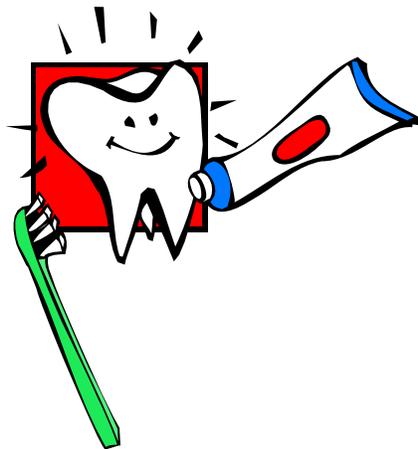


**Colorado Department of Public Health & Environment
Oral Health Program**

Resource Guide

2007



Colorado Department of Public Health and Environment
Oral Health Program
303-692-2470
Resource Guide

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Diabetes

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Title: Diabetes: Dental Tips

Media Type: Two-sided fact card

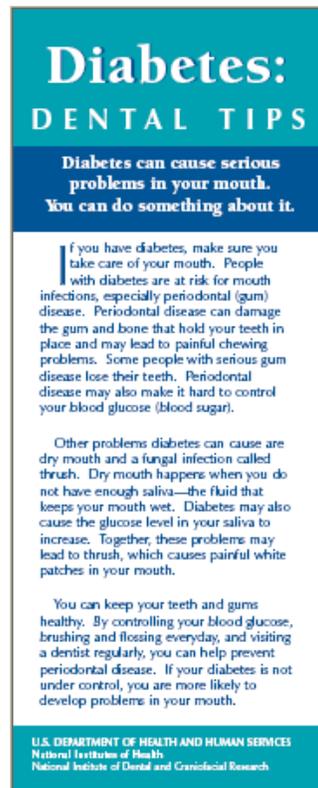
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted September 2005

Audience: For individuals who have diabetes or may be at risk of developing diabetes

Summary: People with diabetes are at risk for mouth infections especially gum disease. And gum disease may make it hard to control blood sugar. This fact card will describe problems diabetics might have with their mouth and ways they can keep from having oral problems due to their diabetes.

Language: English and Spanish



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1 NOHIC Way
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(301) 402-7364
www.nidcr.nih.gov

Title: Prevent Diabetes Problems; Keep Your Teeth and Gums Healthy

Media Type: 8 ½ X 5 ½ in booklet, 14 pages

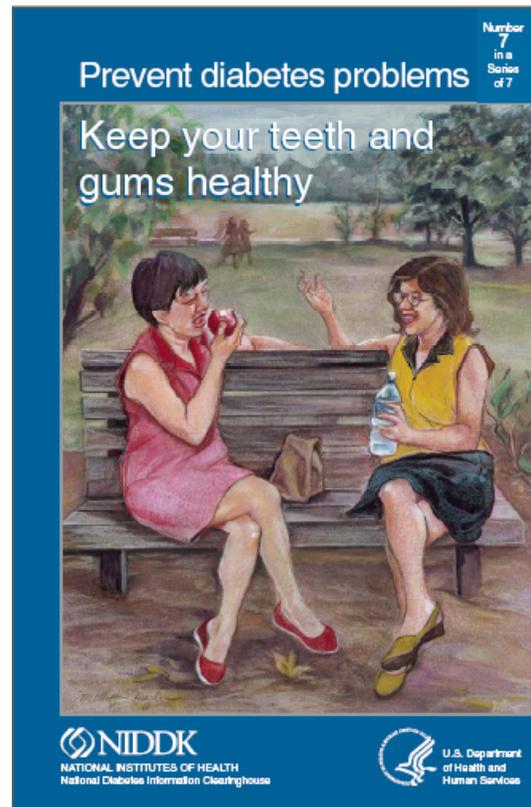
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: September 2003

Audience: Adults and young people with diabetes or at risk of diabetes

Summary: This booklet discusses the oral health risk factors for people who have diabetes. It also tells the reader how the dental professional can help them in their effort to keep the diabetes risk factors from affecting their oral health. The booklet is full of tips and ideas on ways to keep your mouth healthy if you have diabetes.

Language: English and Spanish



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Title: Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

Media Type: 8 ½ X 5 ½ in booklet, 12 pages

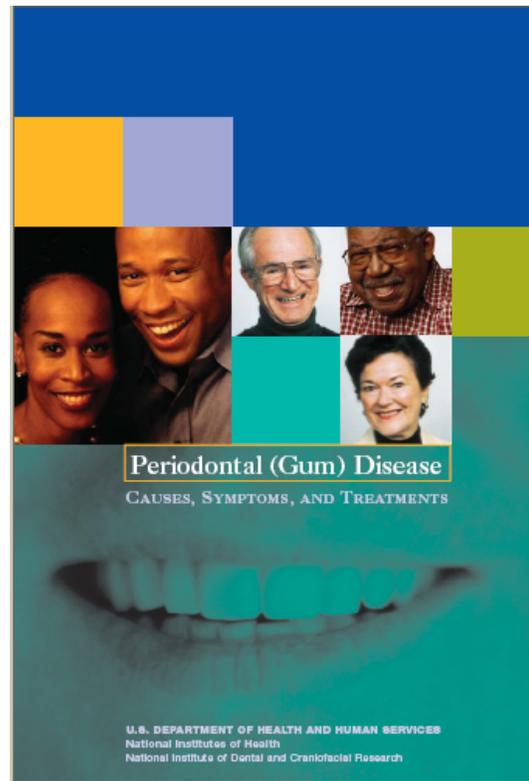
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Revised November 2004

Audience: Adults who have periodontal disease or may be at risk of periodontal disease

Summary: Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors including diabetes and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

Language: English and Spanish



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www.nidcr.nih.gov

Title: Nutrition & Oral Health Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: 2006

Audience: High School and up, general audiences

Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease. Nutrition is important for diabetics to control their blood sugar.

Language: English

Nutrition & Oral Health



When you eat and what you eat affects your general health including your teeth and gums.

- Eating nutritious meals is important to keep your body healthy, but it keeps your mouth healthy too.
- Too many sweet snacks and drinks can cause cavities and dental disease.
- Grazing all day keeps the bacteria in the mouth producing acid that attacks enamel causing cavities to form.

Choose healthy foods, and avoid snacking on sweets and drinking sweetened beverages.

To help keep your teeth and gums healthy, limit sugary snacks and eat nutritious foods with choices from each of the five food groups:

- Breads, grains and cereals
- Dairy, milk, cheese, yogurt
- Vegetables
- Fruits
- Meat, fish, poultry and other proteins like beans

Try to limit the amount of foods and beverages with added sugars and brush well after eating snacks or meals that are high in starch like tortillas and some breads.

Good oral health depends on more than just nutrition alone. Caring for teeth and gums is important too.

- Brush at least twice a day with a fluoridated toothpaste
- Floss between the teeth once a day to remove food and debris that might cause cavities between the teeth
- See a dental health professional for regular check-ups and treatment for any dental problems

Together with proper nutrition these habits can help prevent dental disease.



2006

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Title: Diabetes and Oral Health

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, diabetics and those at risk of diabetes

Summary: This tip sheet from Oral Health Awareness Colorado! Details information about the increased risks for gum problems and other oral health problems people with diabetes have. It also discusses tips for keeping your mouth healthy when you have diabetes. Good diabetes control can help prevent mouth problems.

Language: English



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Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

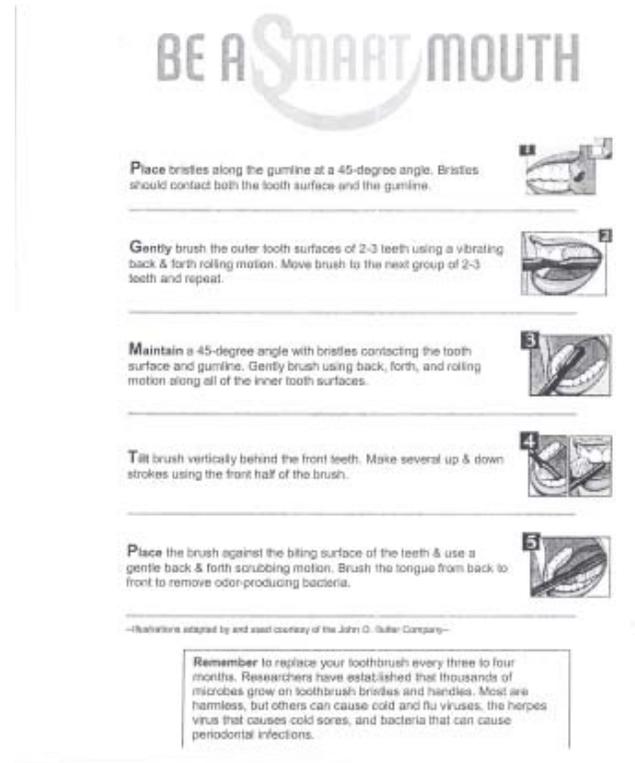
Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school and
up, general audiences

Summary: In 5 illustrations
and steps the fact sheet
shows the reader how to
brush their teeth properly.
On the backside are 4
illustrations and steps
that show the reader how to
floss their teeth properly.

Language: English



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Coordinator” at
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Or call 303-692-2470

Oral Cancer

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Title: The Oral Cancer Exam

Media Type: Folding fact card

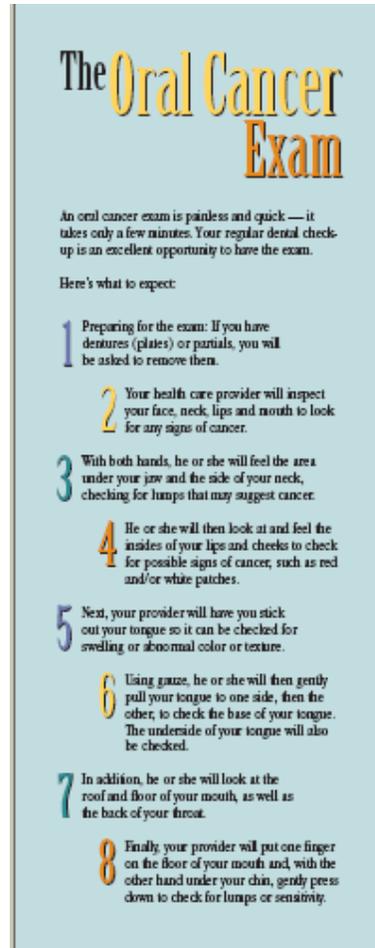
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: February 2003

Audience: High School up, general audiences

Summary: This fact card folds into the shape of a mouth. It delivers information to the reader about what the dentist will do during a regular dental checkup to screen for oral cancer. The process is simple, painless and quick and this card puts the process into 8 simple steps.

Language: English



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National Oral Health Information Clearinghouse
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(301) 402-7364
www.nidcr.nih.gov

Title: Oral Cancer

Media Type: Tri-fold brochure

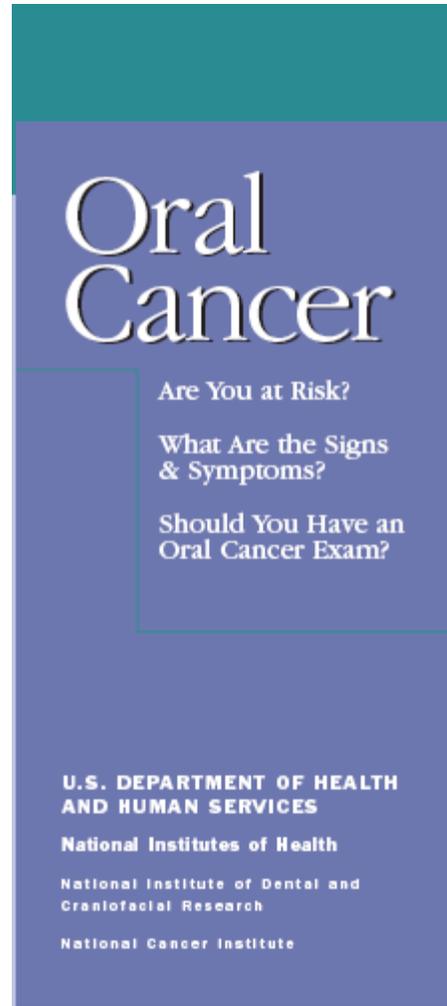
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: February 2003

Audience: Adults, general audiences

Summary: This brochure includes information about what oral cancer is, what the possible signs and symptoms are, how you can lower your risk of getting it, and what early detection includes.

Language: English



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Research
National Oral Health
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(301) 402-7364
www.nidcr.nih.gov

Title: Oral Cancer Concern in Colorado

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This fact sheet explains that oral cancer is something to be concerned about, and that early detection is the key to survival. Included are general facts and figures about who is at risk and what the incidence of the disease is.

Language: English



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Title: Detecting Oral Cancer: A Guide for Health Care Professionals

Media Type: Fold up poster

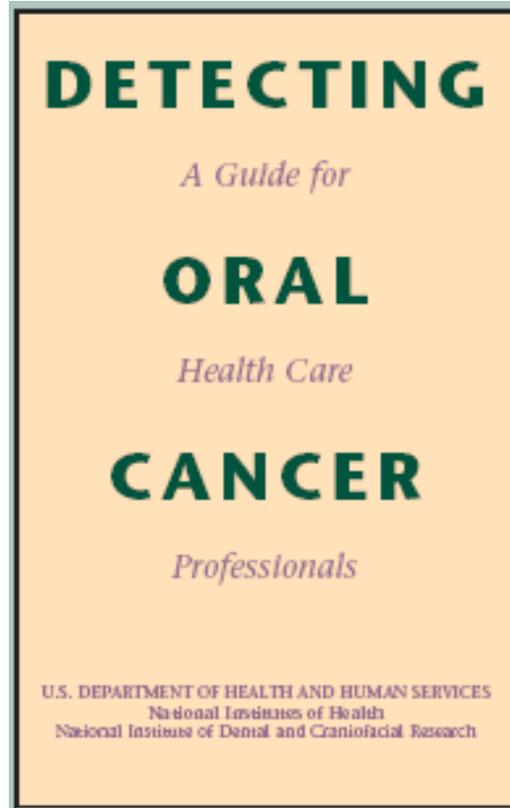
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Reprinted December 2002

Audience: Adults, Health care professionals

Summary: Instructions of how to conduct a screening for oral cancer including photographs and descriptions of each step and what to look for in risk factors, warning signs and suspicious lesions.

Language: English



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National Oral Health Information Clearinghouse

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Title: Three Good Reasons to See a Dentist Before Cancer Treatment

Media Type: 8 ½ X 11 ½ in booklet, spiral bound, and 7 pages

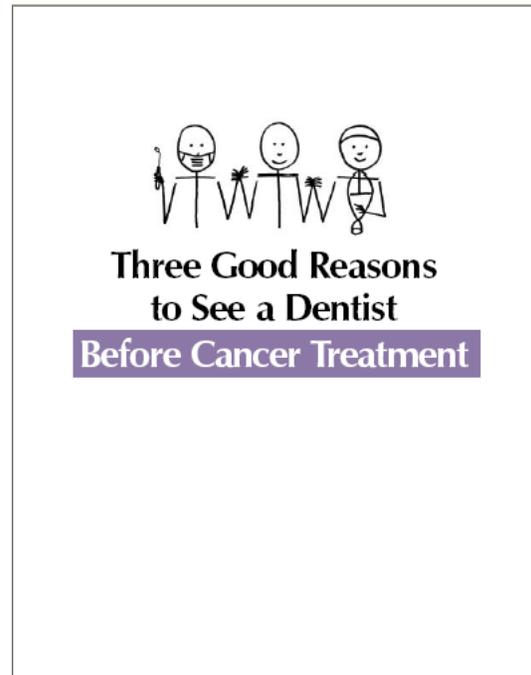
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: August 2002

Audience: Young adults and Adults with cancer, low literacy

Summary: This booklet gives information about how to keep your mouth healthy during cancer treatment. Easy to read, uses illustrations for each step along the way and gives the reader ideas on how to deal with side effects of cancer treatment like a sore mouth or throat.

