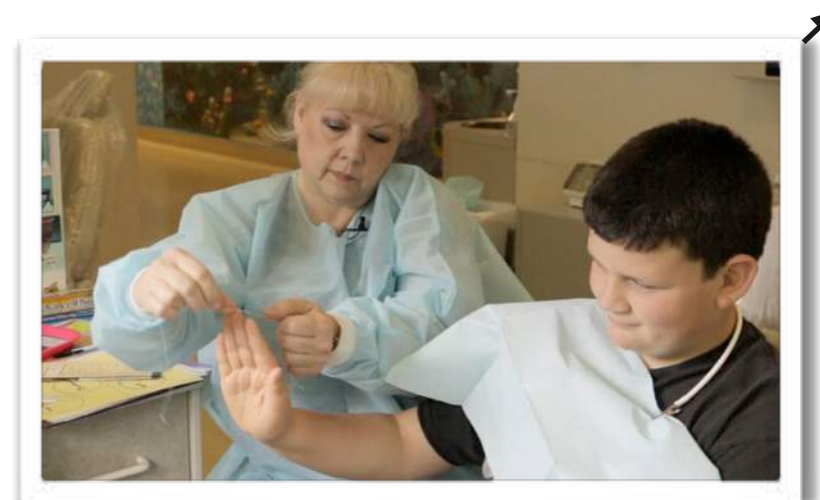
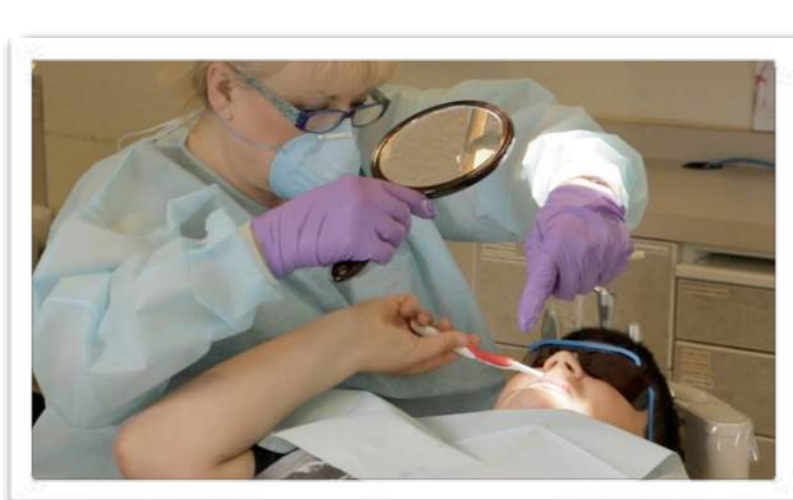



ADULT MENU

I will:

- Brush my teeth each morning and before bed.
- Floss once a day.
- Eat healthy meals.
- Limit my sugar intake.
- Choose water instead of sweetened beverages or juice.
- Stop using tobacco.

Let's get water!



Affirmation

genuine statements that acknowledge an individual's behaviors and strengths.

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Chapter 1 - Terms to Know

Anticavity

prevent the occurrence of dental cavities.

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Chapter 2 - Terms to Know

Antigingivitis

prevent the occurrence of gingivitis.

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Chapter 2 - Terms to Know

Antimicrobial

an agent that kills microorganisms or inhibits their growth.

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Chapter 2 - Terms to Know

Barriers

circumstances or obstacles that prevents communication or progress.

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Chapter 1 - Terms to Know

Carbohydrates

type of nutrient that includes sugars and starches, and serves as a major energy source for the human body.

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Chapter 3 - Words to Know

Close-ended questions

can be answered by a simple "yes" or "no."

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Chapter 1 - Terms to Know

Customize

modified to meet specific needs of a person.

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Chapter 2 - Terms to Know

Dental plaque

a biofilm consisting of bacteria and bacterial by-products.