Language: English



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www.nidcr.nih.gov

Title: Three Good Reasons to See a Dentist Before Cancer Treatment

Media Type: Two-panel brochure

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: December 2003

Audience: Young adults and Adults with cancer, low literacy

Summary: Quickly relays information about how to protect your mouth during cancer treatment and when you should call your cancer care team about mouth problems. Written at a low literacy level, easy to read and understand.

Language: English & Spanish

The brochure is divided into two main sections. The top section, titled "Tips for mouth problems", lists seven common oral issues with brief instructions: Sore Mouth, Sore Throat; Dry Mouth; Infections; Eating Problems; Bleeding; Stiffness in Chewing Muscles; Vomiting; and Cavities. The bottom section, titled "Three Good Reasons to See a Dentist BEFORE Cancer Treatment", lists three key reasons: 1. Feel better (easier treatment with dentist/hygienist), 2. Save teeth and bones (dentist protection from radiation/chemotherapy), and 3. Fight cancer (doctors may delay/stop treatment if problems in mouth). The brochure includes contact information for the National Institute of Dental and Craniofacial Research and the National Oral Health Information Clearinghouse, along with a logo for "Oral Health, Cancer Care, and You: Fitting the Pieces Together".

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact: National Institute of Dental and Craniofacial Research National Oral Health Information Clearinghouse 1 NOHIC Way Bethesda, MD 20892-3500 (301) 402-7364 www.nidcr.nih.gov

Title: Chemotherapy and Your Mouth

Media Type: 12-page brochure

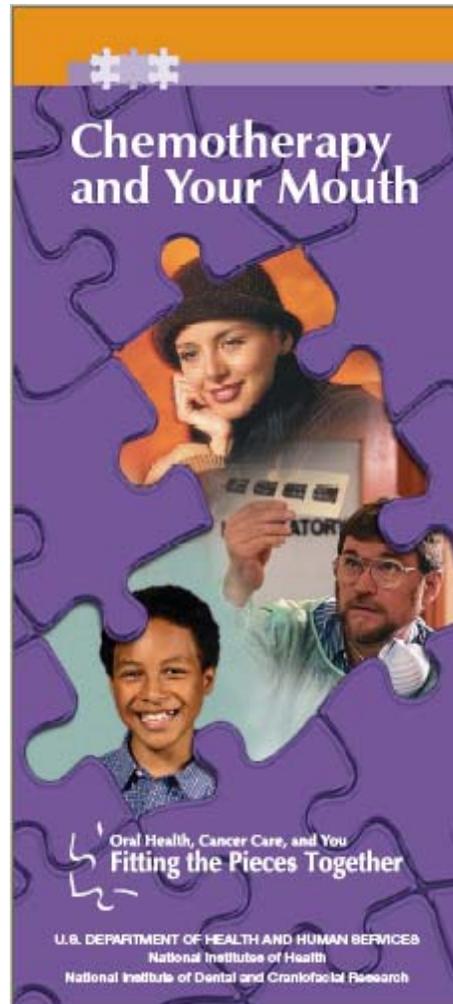
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: September 2005

Audience: Young adults and Adults with cancer, low literacy

Summary: This patient brochure discusses how chemotherapy affects the mouth and the importance of seeing a dentist before, during, and after treatment. Also included are self-care tips for patients to keep their mouth healthy during treatment.

Language: English & Spanish



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www.nidcr.nih.gov

Title: Head and Neck Radiation Treatment and Your Mouth

Media Type: 12-page brochure

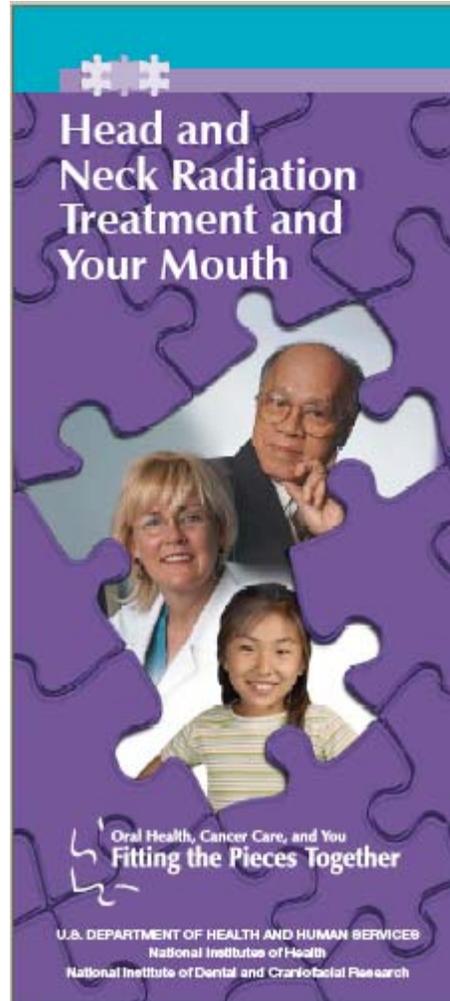
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Reprinted November 2005

Audience: Young adults and Adults going through radiation treatment, low literacy

Summary: This patient brochure discusses how radiation affects the mouth and the importance of seeing a dentist before, during, and after cancer treatment. Also included are self-care tips for patients to keep their mouth healthy during treatment.

Language: English & Spanish



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Title: Oral Complications of Cancer Treatment: What the Oral Health Team Can Do

Media Type: 8-page booklet

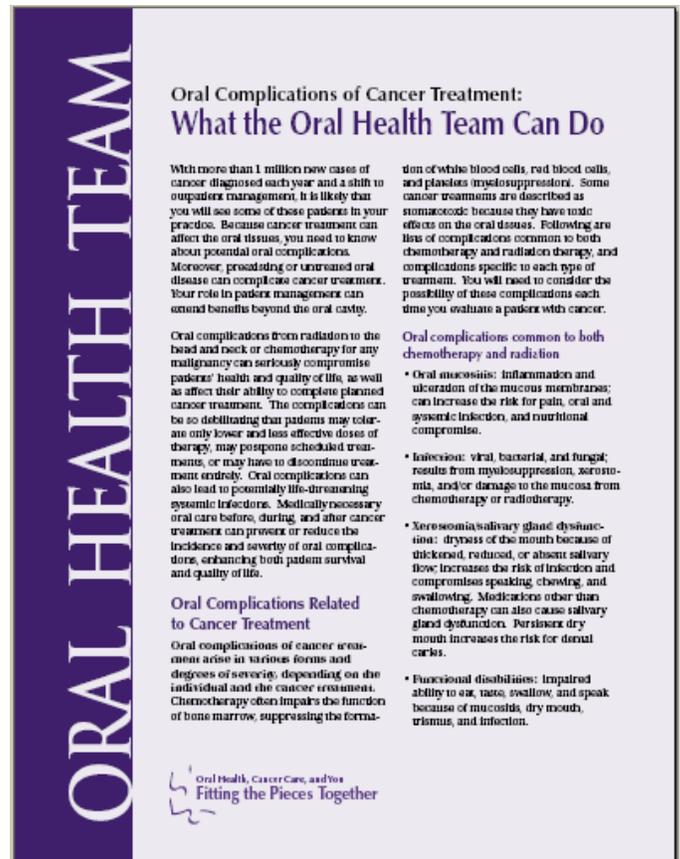
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Revised June 2002

Audience: Adults, Oral Health Providers

Summary: This fact sheet for oral health professionals discusses preventing and managing complications common to a patient's cancer treatment. Also included is the role of dental professionals before, during, and after treatment.

Language: English



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(301) 402-7364
www.nidcr.nih.gov

Title: Oral Complication of Cancer Treatment: What the Oncology Team Can Do

Media Type: 6-page fold out booklet

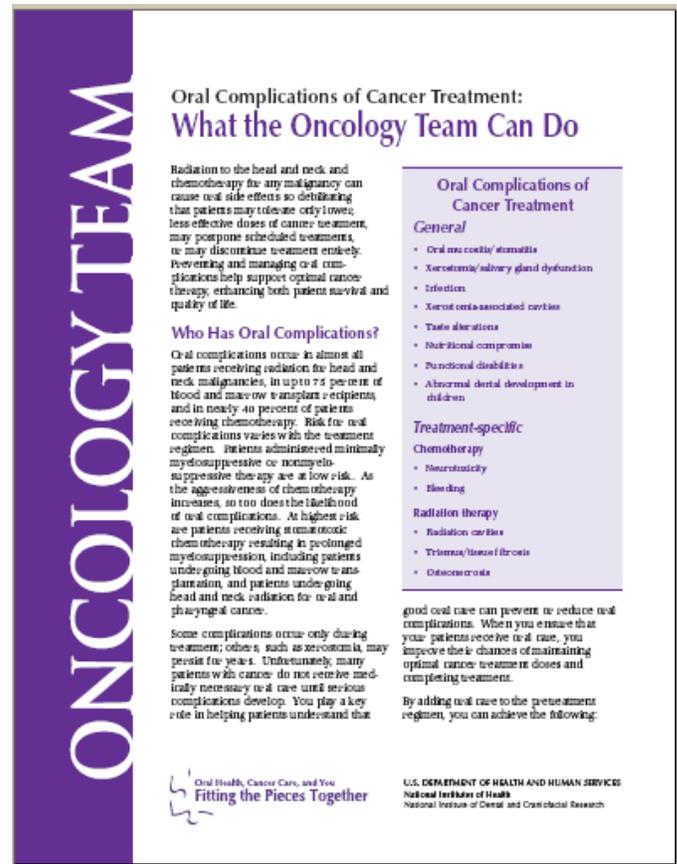
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Revised June 2002

Audience: Adults, Cancer team for patients

Summary: This fact sheet for oncology professionals discusses the importance of dental treatment before a patient's cancer treatment and steps to prevent and manage oral complications. It includes management strategies specific to chemotherapy, radiation treatment, and bone marrow transplantation.

Language: English



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www.nidcr.nih.gov

Title: Oral Care Provider's Reference Guide for Oncology Patients

Media Type: Fold up reference card, laminated

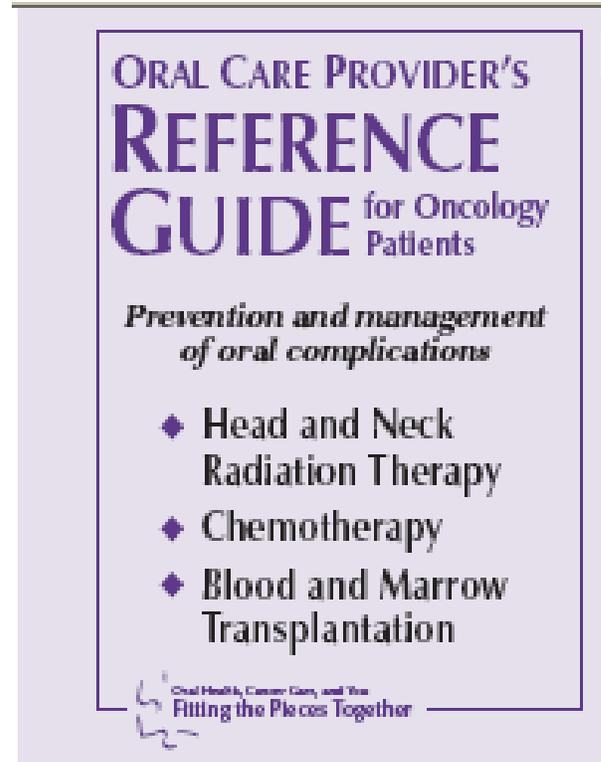
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date:

Audience: Adults, Oral Health Providers

Summary: This guide for the oral health professional provides quick reference for treating patients before, during, and after cancer treatment. It includes questions to ask the patient's oncology team before cancer treatment begins.

Language: English



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www.nidcr.nih.gov

Title: Oncology Reference Guide to Oral Health

Media Type: Fold up reference card, laminated

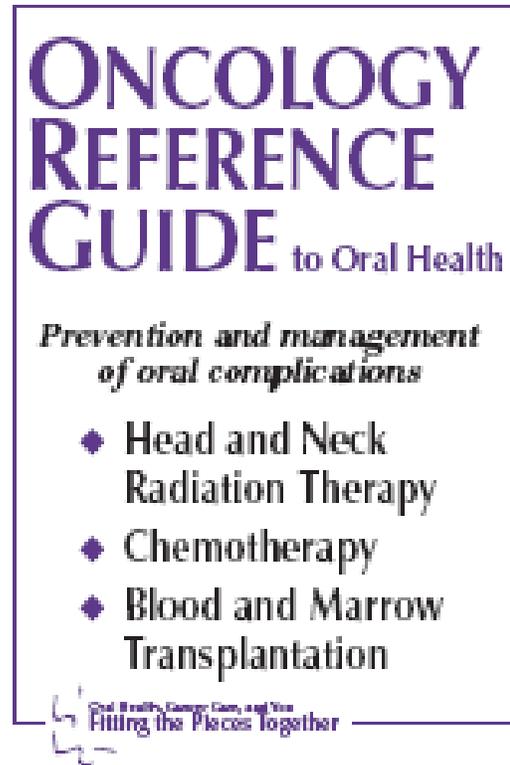
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date:

Audience: Adults, Oncology providers

Summary: This guide for the oncology professional provides quick reference for preventing and managing oral complications before, during, and after cancer treatment. Includes steps specific to chemotherapy, radiation treatment, and blood and marrow transplantation.

Language: English



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Seniors

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Title: Seniors and Oral Health: A Fact Sheet

Media Type: A two-page fact sheet

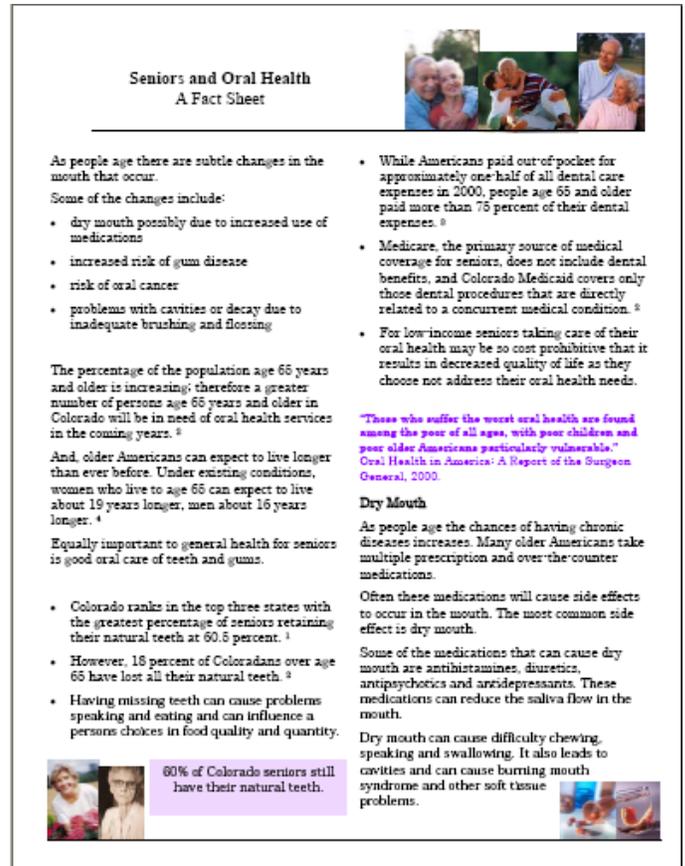
Author: Colorado Department of Public Health & Environment Oral Health Program

Date: July 2006

Audience: Adults, specifically seniors and caregivers of seniors

Summary: This fact sheet discusses the problems that many seniors face with regard to their mouth and teeth as they age. It includes many facts for seniors about dry mouth, gum disease, tooth decay and oral cancer. Also it includes tips for seniors to follow if they have a difficult time brushing and flossing.

Language: English



The image shows a fact sheet titled "Seniors and Oral Health A Fact Sheet". At the top right is a photograph of four elderly people smiling. The text is organized into several sections. On the left, there is a list of symptoms and a paragraph about the increasing population of seniors. On the right, there are bullet points about dental care costs and Medicare coverage, and a section on "Dry Mouth" with a sub-paragraph about chronic diseases. At the bottom left, there is a small photograph of two women and a text box stating "60% of Colorado seniors still have their natural teeth." At the bottom right, there is a small photograph of a person's mouth.

**Seniors and Oral Health
A Fact Sheet**

As people age there are subtle changes in the mouth that occur. Some of the changes include:

- dry mouth possibly due to increased use of medications
- increased risk of gum disease
- risk of oral cancer
- problems with cavities or decay due to inadequate brushing and flossing

The percentage of the population age 65 years and older is increasing; therefore a greater number of persons age 65 years and older in Colorado will be in need of oral health services in the coming years. ¹

And, older Americans can expect to live longer than ever before. Under existing conditions, women who live to age 65 can expect to live about 19 years longer, men about 16 years longer. ⁴

Equally important to general health for seniors is good oral care of teeth and gums.

- Colorado ranks in the top three states with the greatest percentage of seniors retaining their natural teeth at 60.6 percent. ³
- However, 18 percent of Coloradans over age 65 have lost all their natural teeth. ²
- Having missing teeth can cause problems speaking and eating and can influence a person's choices in food quality and quantity.

While Americans paid out-of-pocket for approximately one-half of all dental care expenses in 2000, people age 65 and older paid more than 75 percent of their dental expenses. ⁵

Medicare, the primary source of medical coverage for seniors, does not include dental benefits, and Colorado Medicaid covers only those dental procedures that are directly related to a concurrent medical condition. ⁶

For low-income seniors taking care of their oral health may be so cost prohibitive that it results in decreased quality of life as they choose not address their oral health needs.

"Those who suffer the worst oral health are found among the poor of all ages, with poor children and poor older Americans particularly vulnerable."
Oral Health in America: A Report of the Surgeon General, 2000.

Dry Mouth

As people age the chances of having chronic diseases increases. Many older Americans take multiple prescription and over-the-counter medications.

Often these medications will cause side effects to occur in the mouth. The most common side effect is dry mouth.

Some of the medications that can cause dry mouth are antihistamines, diuretics, antipsychotics and antidepressants. These medications can reduce the saliva flow in the mouth.

Dry mouth can cause difficulty chewing, speaking and swallowing. It also leads to cavities and can cause burning mouth syndrome and other soft tissue problems.

60% of Colorado seniors still have their natural teeth.

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Title: Dry Mouth

Media Type: 5-page booklet
style brochure

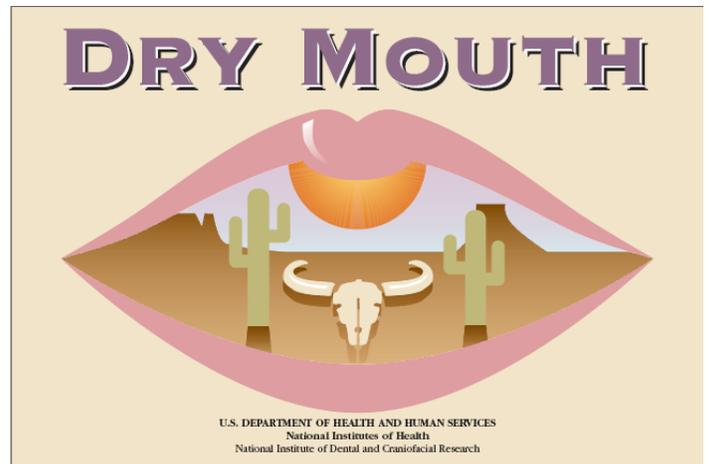
Author: National Institutes
of Health, National
Institute of Dental and
Craniofacial Research

Date: January 2002

Audience: Adults, general
audiences

Summary: This patient
brochure discusses the
causes of dry mouth, the
importance of saliva to
oral health, and steps to
follow to relieve dryness.

Language: English



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(301) 402-7364
www.nidcr.nih.gov

Title: Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

Media Type: 8 ½ X 5 ½ in booklet, 12 pages

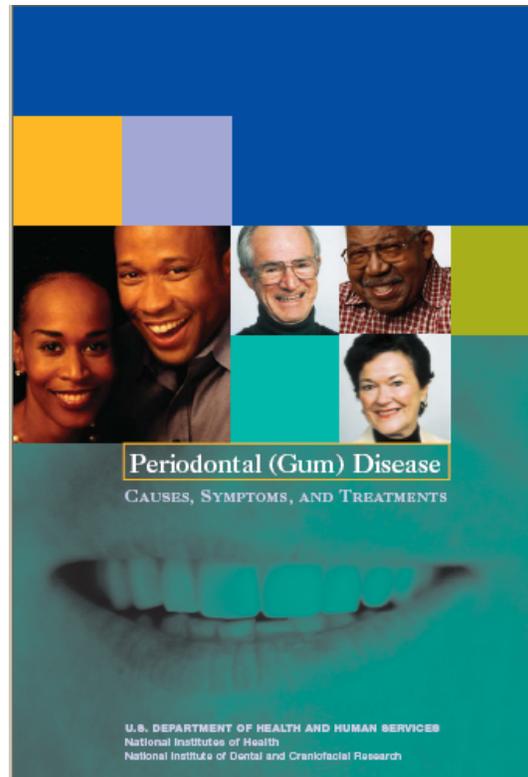
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Revised November 2004

Audience: Adults who have periodontal disease or may be at risk of periodontal disease

Summary: Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

Language: English and Spanish



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Title: Study Links Heart Disease to Dental Problems

Media Type: One-page information sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, seniors, general audiences

Summary: This information sheet describes the connection that researchers from the University of Helsinki and Kuopio University Hospital found between severe heart disease and dental problems. Research is ongoing to determine what the association is between the two, but the information contained in this sheet gives the reader some ideas on how to prevent possible dental problems.

Language: English



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Or call 303-692-2470

Title: Oral Health Tips for Seniors

Media Type: Two-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Seniors, general audiences

Summary: This fact sheet describes some of the issues senior adults face as they age regarding their teeth and gums. There are some facts about oral cancer in Colorado, which is a significant concern to seniors, and information about gum disease. There are also tips for seniors to follow to help keep their teeth and gums healthy.

Language: English



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Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

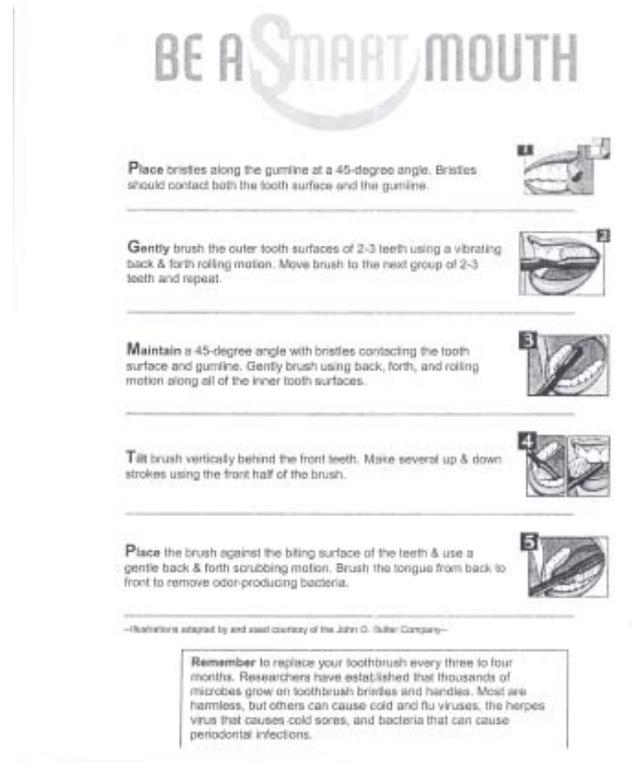
Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school up,
general audiences

Summary: In 5 illustrations
and steps the fact sheet
shows the reader how to
brush their teeth properly.
On the backside are 4
illustrations and steps
that show the reader how to
floss their teeth properly.

Language: English



Ordering Information:
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contact “Coalition
Coordinator” at
info@beasmartmouth.com
Or call 303-692-2470

Title: Medications that Cause Dry Mouth

Media Type: 4-page medication list

Author:

Date:

Audience: Seniors and adults, general audiences

Summary: This is a list of different types of medications including brand names that may cause dry mouth in those who use them.

Language: English

Medications that Cause Dry Mouth	
ANOREXICANT Adipex-P, Fenfen, Fenfen, Zantyl ----- phenpropion Asorex SR, Adipex, Fenfen PDM ----- phenpropion Mazorex, Sorex mazorex Pondulin, Fen-Phen fenpropion Tenuate, Toprol, Top-Tek fenpropion	ANTIACID Acostat acostat
ANTICHOLINERGIC / ANTISPASMODIC Aralgan lysopam Aralgan, Sal-Tropin aralgan Banthine metharbital Befergal bethanone alkylate Betyl dikloritas Bartan oxyphenbutine Ditropin oxybutin Dominal, Krimid oxybutin oxybutin phenbutin, oxofenbutin Litra chlorbutin with clemastin Perrine methoxybutin Pro-Banthine	ANTIANSIETY Atran, Valant hydroxide Atran lorazepam Cortina prazepam Equat, Mibova meprobamate Litham chlorbutin Pazepam Lidocaine Sera oxepam Valium diazepam Xanax alprazolam
	ANTIEPILEPTIC Felfin felfin Lamictal lamictal Neurontin gabapentin Tegretol carbamazepine

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Adults

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Nature's Way to Prevent Tooth Decay, Water Fluoridation	36
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Title: Asthma & Oral Health: A Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Young adults and adults with asthma or adult caregivers of those with asthma

Summary: This fact sheet explains that many medications used to treat asthma have side effects on the mouth, teeth and throat. It explains some of the common oral problems due to these medications as well as some ways to lessen the chances of oral problems and what you should do at the dental office to avoid having problems with your asthma.

Language: English

Asthma & Oral Health
A Fact Sheet



Many medications used to treat asthma have effects on the mouth, teeth and throat. Common ones include:

- Adrenergic agonists - can cause dry mouth
- Corticosteroids - can cause dry mouth, increased oral fungal infections and slow healing.
- Cromolyn - can cause nausea, cough, a bad taste in the mouth, increased saliva production, swollen saliva glands and a burning sensation in the mouth and throat.

Using a Spacer
To lessen the chances of oral problems sometimes a spacer is recommended.

- A spacer is placed at the end of the inhaler and allows for the medication to be delivered more slowly from the pressurized inhaler.
- Spacers make it easier for the medication to reach the lungs and also means there is less medication that gets deposited in the mouth and throat where it can lead to irritation and infection.
- Only use a spacer with a pressurized inhaler not with a dry powder inhaler. Only spray one puff into it at a time.



Common Oral Problems due to Asthma Medications:

- **Candidiasis**—or thrush, is an infection in the mouth caused by a yeast known as *Candida albicans*. It usually appears as white patches in the mouth with a red rash underneath that is usually painful. It can be treated with different medications. People who use steroids, especially inhalants are at risk of developing Candidiasis.
- **Dry Mouth**—is a condition of not having enough saliva to keep the mouth wet. It can cause problems in tasting, chewing, swallowing, and speaking and can increase the chance of developing dental decay and other infections in the mouth.

At The Dental Office

- Take your inhaler to your dentist appointments.
- Give your dentist information about your latest attack, the factors that trigger your attacks and the severity of your condition.
- Tell your dentist what medications you are taking, some medications for asthma treatment have interactions with medications your dentist might prescribe.
- Increase frequency of dental visits with your dentist or hygienist to prevent gum disease and cavities.
- Visit your dental professional early in the day to reduce stress and ask for nitrous oxide to help reduce anxiety to keep from having an attack.



2006

Ordering Information:
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Title: Nutrition & Oral Health Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: 2006

Audience: High School and up, general audiences

Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease.

Language: English

Nutrition & Oral Health



When you eat and what you eat affects your general health including your teeth and gums.

- Eating nutritious meals is important to keep your body healthy, but it keeps your mouth healthy too.
- Too many sweet snacks and drinks can cause cavities and dental disease.
- Grazing all day keeps the bacteria in the mouth producing acid that attacks enamel causing cavities to form.

Choose healthy foods, and avoid snacking on sweets and drinking sweetened beverages.

- The germs (bacteria) in the mouth form a sticky material on the surface of the teeth called plaque.
- The germs in the plaque use the sugar from the foods you eat and turn it into acid.
- The acids are powerful enough to dissolve the enamel that covers the teeth, causing cavities.
- When the snacks and drinks that are high in sugar are not eaten the bacteria doesn't have enough "food" to produce the acid the destroys enamel.

To help keep your teeth and gums healthy, limit sugary snacks and eat nutritious foods with choices from each of the five food groups:

- Breads, grains and cereals
- Dairy, milk, cheese, yogurt
- Vegetables
- Fruits
- Meat, fish, poultry and other proteins like beans

Try to limit the amount of foods and beverages with added sugars and brush well after eating snacks or meals that are high in starch like tortillas and some breads.

Good oral health depends on more than just nutrition alone. Caring for teeth and gums is important too.

- Brush at least twice a day with a fluoridated toothpaste
- Floss between the teeth once a day to remove food and debris that might cause cavities between the teeth
- See a dental health professional for regular check-ups and treatment for any dental problems

Together with proper nutrition these habits can help prevent dental disease.



2006

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Title: Oral Disease & Tobacco Use in Colorado: A Fact Sheet

Media Type: One-page face sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: August 2006

Audience: Adults, general audiences and tobacco users

Summary: This fact sheet describes how tobacco use is a risk factor for gum disease, oral cancer, and tooth loss. It specifically focuses on chewing tobacco, and gum disease. There are statistics about use in Colorado and information about what the oral health program is doing to address the issue of tobacco use.

Language: English

The fact sheet is titled "Oral Disease & Tobacco Use in Colorado: A Fact Sheet". It features a header with the title and a small photograph of a family. The main content is organized into several sections: "What is the Problem?", "What is gum Disease?", "Chewing Tobacco", "What is the Oral Health Program Doing?", and "References". There are also two callout boxes with purple borders: one stating "... the gum may shrink away from the teeth making them look longer. Without treatment, the teeth may become loose, painful and even fall out." and another stating "The teeth may eventually become loose and have to be removed because of gum disease." The bottom of the page includes a date "8/2006" and a small photograph of a dental professional with a patient.

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact the Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us Also available on line at <http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html>

Title: The Next Time You Reach for a Smoke or a Dip, Reach for the Phone Instead

Media Type: Half-fold brochure

Author: State Tobacco Education and Prevention Partnership

Date: 2006

Audience: Adult tobacco users

Summary: Information for tobacco users who want to quit about the QuitLine, free support from a quit coach and free nicotine patches. Included are reasons to quit, information about how the QuitLine works and hours of operation.

Language: English



Ordering Information: QuitLine brochures and posters for various age groups, ethnicities, genders and disparate populations are available free to individuals in Colorado. Order from the following website:
<http://www.steppitems.com/>

Title: Six Steps to a Healthier You... You Can Quit!

Media Type: Tri-fold Brochure

Author: Oral Health America's National Spit Tobacco Education Program

Date:

Audience: Adult spit tobacco users

Summary: This brochure gives the tobacco user who is ready to quit 6 steps to quitting spit tobacco as well as reasons to quit and tips on how to quit.

Language: English



Ordering Information:
Oral Health America
410 North Michigan Avenue,
Suite 352
Chicago, Illinois 60611-
4211
312-836-9900
<http://www.nstep.org/>

Title: Nature's Way to Prevent Tooth Decay, Water Fluoridation

Media Type: ½ sheet folded brochure

Author: Centers for Disease Control and Prevention

Date: 2005

Audience: Adults, general audiences

Summary: This brochure discusses community water fluoridation and why fluoride helps prevent tooth decay. It addresses fluoride safety, the fact that it benefits everyone and that it is cost-effective.

Language: English and Spanish

Nature's Way to Prevent Tooth Decay

Water
Fluoridation



ADA
American Dental Association
www.ada.org



Ordering Information:

Can be downloaded free of charge from

<http://www.cdc.gov/fluoridation/index.htm>

This brochure is not copyrighted. Make as many copies as you need.