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Chapter 2 - Terms to Know

Disclosing solution

coloring agent applied to teeth that makes plaque visible.

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Chapter 2 - Terms to Know

Empathy

the ability to understand and share the feelings of another.

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Chapter 1 - Terms to Know

Fat soluble vitamins

are stored in the liver and fat tissue when not used. They are not lost when foods that contain them are cooked. The fat soluble vitamins include A, D, E, and K.

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Chapter 3 - Words to Know

Fats

type of nutrient that produces energy and regulates the body's internal temperature.

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Chapter 3 - Words to Know

Gingivitis

a bacterial infection that is confined to the gingiva. It is reversible.

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Chapter 2 - Terms to Know

Interproximal

in between the teeth.

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Chapter 2 - Terms to Know

Minerals

type of nutrient that builds strong bones and is involved in transmitting nerve impulses. Some minerals are used to make hormones or maintain a normal heartbeat.

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Chapter 3 - Words to Know

Motivational Interviewing

An effective way to help individuals to resolve their contradicting thoughts and feelings about changing their behaviors without causing resistance to change.

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Chapter 1 - Terms to Know

Nutrients

substances that provide nourishment essential for growth and the maintenance of life.

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Chapter 3 - Words to Know

OARS

acronym for open-ended questions; affirmations; reflective listening; and summary statements. Technique used to establish trust, empathy, and rapport.

Related Glossary Terms

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Chapter 1 - Terms to Know

OHI

acronym for oral hygiene instruction.

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Chapter 2 - Terms to Know

Open-ended questions

require more thought and more than a simple one-word answer.

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Chapter 1 - Terms to Know

Option

various choices that may be selected.

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Chapter 1 - Terms to Know

Oral disease prevention

focuses on reducing the risk of disease or detecting disease in its early, most treatable stages. Examples include oral hygiene instruction, diet counseling, and topical fluoride treatments.

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Chapter 2 - Terms to Know

Oral health promotion

the process of empowering people to make healthy lifestyle choices and motivating them to take better care of their mouth. Examples include education about the caries and periodontal disease processes and supporting community water fluoridation.

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Chapter 2 - Terms to Know

Ose

suffix that indicates full of. For example, sucrose means full of cane or beet sugar.

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Chapter 3 - Words to Know

pH

a numeric scale used to specify the acidity or alkalinity of a solution; pH less than 7 is acidic and pH greater than 7 is alkaline or basic.

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Chapter 2 - Terms to Know

Proteins

type of nutrient that builds muscles, repairs tissue, and strengthens the immune system.

Related Glossary Terms

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Chapter 3 - Words to Know

Rapport

relationship in which the people understand each other's feelings or ideas and are able to better communicate.

Related Glossary Terms

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Chapter 1 - Terms to Know

Reflective listening

communication strategy involving two key steps: (1) seeking to understand a speaker's statement, (2) then offering the statement back to the speaker to confirm it has been understood correctly.

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Chapter 1 - Terms to Know

Resistance

the refusal to accept or comply with something.

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Chapter 1 - Terms to Know

Self-efficacy

refers to an individual's belief in his/her capacity to change and maintain behaviors.

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Chapter 1 - Terms to Know

Summary statement

brief account or restatement of main points.

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Chapter 1 - Terms to Know

Trust

firm belief in the reliability, truth, ability, or strength of someone or something.

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Chapter 1 - Terms to Know

Vitamins

type of nutrient that helps to regulate body processes such as building, repairing and maintaining the body's cells, tissues and organs.

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Chapter 3 - Words to Know

Water soluble vitamins

needed every day because they are not stored by the body and are eliminated in urine. They are easily destroyed or washed out during food storage or preparation. The water-soluble vitamins include the B-complex group and vitamin C.

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Find Term

Chapter 3 - Words to Know

Xerostomia

dryness of the mouth caused by reduction in saliva.

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Chapter 2 - Terms to Know