Title: Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

Media Type: 8 ½ X 5 ½ in booklet, 12 pages

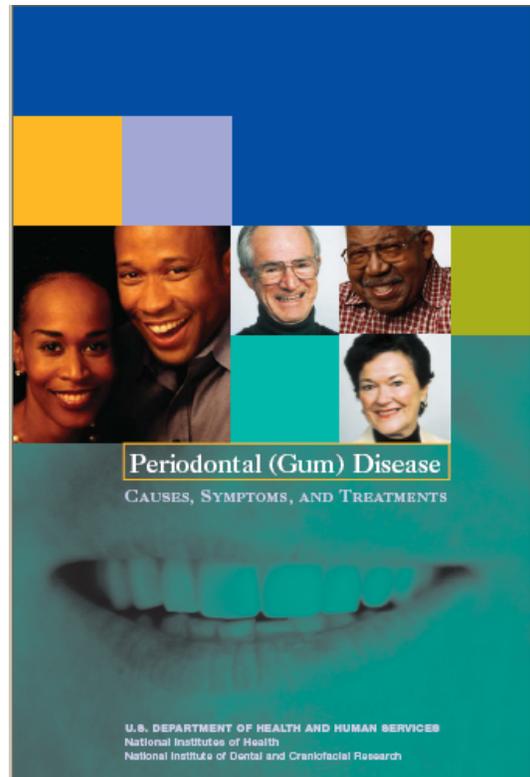
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Revised November 2004

Audience: Adults who have periodontal disease or may be at risk of periodontal disease

Summary: Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

Language: English and Spanish



Ordering Information:
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National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school up,
general audiences

Summary: In 5 illustrations
and steps the fact sheet
shows the reader how to
brush their teeth properly.
On the backside are 4
illustrations and steps
that show the reader how to
floss their teeth properly.

Language: English

BE A SMART MOUTH

1 Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.

2 Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. Move brush to the next group of 2-3 teeth and repeat.

3 Maintain a 45-degree angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth, and rolling motion along all of the inner tooth surfaces.

4 Tall brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.

5 Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

—Illustrations adapted by and used courtesy of the John O. Butler Company—

Remember to replace your toothbrush every three to four months. Researchers have established that thousands of microbes grow on toothbrush bristles and handles. Most are harmless, but others can cause cold and flu viruses, the herpes virus that causes cold sores, and bacteria that can cause periodontal infections.

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Or call 303-692-2470

Title: Healthy Mouth/Healthy Body

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This oral health tip sheet describes the connection between oral health and general health and relays the message; a healthy mouth helps achieve a healthy body. There is information about the connection between gum disease and other health problems, the bacteria that cause gum disease and the connection to diabetes as well.

Language: English



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Title: Fluoridation Praised as a Great Public Health Achievement

Media Type: Two-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This tip sheet describes water fluoridation as one of the 10 greatest public health achievements of the 20th century and details the safety and effectiveness of it. It also describes the cost effectiveness of this public health strategy.

Language: English



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High School

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Title: Eating Disorders & Oral Health: A Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: August 2006

Audience: High school and up, general audiences

Summary: This fact sheet discusses the effects an eating disorder like anorexia or bulimia has on a person's oral health. There are some general facts about risk factors to oral health and tips for those with an eating disorder to help keep their mouth healthier. There is also information about what the dentist's role might be in helping treat a patient with an eating disorder.

Language: English

Eating Disorders & Oral Health
A Fact Sheet

- The oral effects of an eating disorder are hard to hide from a dental professional.
- Telltale signs appear early in the mouth and despite the secretive nature of the disease a dental professional may be the first to know and encourage a patient to get help.
- The most common eating disorders that cause problems in the mouth are bulimia nervosa and anorexia nervosa. Although there are other types of eating disorders these tend to cause the most damage to the teeth and mouth.

Bulimia & Oral Health
Bulimia is an eating disorder that involves eating more food at one time that you think you should, called binge eating, and then trying to get rid of that food by purging— self induced vomiting, use of laxatives, fasting, diuretics, diet pills or over exercising. Bulimia is dangerous to your overall health and especially harmful to your teeth:

- When repeated vomiting is used to purge food from the body, the strong acids in the digestive system erode tooth enamel and weaken fillings and teeth become worn and translucent.
- Your mouth, throat and salivary glands become swollen and tender.
- Repeatedly vomiting can cause sores in the corners of the mouth and bad breath.

Anorexia & Oral Health
Anorexia is a psychological disorder that involves a distortion of body image, an intense fear of weight gain and the desire to be thinner. Anorexia often involves self-induced starvation, purging and over exercising the same as Bulimia.

Anorexia Nervosa may produce some of the same oral symptoms as bulimia.

In order to neutralize the effects of stomach acid on your teeth you should:

- Immediately after purging, do not brush, but rinse the mouth with baking soda mixed in water, or sugar-free, alcohol-free mouth rinse, or with plain water if nothing else is available.
- Brush and floss daily

The Dental Professional:

- May encourage you to seek professional help for the eating disorder.
- May create a mouth guard that covers the teeth to help protect them from further erosion by stomach acid.
- Restore damaged teeth, but not until after you get treatment for the eating disorder.
- Provide you with fluoride treatments to help protect your teeth.

Colorado Department of Public Health and Environment

8/2006

Ordering Information:
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Title: Nutrition & Oral Health Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: 2006

Audience: High School and up, general audiences

Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease.

Language: English

Nutrition & Oral Health



When you eat and what you eat affects your general health including your teeth and gums.

- Eating nutritious meals is important to keep your body healthy, but it keeps your mouth healthy too.
- Too many sweet snacks and drinks can cause cavities and dental disease.
- Grazing all day keeps the bacteria in the mouth producing acid that attacks enamel causing cavities to form.

Choose healthy foods, and avoid snacking on sweets and drinking sweetened beverages.

To help keep your teeth and gums healthy, limit sugary snacks and eat nutritious foods with choices from each of the five food groups:

- Breads, grains and cereals
- Dairy, milk, cheese, yogurt
- Vegetables
- Fruits
- Meat, fish, poultry and other proteins like beans

Try to limit the amount of foods and beverages with added sugars and brush well after eating snacks or meals that are high in starch like tortillas and some breads.

Good oral health depends on more than just nutrition alone. Caring for teeth and gums is important too.

- Brush at least twice a day with a fluoridated toothpaste
- Floss between the teeth once a day to remove food and debris that might cause cavities between the teeth
- See a dental health professional for regular check-ups and treatment for any dental problems

Together with proper nutrition these habits can help prevent dental disease.



2006

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Title: Oral Piercing: A Fact Sheet

Media Type: Two-page fact sheet

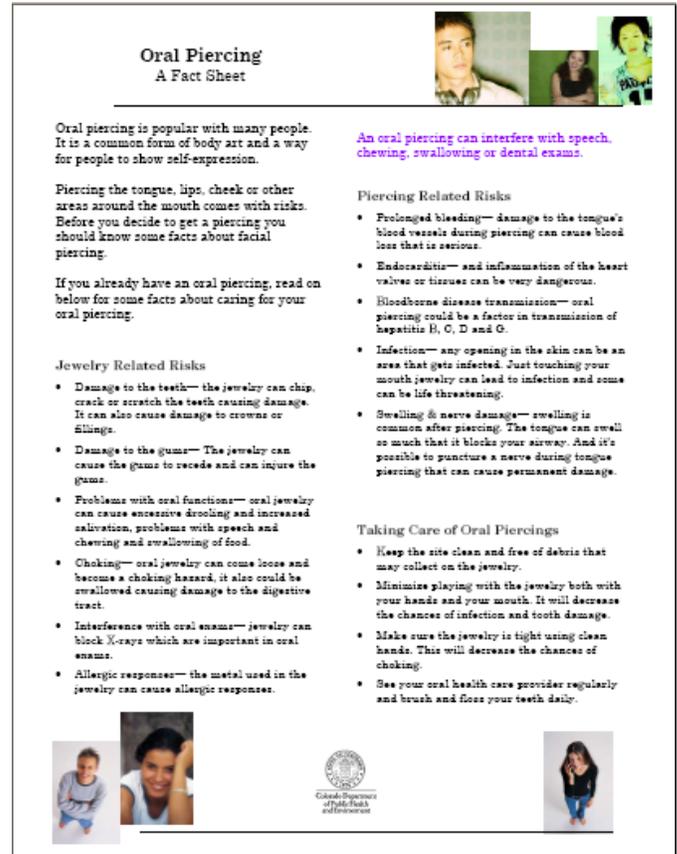
Author: Colorado Department of Public Health and Environment Oral Health Program

Date: August 2006

Audience: high school, young adults and adults, general audiences

Summary: This fact sheet relays information about the dangers of getting a piercing in and around the mouth and tongue. Not only the risks of infection, but choking, allergies, permanent nerve damage and others are possible. There is also a section on taking care of a piercing and what to do if you have an oral piercing.

Language: English



The image shows a two-page fact sheet titled "Oral Piercing A Fact Sheet". The top right corner features three small photographs of people with oral piercings. The text is organized into several sections: an introductory paragraph, a section on facial piercing risks, a section on caring for existing piercings, and two main risk categories: "Jewelry Related Risks" and "Piercing Related Risks". The "Jewelry Related Risks" section includes bullet points about damage to teeth, gums, oral functions, choking, interference with X-rays, and allergic reactions. The "Piercing Related Risks" section includes bullet points about prolonged bleeding, endocarditis, bloodborne disease transmission, and infection. A "Taking Care of Oral Piercings" section provides four bullet points on hygiene and care. The bottom of the page features a logo for the Colorado Department of Public Health and Environment and three small photographs of people with piercings.

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Title: Tobacco Facts

Media Type: Two-sided half sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Middle school and high school youth

Summary: Facts about tobacco use and the dangers that its use brings. Also, ideas for the user on how to quit and tips for quitting are included.

Language: English

Tobacco Facts

- Tobacco use is addictive. Cigarettes contain over 4,000 chemicals and chew contains over 2,500, many of them cancer causing.
- Tobacco use increases blood pressure and heart rate.
- Tobacco users suffer from loss of taste and smell.
- Tobacco, like that found in cigarettes and chew, stains teeth, causes bad breath and cavities.
- Tobacco use also causes mouth sores and gum disease.
- Tooth loss can occur because of tobacco use.



If you already use tobacco... QUIT!
Here are some tips:

- Set a quit date and tell everyone when it is so they can support you.
- On your quit day throw away all your tobacco, lighters, ashtrays, spit bottles etc.
- Carry things to put in your mouth like sugarless gum, sugarless hard candy or toothpicks.
- Keep busy, or get some exercise.
- Hang out in places where tobacco use isn't allowed.
- Call the Quitline for help. 1-800-QUIT-NOW

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Title: Medical Hazards of Smokeless Tobacco

Media Type: Tri-fold brochure

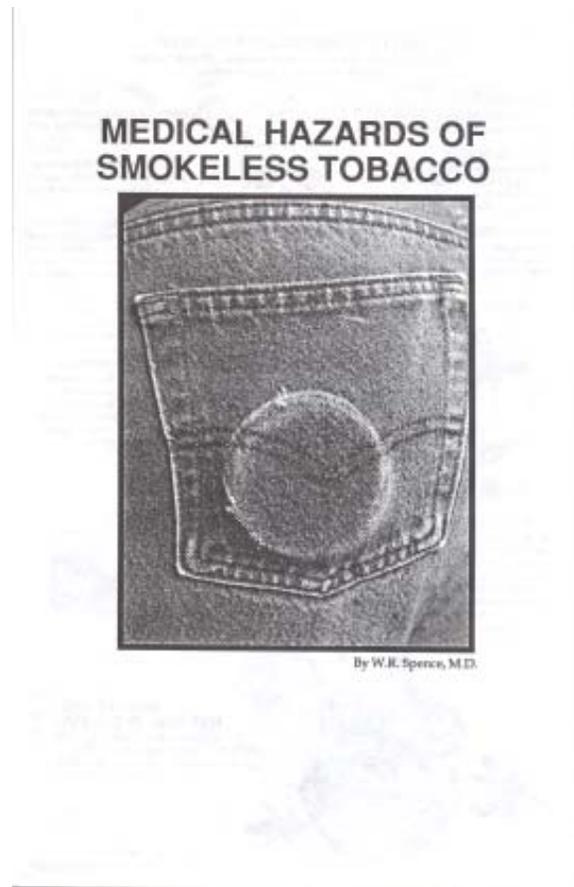
Author: HEALTH EDCO

Date:

Audience: High school and up, general audiences

Summary: This brochure has illustrations and descriptions of many of the side effects of smokeless tobacco use including diseases like stomach ulcers and cancers of the lip and cheek.

Language: English



Ordering Information:

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Title: Warning! What the Tobacco Companies Don't Tell You...

Media Type: Tri-fold brochure

Author: Colorado Department of Public Health and Environment Oral Health Program

Date:

Audience: Middle school and high school youth

Summary: This brochure includes information about the dangers of using smokeless tobacco as well as a glossary of tobacco related terms. There is also a word search puzzle.

Language: English



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Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

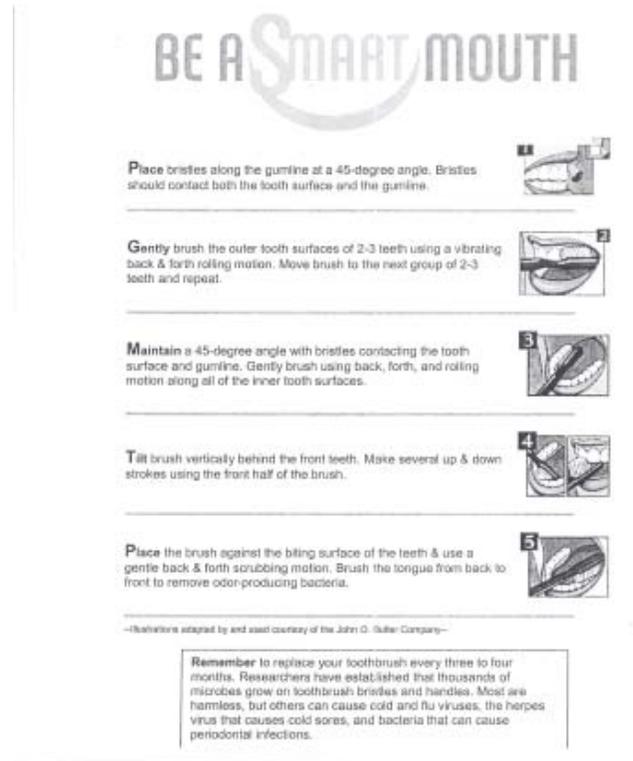
Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school up,
general audiences

Summary: In 5 illustrations
and steps the fact sheet
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that show the reader how to
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Language: English



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Title: Who Uses Spit Tobacco?

Media Type: 8-page booklet

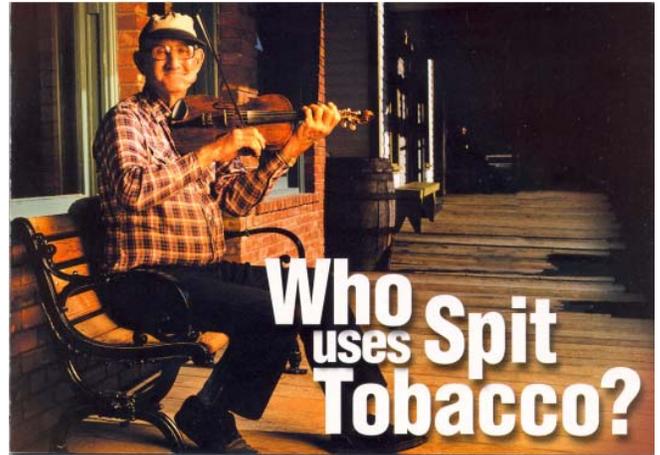
Author: Oral Health America's National Spit Tobacco Education Program (NSTEP)

Date:

Audience: Adults, parents

Summary: This booklet gives parents information about spit tobacco and the possibilities that their children may be at risk of using it. It describes the smokeless tobacco industries' targeting of children and the dangers that smokeless tobacco poses to its users.

Language: English



Ordering Information:

Oral Health America
410 North Michigan Avenue,
Suite 352
Chicago, Illinois 60611-
4211
312-836-9900

<http://www.nstep.org/>

Title: Here's a Pitch No One Can Handle

Media Type: Half-fold brochure

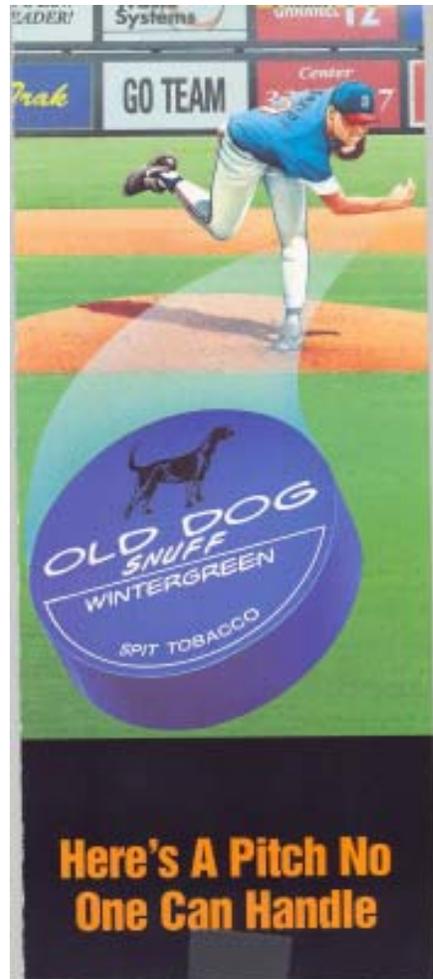
Author: Oral Health America's National Spit Tobacco Education Program

Date:

Audience: Middle and high school youth

Summary: Baseball themed brochure with quotes from famous baseball players, information about the negative aspects of spit tobacco use and the dangers its use causes.

Language: English



Ordering Information:
Oral Health America
410 North Michigan Avenue,
Suite 352
Chicago, Illinois 60611-
4211
312-836-9900
<http://www.nstep.org/>

Middle School

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Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

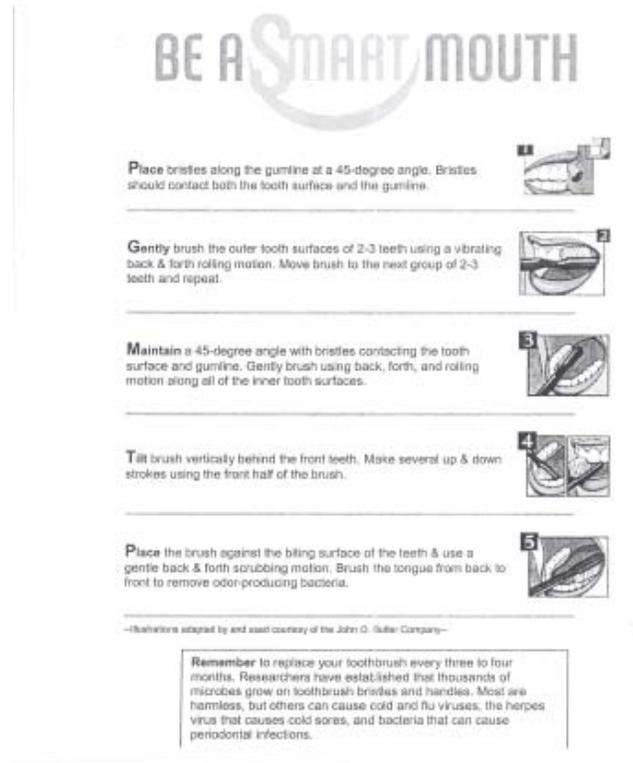
Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school up,
general audiences

Summary: In 5 illustrations
and steps the fact sheet
shows the reader how to
brush their teeth properly.
On the backside are 4
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that show the reader how to
floss their teeth properly.

Language: English



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Title: Word Search

Media Type: One-page
handout

Author:

Date:

Audience: High elementary
grades and middle school

Summary: Word search puzzle
using dental and oral
health terms

Language: English



Ordering Information:

Contact the Colorado
Department of Public Health
and Environment Oral Health
Program at 303-692-2470 or
by email at
cdphe.psdrequests@state.co.us

Title: Tooth model

Media Type: One-page
handout

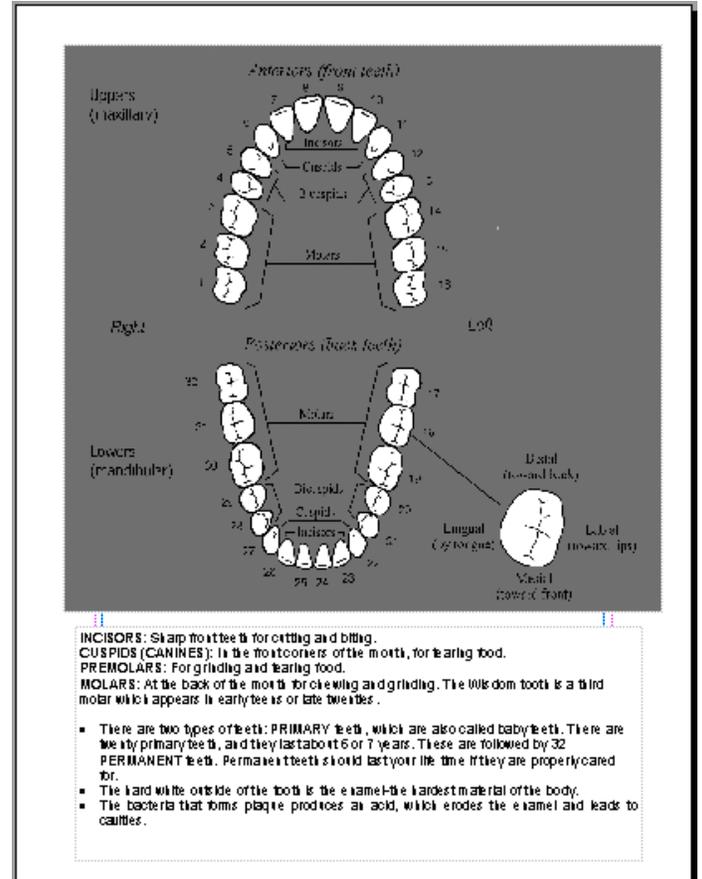
Author: Colorado Department
of Public Health and
Environment Oral Health
Program

Date: 2006

Audience: Middle school

Summary: Includes a chart
of the teeth with terms and
explanations of what the
types of teeth are used for
and some general facts
about teeth.

Language: English



Ordering Information:

Contact the Colorado
Department of Public Health
and Environment Oral Health
Program at 303-692-2470 or
by email at
cdphe.psdrequests@state.co.us

Title: Tobacco Facts

Media Type: Two-sided half sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Middle school and high school youth

Summary: Facts about tobacco use and the dangers that its use brings. Also, ideas for the user on how to quit and tips for quitting are included.

Language: English

Tobacco Facts

- Tobacco use is addictive. Cigarettes contain over 4,000 chemicals and chew contains over 2,500, many of them cancer causing.
- Tobacco use increases blood pressure and heart rate.
- Tobacco users suffer from loss of taste and smell.
- Tobacco, like that found in cigarettes and chew, stains teeth, causes bad breath and cavities.
- Tobacco use also causes mouth sores and gum disease.
- Tooth loss can occur because of tobacco use.



If you already use tobacco... QUIT!
Here are some tips:

- Set a quit date and tell everyone when it is so they can support you.
- On your quit day throw away all your tobacco, lighters, ashtrays, spit bottles etc.
- Carry things to put in your mouth like sugarless gum, sugarless hard candy or toothpicks.
- Keep busy, or get some exercise.
- Hang out in places where tobacco use isn't allowed.
- Call the Quitline for help. 1-800-QUIT-NOW

Ordering Information:

This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us

Title: Warning! What the Tobacco Companies Don't Tell You...

Media Type: Tri-fold brochure

Author: Colorado Department of Public Health and Environment Oral Health Program

Date:

Audience: Middle school and high school youth

Summary: This brochure includes information about the dangers of using smokeless tobacco as well as a glossary of tobacco related terms. There is also a word search puzzle.

Language: English



Ordering Information:

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cdphe.psdrequests@state.co.us

Title: Nutrition & Oral Health Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: 2006

Audience: High School and up, general audiences

Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease.

Language: English

Nutrition & Oral Health



When you eat and what you eat affects your general health including your teeth and gums.

- Eating nutritious meals is important to keep your body healthy, but it keeps your mouth healthy too.
- Too many sweet snacks and drinks can cause cavities and dental disease.
- Grazing all day keeps the bacteria in the mouth producing acid that attacks enamel causing cavities to form.

Choose healthy foods, and avoid snacking on sweets and drinking sweetened beverages.

To help keep your teeth and gums healthy, limit sugary snacks and eat nutritious foods with choices from each of the five food groups:

- Breads, grains and cereals
- Dairy, milk, cheese, yogurt
- Vegetables
- Fruits
- Meat, fish, poultry and other proteins like beans

Try to limit the amount of foods and beverages with added sugars and brush well after eating snacks or meals that are high in starch like tortillas and some breads.

Good oral health depends on more than just nutrition alone. Caring for teeth and gums is important too.

- Brush at least twice a day with a fluoridated toothpaste
- Floss between the teeth once a day to remove food and debris that might cause cavities between the teeth
- See a dental health professional for regular check-ups and treatment for any dental problems

Together with proper nutrition these habits can help prevent dental disease.



2006

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us

Title: Dental Sealants

Media Type: Two-page fact sheet

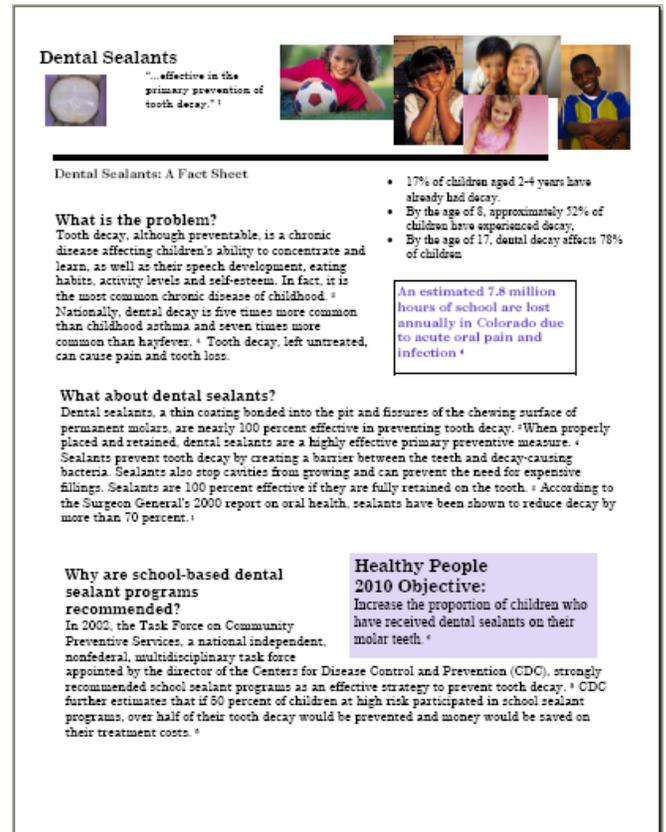
Author: Colorado Department of Public Health and Environment Oral Health Program

Date: September 2006

Audience: Adults with children in elementary and middle schools

Summary: This fact sheet discusses the problems that dental caries (cavities) pose on children and one very simple way to stop them, dental sealants. There are facts about what dental sealants are, what a school-based sealant program is and what Colorado is doing regarding sealant programs.

Language: English



Dental Sealants
"...effective in the primary prevention of tooth decay."¹

Dental Sealants: A Fact Sheet

What is the problem?
Tooth decay, although preventable, is a chronic disease affecting children's ability to concentrate and learn, as well as their speech development, eating habits, activity levels and self-esteem. In fact, it is the most common chronic disease of childhood.² Nationally, dental decay is five times more common than childhood asthma and seven times more common than hayfever.³ Tooth decay, left untreated, can cause pain and tooth loss.

- 17% of children aged 2-4 years have already had decay.
- By the age of 8, approximately 52% of children have experienced decay.
- By the age of 17, dental decay affects 78% of children.

An estimated 7.8 million hours of school are lost annually in Colorado due to acute oral pain and infection.⁴

What about dental sealants?
Dental sealants, a thin coating bonded into the pit and fissures of the chewing surface of permanent molars, are nearly 100 percent effective in preventing tooth decay.⁵ When properly placed and retained, dental sealants are a highly effective primary preventive measure.⁶ Sealants prevent tooth decay by creating a barrier between the teeth and decay-causing bacteria. Sealants also stop cavities from growing and can prevent the need for expensive fillings. Sealants are 100 percent effective if they are fully retained on the tooth.⁷ According to the Surgeon General's 2000 report on oral health, sealants have been shown to reduce decay by more than 70 percent.⁸

Why are school-based dental sealant programs recommended?
In 2002, the Task Force on Community Preventive Services, a national independent, nonfederal, multidisciplinary task force appointed by the director of the Centers for Disease Control and Prevention (CDC), strongly recommended school sealant programs as an effective strategy to prevent tooth decay.⁹ CDC further estimates that if 50 percent of children at high risk participated in school sealant programs, over half of their tooth decay would be prevented and money would be saved on their treatment costs.¹⁰

Healthy People 2010 Objective:
Increase the proportion of children who have received dental sealants on their molar teeth.¹¹

Ordering Information:

This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from:
<http://www.cdphe.state.co.us/pp/oralhealth/dentalsealants.html>

Title: Seal Out Tooth Decay
A Booklet for Parents

Media Type: 8-page booklet

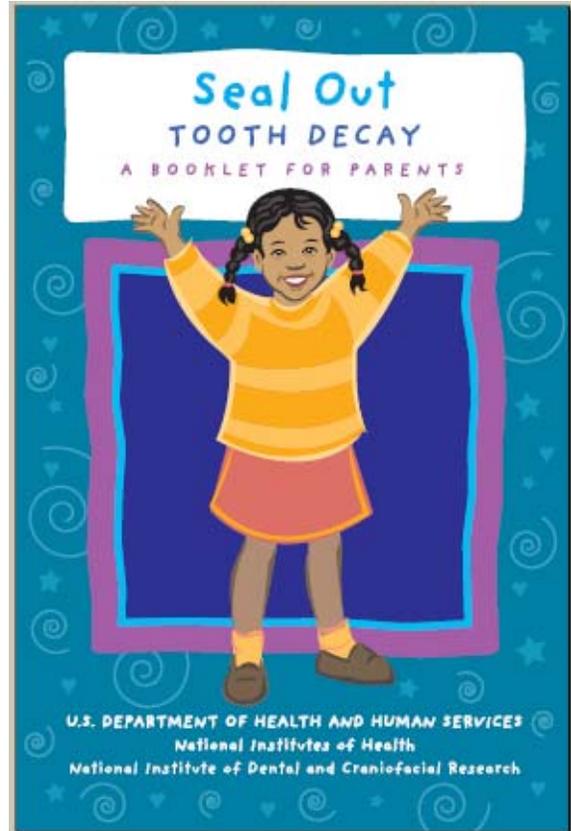
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted January 2005

Audience: Parents of elementary and middle school children

Summary: An easy to read booklet with illustrations and explanations about what sealants are, how they are applied and why and what they do. Just about any question parents might have about sealants is answered in this booklet.

Language: English and Spanish



Ordering Information:

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National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

Title: Preventing Tooth Decay and Saving Teeth with Dental Sealants

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: 2003

Audience: Parents of elementary and middle school children

Summary: This fact sheet discusses what dental sealants are and how they prevent tooth decay. It also addresses the need to improve awareness of the use of dental sealants and the costs associated with placing sealants compared to the benefits. Finally there is information regarding access to care and programs that work to improve the access issue.

Language: English

Preventing Tooth Decay and Saving Teeth with Dental Sealants

What Are Dental Sealants? Dental sealants are thin plastic coatings that are applied to pits and fissures (grooves) on the chewing surfaces of the molars to prevent tooth decay by creating a physical barrier against bacterial plaque and food.¹

First permanent molars erupt at about age 6, and second permanent molars erupt at about age 12. Applying dental sealants to tooth surfaces with pits and fissures shortly after the teeth erupt helps prevent decay. Older adolescents and adults may also benefit from the selective application of dental sealants.²

Preventing Tooth Decay If all children and adolescents received appropriate amounts of fluoride and had dental sealants applied to susceptible tooth surfaces, most tooth decay in children and adolescents could be prevented.³ The primary benefit of fluoride is that it strengthens the smooth surfaces of the teeth, and dental sealants protect the surface with pits and fissures.³

About 90 percent of tooth decay in children's permanent teeth occurs on the tooth surfaces with pits and fissures.⁴

Only 23 percent of 8-year-olds and 15 percent of 14-year-olds have dental sealants on their molars, compared with the national objective of 50 percent for both age groups.⁵

Dental sealants are effective both in preventing tooth decay and in arresting the progression of tooth decay.⁶

Improving Awareness Increased public awareness of dental sealants, and improved communication between parents and oral health professionals, will help parents make informed decisions about dental sealant application for their children.⁷

Racial and ethnic minorities and individuals with low levels of formal education and low incomes are least knowledgeable about oral disease prevention. Because they lack insurance or access to preventive services, children from these groups have fewer dental visits and fewer dental sealants.⁸

Cost In the United States, 25 percent of children and adolescents—typically those from the most vulnerable groups—experience 80 percent of all tooth decay occurring in permanent teeth.⁴ Targeting children at high risk for tooth decay and applying dental sealants can result in considerable savings for society.⁹

In 1999 the average cost of applying one dental sealant was \$27.00, compared with the average cost of \$73.77 for filling one cavity.⁹

If early lesions are sealed instead of restored, the total cost of treatment is lower.¹⁰

If tooth decay progresses, it may be necessary to perform conservative and expensive procedures.¹¹



Ordering Information: Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to <http://www.mchoralhealth.org/> And click on materials.

Title: Oral Health and Learning

Media Type: Two-page Fact Sheet

Author: National Center for Education in Maternal and Child Health

Date: 2003

Audience: Adults, parents of elementary and middle school children

Summary: This fact sheet gives information about the connection between oral health and learning, oral disease and restricted activity days, how nutrition affects learning and programs for improving oral health.

Language: English

Oral Health and Learning
When Children's Oral Health Suffers, So Does Their Ability to Learn

"What amounts to a silent epidemic of dental and oral diseases is affecting some population groups. This burden of disease restricts activities in schools, work, and home, and often significantly diminishes the quality of life."

Surgeon General David Satcher, Ph.D., M.D.¹



Lost School Time and Restricted-Activity Days

An estimated 51 million school hours per year are lost because of dental-related illness.² Students ages 5 to 17 years missed 1,611,000 school days in 1996 due to acute dental problems—as an average of 3.1 days per 100 students.³ Children from families with low incomes had nearly 12 times as many restricted-activity days (e.g., days of missed school) because of dental problems as did children from families with higher incomes.⁴ Over one third of Navajo children living on the Navajo reservation in New Mexico and Arizona missed school because of dental-related pain or discomfort.⁵

Oral Health and Learning

Early tooth loss caused by dental decay can result in failure to thrive, impaired speech development, absence from and inability to concentrate in school, and reduced self-esteem.⁶ Students with preventable or untreated health and development problems may have trouble concentrating and learning, have frequent absences from school, or develop permanent disabilities that affect their ability to learn and grow.⁷ Children who take a rest while they have a toothache are unlikely to score as well as children who are undistracted by pain.⁸ Poor oral health has been related to decreased school performance, poor social relationships, and less success later in life. Children experiencing pain are distracted and unable to concentrate on schoolwork.⁹ Children are often unable to verbalize their dental pain. Teachers may notice a child who is having difficulty attending to tasks or who is demonstrating the effects of pain—nervousness, fatigue, irritability, depression, and withdrawal from social activities. However, teachers cannot understand these behaviors if they are not aware that a child has a dental problem.¹⁰ Children with chronic dental pain are unable to focus, are easily distracted, and may have problems with schoolwork completion. They may also experience deterioration of school performance, which negatively impacts their self-esteem.¹¹





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Elementary School

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Title: Seal Out Tooth Decay
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Media Type: 8-page booklet

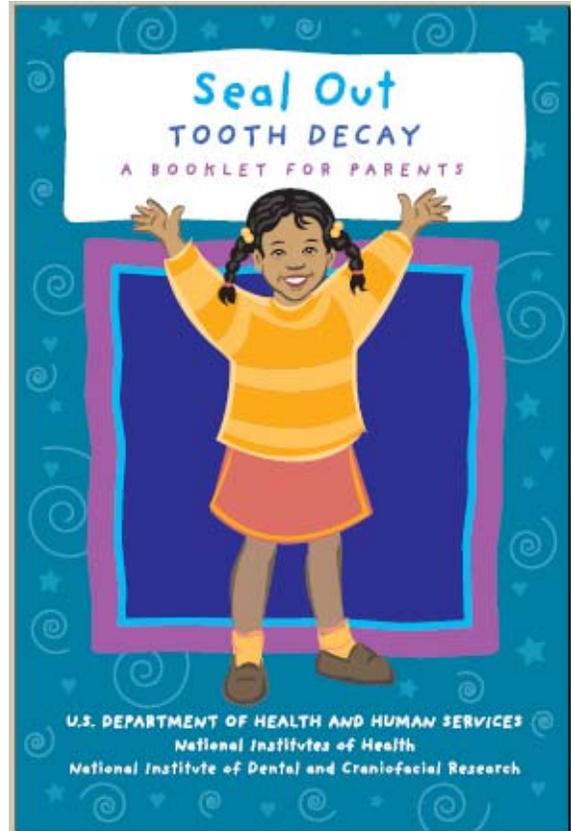
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

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Summary: An easy to read booklet with illustrations and explanations about what sealants are, how they are applied and why and what they do. Just about any question parents might have about sealants is answered in this booklet.

Language: English and Spanish



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National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

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Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: 2003

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Language: English

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Title: Oral Disease: A Crisis Among Children of Poverty

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: May 1998

Audience: Adults, parents of young children

Summary: A fact sheet that details the oral health status of America's children, the pain and personal suffering children go through with oral health problems and the access issues for vulnerable populations of children.

Language: English

**Oral Disease:
A Crisis Among Children of Poverty**

"Bleeding gums, impacted teeth, rotting teeth are routine matters in the children. . . . Children get used to feeling the constant pain. They go to sleep with it. . . . The gradual attrition of accepted pain erodes energy and aspiration."
Jonathan Kozol¹



Serious facial swelling from a tooth abscess resulting from decay

Oral Health Status Preventable oral diseases still afflict the majority of America's children. This is especially true for children from families with low incomes, children in minority groups, and children with special health care needs. These children experience greater levels of disease and unrest, and bear most of the burden of unnecessary pain, suffering, and compromise to their total health. In the United States, 25 percent of children and adolescents—typically, the most vulnerable—experience 80 percent of all dental decay occurring in permanent teeth.²



Grossly decayed teeth requiring extensive treatment

An estimated 5-10 percent of preschool-age children have baby bottle tooth decay/early childhood caries, a severe form of tooth decay. The percentage is even higher in certain populations: Survey results show that 20 percent of children from families with low incomes and 43 percent of children in some American Indian populations have baby bottle tooth decay/early childhood caries.³

Baby bottle tooth decay/early childhood caries increases a child's risk for future tooth decay.⁴ Children as young as age 1 experience untreated dental decay.⁵ Among children ages 6-8, 72 percent of American Indian/Alaskan Native children, 50 percent of Hispanic children, 34 percent of black children, and 31 percent of all children experience untreated dental decay.⁶ More than half of all children ages 6-8 and two-thirds of all 15-year-old adolescents experience dental decay.⁵ Sixty percent of adolescents have gum disease.⁷

Pain and Personal Suffering Almost 52 million school hours are missed annually by children because of oral problems.⁸ Extensive tooth decay, pain, or infection can cause eating, learning, and speech problems for children. Many adolescents with oral problems such as decayed or missing teeth suffer embarrassment and diminished self-esteem.

Access Vulnerable populations of children (especially children from families with low incomes, those who are homeless, those in families without dental insurance, and those with special health care needs) have more oral problems and less access to dental care than the general population. These children suffer from frequent—often urgent—oral problems and generally receive inadequate dental care.⁹



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Title: Oral Health and Learning

Media Type: Two-page Fact Sheet

Author: National Center for Education in Maternal and Child Health

Date: 2003

Audience: Adults, parents of elementary and middle school children

Summary: This fact sheet gives information about the connection between oral health and learning, oral disease and restricted activity days, how nutrition affects learning and programs for improving oral health.

Language: English

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Ordering Information: Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to <http://www.mchoralhealth.org/> And click on materials.

Title: Dudley the Dinosaur fun sheet

Media Type: One-page fun sheet

Author:

Date:

Audience: Elementary age children

Summary: Dudley the Dinosaur teaches kids to take care of their teeth. This fun sheet lets kids write out what they will do to take care of their teeth and what they won't do to hurt their mouth and teeth. Some areas to color are included as well.

Language: English and Spanish

Name: _____

I will take care of my teeth and mouth every day by:

1. _____
2. _____
3. _____
4. _____
5. _____



I will NOT do the following things to my mouth and teeth:

1. _____
2. _____
3. _____



Ordering Information:

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Title: A Healthy Smile is a Treasure

Media Type: One-page coloring sheet

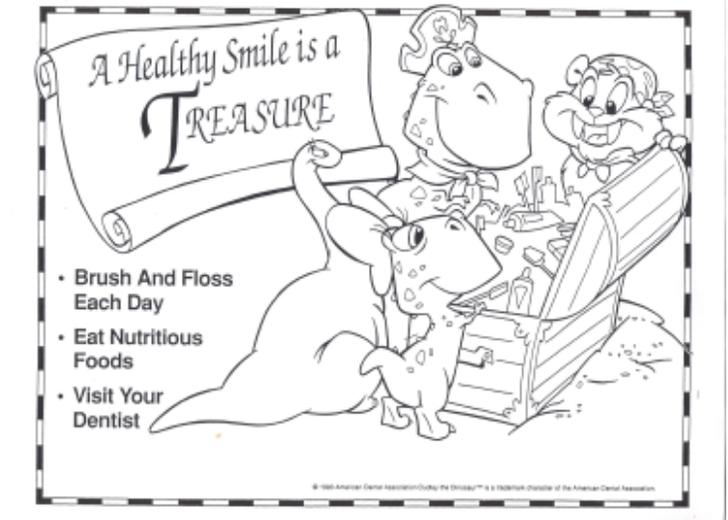
Author:

Date:

Audience: Elementary and younger aged children

Summary: This is a coloring sheet with Dudley the Dinosaur and friends. There are simple oral health messages included.

Language: English and Spanish



Ordering Information:

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Title: Fun Time Activities
by Crest

Media Type: Four pages of
activity sheets

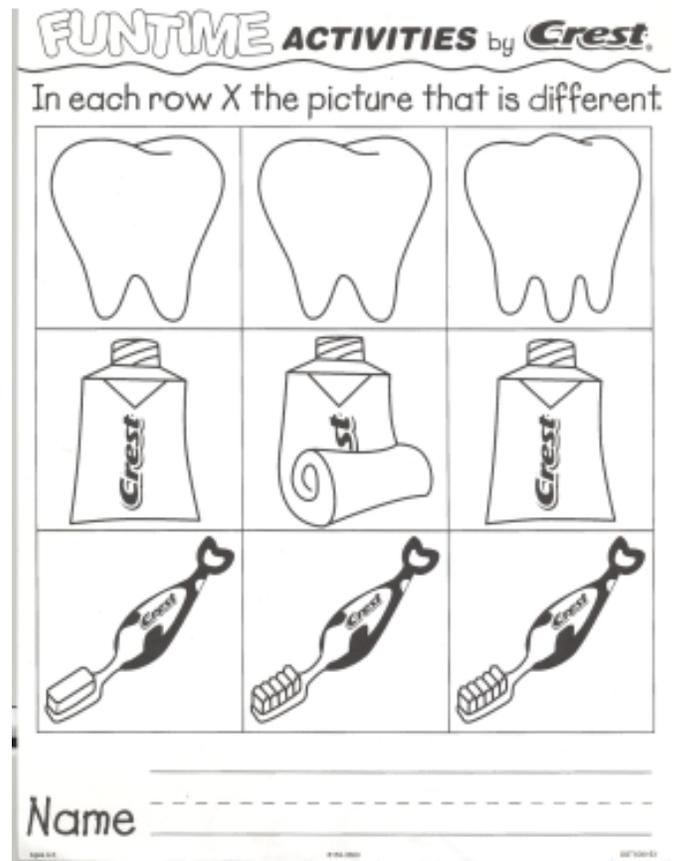
Author: Crest

Date:

Audience: Elementary and
younger aged children

Summary: Tracing numbers,
color by number; find the
different picture and a fun
coloring sheet for kids
with an oral health focus.

Language: English



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Infant & Young Child

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Title: Preventing Early Childhood Caries

Media Type: Tri-fold brochure

Author: Colorado Department of Public Health & Environment Oral Health Program

Date:

Audience: Adults, parents of young children and infants

Summary: This brochure explains what early childhood caries is, how it happens and how to prevent it. There are several tips on keeping your baby's teeth healthy.

Language: English



Ordering Information:

This brochure is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us

Title: Oral Disease: A Crisis Among Children of Poverty

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: May 1998

Audience: Adults, parents of young children

Summary: A fact sheet that details the oral health status of America's children, the pain and personal suffering children go through with oral health problems and the access issues for vulnerable populations of children.

Language: English

**Oral Disease:
A Crisis Among Children of Poverty**

"Bleeding gums, impacted teeth, rotting teeth are routine matters in the children. . . . Children get used to feeling the constant pain. They go to sleep with it. . . . The gradual attrition of accepted pain erodes energy and aspiration."
Jonathan Kozol¹



Serious facial swelling from a tooth abscess resulting from decay

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Grossly decayed teeth requiring extensive treatment

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Baby bottle tooth decay/early childhood caries increases a child's risk for future tooth decay.⁴ Children as young as age 1 experience untreated dental decay.⁵ Among children ages 6-8, 72 percent of American Indian/Alaskan Native children, 50 percent of Hispanic children, 34 percent of black children, and 31 percent of all children experience untreated dental decay.⁶ More than half of all children ages 6-8 and two-thirds of all 15-year-old adolescents experience dental decay.⁵ Sixty percent of adolescents have gum disease.⁷

Pain and Personal Suffering Almost 52 million school hours are missed annually by children because of oral problems.⁸ Extensive tooth decay, pain, or infection can cause eating, learning, and speech problems for children. Many adolescents with oral problems such as decayed or missing teeth suffer embarrassment and diminished self-esteem.

Access Vulnerable populations of children (especially children from families with low incomes, those who are homeless, those in families without dental insurance, and those with special health care needs) have more oral problems and less access to dental care than the general population. These children suffer from frequent—often urgent—oral problems and generally receive inadequate dental care.⁹



Ordering Information: Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to <http://www.mchoralhealth.org/> And click on materials.

Title: Promoting Awareness, Preventing Pain: Facts on Early Childhood Caries (ECC)

Media Type: Two-page fact sheet

Author: The National Maternal and Child Oral Health Resource Center

Date: 2004

Audience: Adults, parents of young children and health care providers

Summary: This fact sheet shows what early childhood caries (ECC) look like, discusses the statistics on who has it and what the costs are. There is also information on how ECC can be prevented and what health professionals can do to help prevent it.

Language: English

**Promoting Awareness, Preventing Pain:
Facts on Early Childhood Caries (ECC)**

Early childhood caries (ECC) is an infectious disease that can start as soon as an infant's teeth erupt. ECC can progress rapidly and may have a lasting detrimental impact on a child's health and well-being. ECC is a serious public health problem.



In a child age 71 months or younger, the presence of one or more decayed teeth, missing teeth (resulting from caries), or filled tooth surfaces in any primary tooth is known as ECC.¹

Caries is a multifactorial disease process initiated by bacteria (primarily *Streptococcus mutans*). When food is consumed, bacteria are able to break down carbohydrates, producing acids that cause mineral loss from teeth. This mineral loss results in cavities when the attack is prolonged and exceeds an individual's resistance and ability to heal. Resistance and healing ability are determined partly by physiology and partly by health behaviors.

Because poor feeding and eating practices alone do not cause caries, terms such as "baby bottle tooth decay," "bottle mouth," and "nursing decay" are misleading. ECC is a term that better reflects the many factors involved in the disease process.²

ECC should be prevented to the extent possible and should be treated if it occurs.³

Who Is at Risk for ECC?

Among children in the United States, the number of teeth with treated or untreated caries has declined substantially since the 1970s.² However, ECC remains a significant problem for some children.



Among children from families with incomes at or below the federal poverty level, the amount of caries in the primary teeth remained unchanged from the early 1970s to the early 1990s.²

For children ages 2 to 5, 75 percent of caries is found in 9 percent of the population.³

Children ages 2 to 5 who have not had a dental visit within the past 12 months are more likely to experience caries in primary teeth than children who have.⁴

Mexican-American children ages 2 to 5 are more likely than their non-Hispanic black and non-Hispanic white peers to experience caries in primary teeth.⁵

For children ages 2 to 5 from families with incomes above the federal poverty level, the likelihood of experiencing caries in primary teeth is significantly greater among those who do not eat breakfast daily or who eat fewer than five servings of fruit and vegetables per day than among those who do.⁴

What Are the Costs of ECC?

Children diagnosed with ECC may be highly susceptible to future caries development.³

Manifestations of ECC may go beyond pain and infection. ECC has the potential to affect speech and communication, nutrition, productivity, and quality of life, even into adulthood.

ECC has significant financial consequences. Many children with ECC require restorative treatment in an operating room under general anesthesia. State Medicaid expenditures for restorative dental care delivered under general anesthesia range from \$1,500 to \$2,000 per child per year.^{6,7}



Ordering Information:
Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to <http://www.mchoralhealth.org/> And click on materials.

Title: Early Childhood Caries

Media Type: One-page fact sheet

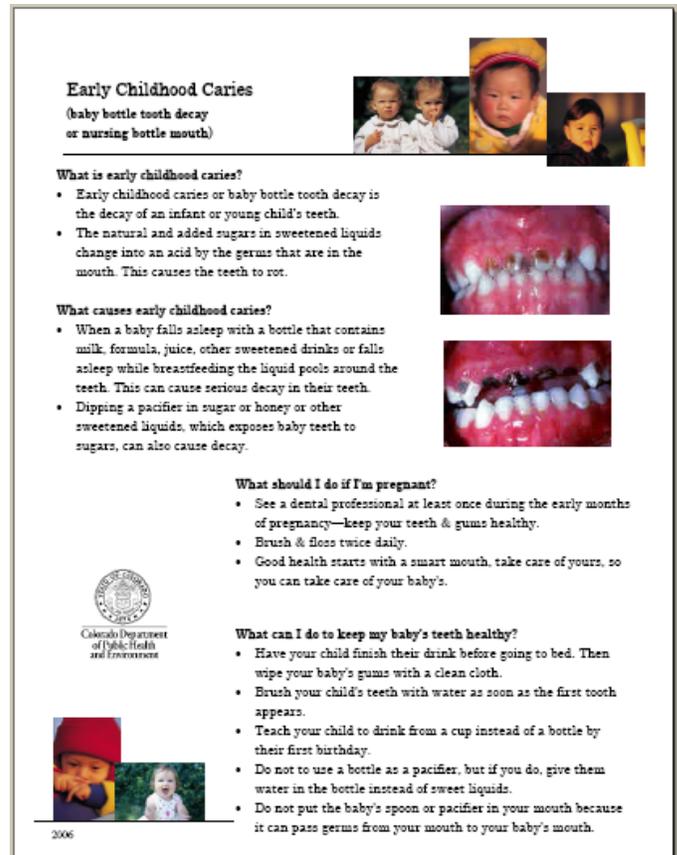
Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Adults, parents of young children and infants

Summary: This fact sheet explains what early childhood caries is and how it is caused. There is information for pregnant women to help them get a good start with their new baby and tips on how to keep the baby's teeth healthy.

Language: English



Early Childhood Caries
(baby bottle tooth decay or nursing bottle mouth)

What is early childhood caries?

- Early childhood caries or baby bottle tooth decay is the decay of an infant or young child's teeth.
- The natural and added sugars in sweetened liquids change into an acid by the germs that are in the mouth. This causes the teeth to rot.

What causes early childhood caries?

- When a baby falls asleep with a bottle that contains milk, formula, juice, other sweetened drinks or falls asleep while breastfeeding the liquid pools around the teeth. This can cause serious decay in their teeth.
- Dipping a pacifier in sugar or honey or other sweetened liquids, which exposes baby teeth to sugars, can also cause decay.

What should I do if I'm pregnant?

- See a dental professional at least once during the early months of pregnancy—keep your teeth & gums healthy.
- Brush & floss twice daily.
- Good health starts with a smart mouth, take care of yours, so you can take care of your baby's.

What can I do to keep my baby's teeth healthy?

- Have your child finish their drink before going to bed. Then wipe your baby's gums with a clean cloth.
- Brush your child's teeth with water as soon as the first tooth appears.
- Teach your child to drink from a cup instead of a bottle by their first birthday.
- Do not use a bottle as a pacifier, but if you do, give them water in the bottle instead of sweet liquids.
- Do not put the baby's spoon or pacifier in your mouth because it can pass germs from your mouth to your baby's mouth.

Colorado Department of Public Health and Environment

2006

Ordering Information:

This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from: <http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html>

Title: Brush up on Healthy Teeth Quiz

Media Type: One-page quiz sheet

Author: Centers for Disease Control, Department of Health and Human Services

Date:

Audience: Adults, parents of young children

Summary: A quiz for parents about simple steps for kid's smiles. There are six true or false questions with answers and explanations.

Language: English and Spanish

Brush Up on Healthy Teeth
A Quiz for Parents About Simple Steps for Kids' Smiles

Learn more about keeping your child's teeth healthy with this true or false quiz.

1. _____ All children older than 6 months should receive a fluoride supplement every day.
2. _____ Parents should start cleaning their child's teeth as soon as the first tooth appears.
3. _____ Parents should start brushing their child's teeth with toothpaste that contains fluoride at age 3.
4. _____ Children younger than 6 years should use enough toothpaste with fluoride to cover the toothbrush.
5. _____ Parents should brush their child's teeth twice a day until the child can handle the toothbrush alone.
6. _____ Young children should always use fluoride mouth rinses after brushing.

ANSWERS

1. **False.** Check with your child's doctor or dentist about your child's specific fluoride needs. Parents of a child older than 6 months should discuss the need for a fluoride supplement with the doctor or dentist if drinking water does not have enough fluoride to help prevent cavities.
2. **True.** Start cleaning as soon as the first tooth appears. Wipe teeth every day with a clean, damp cloth. Switch to a small, soft toothbrush as soon as teeth come in.
3. **False.** Parents should start using toothpaste with fluoride to brush their child's teeth at age 2. Toothpaste with fluoride may be used earlier if the child's doctor or dentist recommends it.
4. **False.** Young children should use only a pea-sized amount of fluoride toothpaste. Fluoride is important for fighting cavities, but if children younger than 6 years swallow too much fluoride, their permanent teeth may have white spots. Using no more than a pea-sized amount of toothpaste with fluoride can help keep the frown happy again.
5. **True.** Children usually do not have the skill to brush their teeth well until around age 4 or 5. Parents should brush their young child's teeth thoroughly twice a day until the child can handle the toothbrush alone.
6. **False.** Fluoride mouth rinses have a high concentration of fluoride. Children younger than 6 years should not use fluoride mouth rinses unless the child's doctor or dentist recommends it. Young children tend to swallow rather than spit, and swallowing too much fluoride before age 6 may cause the permanent teeth to have white spots.

Ordering Information:

This information is not copyrighted. Make as many copies as you need. Download directly from the Centers for Disease Control Oral Health Page at <http://www.cdc.gov/OralHealth/>

Title: Brush up on Health Teeth Fact Sheet

Media Type: One-page fact sheet

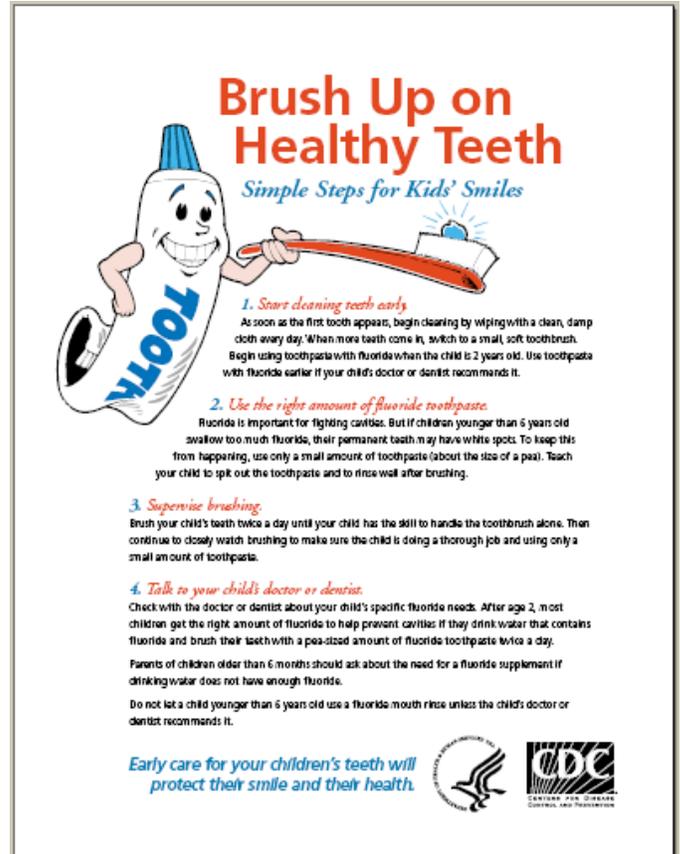
Author: Centers for Disease Control, Department of Health and Human Services

Date:

Audience: Adults, parents of young children

Summary: This fact sheet gives parents easy tips on how to keep children's teeth and mouth healthy.

Language: English and Spanish



Ordering Information:

This information is not copyrighted. Make as many copies as you need. Download directly from the Centers for Disease Control Oral Health Page at <http://www.cdc.gov/OralHealth/>

Title: A Healthy Mouth for your Baby

Media Type: 8-page booklet

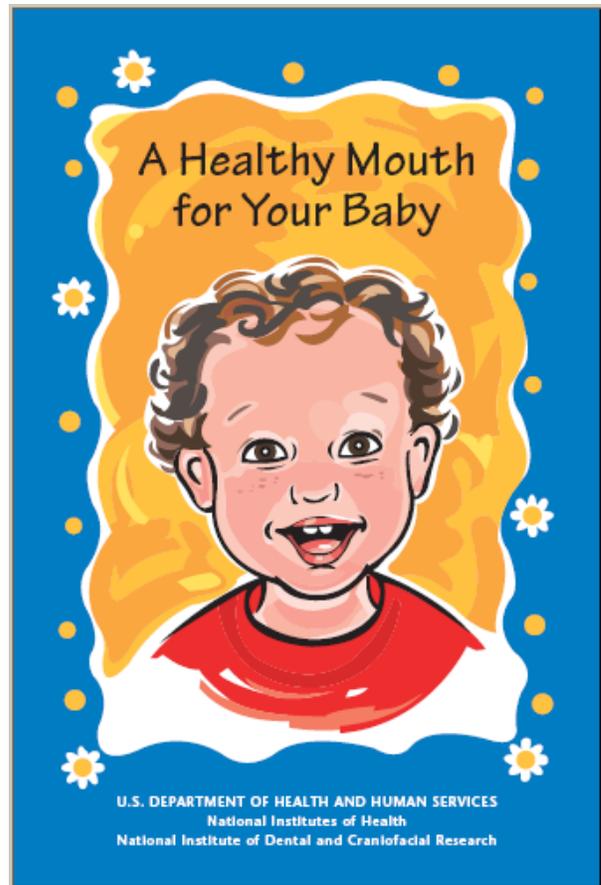
Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted September 2005

Audience: Adults, parents of young children and infants

Summary: This easy-to-read brochure is for parents with infants or toddlers. It highlights the importance of using fluoride to protect teeth, cleaning your baby's teeth, and preventing baby bottle tooth decay.

Language: English and Spanish



Ordering Information:

This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:

National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

Title: Protect your Baby's Smile (0-6 months old)

Media Type: Half-sheet folded brochure

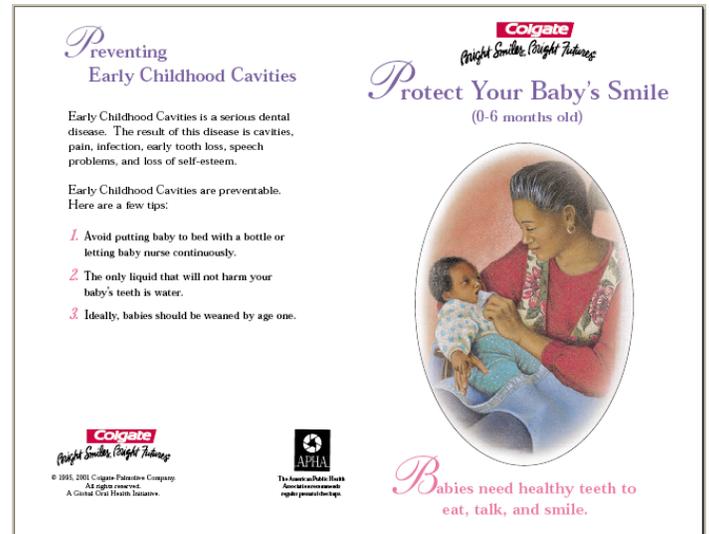
Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of children 0-6 months old

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes information on three easy steps to follow to keep your new baby's mouth healthy, including cleaning baby's mouth and gums daily, using fluoridated water, and avoiding putting baby to bed with a bottle.

Language: English and Spanish



Ordering Information:

This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at <http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp>

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.

Title: Protect your Baby's Smile (6-18 months)

Media Type: Half-sheet folded brochure

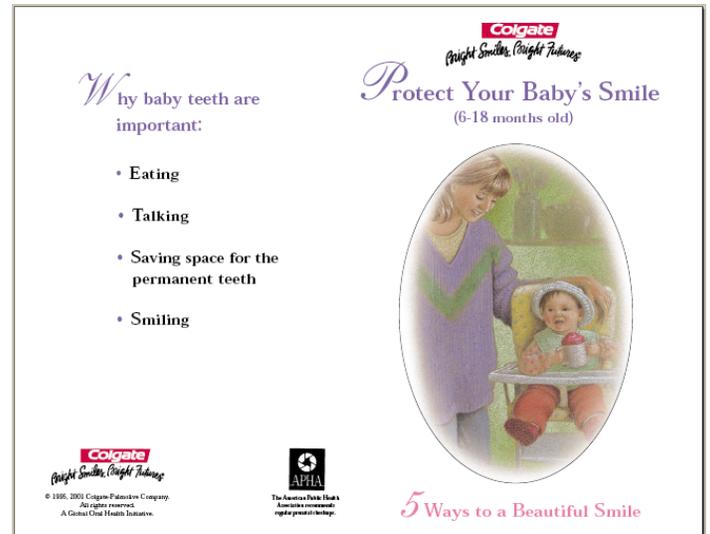
Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of children 6-18 months old

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes information on five easy steps to keep your young child's mouth healthy. Information ranges from beginning to use a sippee cup to visiting the dentist for the first time.

Language: English and Spanish



Ordering Information:

This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at <http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp>

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.

Title: Protect your Toddler's Smile (18-24 months)

Media Type: Half-sheet folded brochure

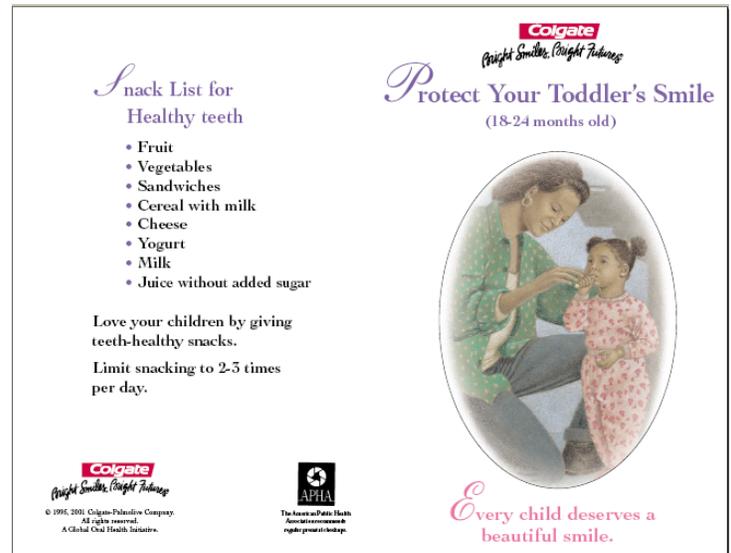
Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of toddlers aged 18-24 months

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes two ways to protect a child's smile, information about the dentist and a snack list for healthy teeth.

Language: English and Spanish



Ordering Information:

This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at <http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp>

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.

Title: Baby's First Teeth – Tooth Eruption Patterns

Media Type: One-page Fact Sheet

Author: Unknown

Date: 2006

Audience: Parents, caregivers, professionals, students

Summary: This fact sheet gives information about when the baby teeth come in and when to expect the permanent teeth to come in. It also gives information about the importance of baby teeth and a good diet to help keep teeth healthy.

Language: English

Baby's First Teeth - Tooth Eruption Patterns

Usually the first baby teeth to come in are the two in the middle. They begin to appear when your child is about 6 to 8 months old. The upper front teeth erupt first. The remainder of your baby's teeth will appear periodically, usually in pairs on each side. They're out by the time your child is 2 1/2 years old.



By the time your child is 2 1/2 years old, all 20 baby teeth will most likely have come in. From this point on, the child is 6 to 6 years of age. Their first permanent teeth will begin to erupt. Some of the permanent teeth replace baby teeth. Others don't.

The following graphs show approximately when each baby tooth should erupt. Up to very young children who are two months early or late. Every child is different.

UPPER

central incisor	8-12 months
lateral incisor	9-13 months
cuspid	16-22 months
first molar	13-20 months
second molar	20-30 months

LOWER

incisocentral	20-31 months
first molar	14-18 months
cuspid	17-23 months
lateral incisor	9-16 months
central incisor	6-10 months

Even though baby teeth will eventually fall out, they are just as important as the adult teeth. They not only hold the space for incoming permanent teeth, but also are important for biting and chewing, good speech, and physical appearance. Early tooth loss due to dental decay can have a serious impact on your child's self-esteem and self-confidence in their appearance.

For this reason, it is important to brush your child's teeth as early as possible. The importance of making a healthy diet and practicing daily oral hygiene to maintain healthy teeth and gums for a lifetime of smiles.

Ordering Information:

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Women and Pregnant Women

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Title: For a Healthy Baby Practice Good Oral Health

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, pregnant women

Summary: This fact sheet explains that there may be a connection between poor oral health in pregnant women and pre-term deliveries and low birth-weight babies. There are guidelines included for pregnant women to follow for good oral health during their pregnancy.

Language: English



Ordering Information:

This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact "Coalition Coordinator" at info@beasmartmouth.com Or call 303-692-2470

Title: For Pregnant Women

Media Type: Half-sheet folded brochure

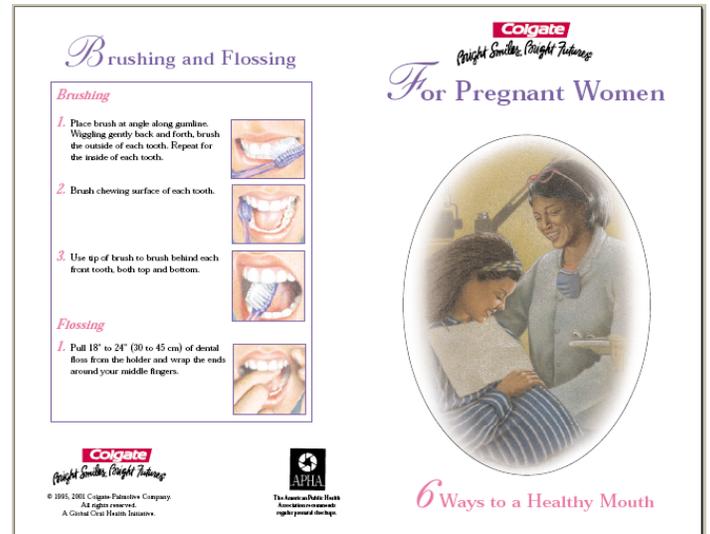
Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, women trying to get pregnant and pregnant women

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes six ways for a woman to keep her mouth healthy for good pregnancy outcomes.

Language: English and Spanish



Ordering Information:

This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at <http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp>

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.

Title: Be A Smart Mouth,
Brush and Floss
Instructions

Media Type: ½ sheet
instructions on brushing
and flossing properly

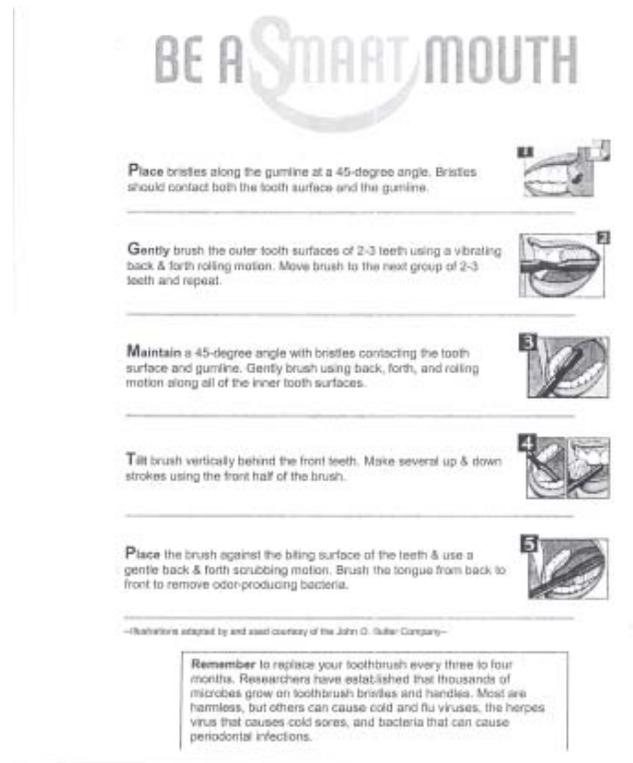
Author: Adapted from
illustrations courtesy of
the John O. Butler Company
provided by Oral Health
Awareness Colorado!

Date: 2005

Audience: Middle school up,
general audiences

Summary: In 5 illustrations
and steps the fact sheet
shows the reader how to
brush their teeth properly.
On the backside are 4
illustrations and steps
that show the reader how to
floss their teeth properly.

Language: English



Ordering Information:
This fact sheet is not
copyrighted. Make as many
copies as you need.
For additional copies
contact “Coalition
Coordinator” at
info@beasmartmouth.com
Or call 303-692-2470

Title: Oral Health and Health in Women: A Two-way Relationship

Media Type: Two-page fact sheet

Author: The National Maternal and Child Oral Health Resource Center

Date: 2004

Audience: Adults, women

Summary: This fact sheet discusses the oral health status of women and the connection between oral health and general health. It also provides information on oral health care and strategies for improving oral health in women.

Language: English

**Oral Health and Health in Women:
A Two-Way Relationship**

Oral Health Status In recent years, health professionals have become increasingly aware that the soft and hard tissues of the mouth and their function contribute significantly to women's general health and quality of life.¹ Women's oral health has improved during the last half century, yet oral diseases among women remain highly prevalent. Approximately 47 percent of the tooth surfaces of women ages 18 to 64 participating in the third National Health and Nutrition Examination Survey (NHANES III) showed signs of decay. About 67 percent of the women exhibited clinical signs of periodontal (gum) disease.²

A variety of demographic, general health, behavioral, economic, and social risk factors place some women at high risk for the development of oral diseases. Although oral problems are typically repetitive and cumulative across the lifespan, there are many opportunities throughout a woman's life to prevent oral problems or to reduce their impact on general health.²



Oral Health and General Health The hormonal changes that occur during puberty and pregnancy are related to an increased incidence of gingivitis.³ In addition, some chronic conditions may negatively affect a woman's oral health. For example, impaired salivary function is an early sign and symptom of Sjogren's syndrome (a chronic inflammatory disease occurring chiefly in women) that significantly impacts oral health.⁴

Behavioral risk factors such as tobacco use and poor dietary practices may also influence women's oral health.⁵ Eating disorders such as anorexia nervosa and bulimia nervosa are serious concerns in terms of women's oral health and pose a clinical challenge to health professionals.⁶ Oral manifestations of these eating disorders may affect the teeth, salivary glands, periodontium (gums), and oral mucosa.⁶

The impact of oral disease may extend beyond a woman's oral health to the health of her infant or child. For example, maternal periodontal disease and progression may contribute to an infant's risk for being born preterm (under 37 weeks gestation), with a low birthweight (less than 2,500 grams), or with a low weight for gestational age.^{7,8}

Oral Health Care About 70 percent of the women who participated in NHANES III reported having had a dental visit during the previous 12 months,⁹ yet only 23 to 35 percent of women who participated in the Pregnancy Risk Assessment Monitoring System (PRAMS) survey reported having had a dental visit during their most recent pregnancy.¹⁰ The PRAMS survey also found that, among women who perceived a need for oral health care during their pregnancy, those enrolled in Medicaid were 24 to 55 percent less likely to seek oral health care than those with private insurance.¹⁰

Social and economic influences may impact women's utilization of oral health services and, ultimately, their oral health status. Women who lack information about available resources, and who report being unable to obtain services owing to poverty or lack of insurance, may have difficulty accessing services and optimizing their oral health.^{10,11}



Ordering Information: Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to <http://www.mchoralhealth.org/> And click on materials.

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Title: Emergency Dental Flip Chart

Media Type: Information flip chart, 15 pages

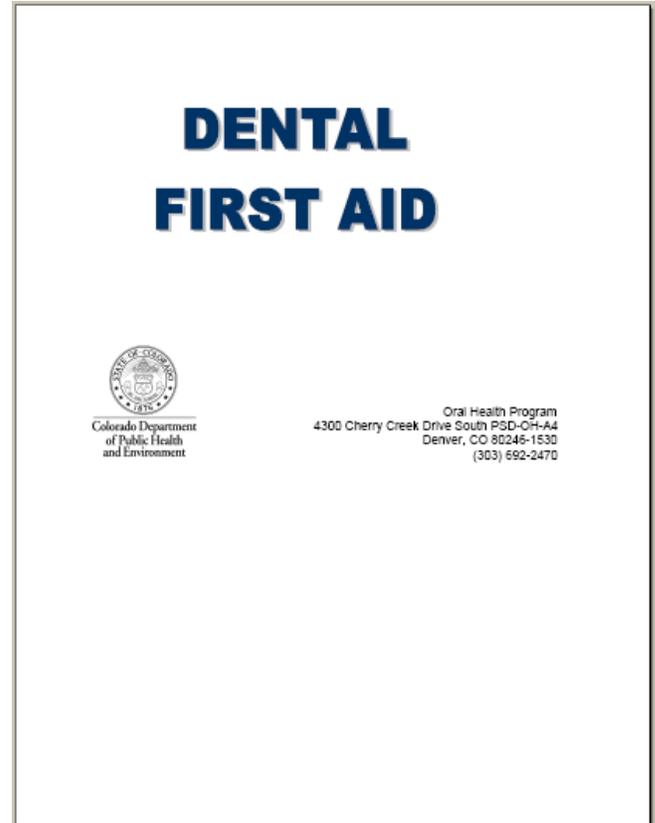
Author: Colorado Department of Public Health & Environment Oral Health Program

Date:

Audience: All ages, General audiences

Summary: This manual will come in handy for just about any type of dental emergency. From a broken tooth to a canker sore, it includes simple directions on what to do.

Language: English



Ordering Information:

This flip chart is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from: <http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html>

Title: Child Abuse and Neglect: An Introductory Manual for Professionals and Paraprofessionals

Media Type: An online resource guide and some print copies of the manual are available

Author: The Colorado Children's Trust Fund and the CDPHE Child Health Program

Date: Revised 2006

Audience: Adults, health care providers

Summary: The manual consists of six sections:
Section 1: Introduction to Child Abuse and Neglect
Section 2: Prevention of Child Abuse and Neglect
Section 3: Child Abuse and Neglect Overview
Section 4: Process for Reporting Child Abuse and Neglect
Section 5: Current Topics in Child Maltreatment
Section 6: Appendices

Language: English



Ordering Information:
Download directly from the web at
<http://www.cdphe.state.co.us/ps/cctf/canmanual/index.html>

Title: Smile Smarts! An Oral Health Curriculum for preschool - grade 8

Media Type: 81-page curriculum

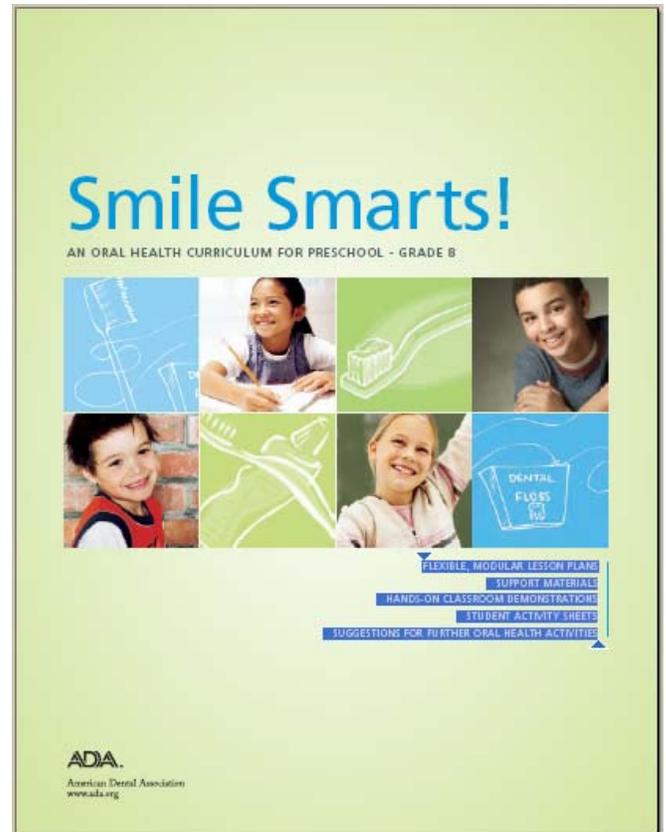
Author: American Dental Hygiene Association

Date: 2005

Audience: Adults, educators

Summary: Flexible modular lesson plans, support materials, hands on classroom demonstrations, student activity sheet, and suggestions for further oral health activities.

Language: English



Ordering Information:

Download directly from the web at

http://www.ada.org/public/education/teachers/smilesmarts/smilesmarts_curriculum.pdf

Title: Practical Oral Care for People with Developmental Disabilities

Media Type: Packet with fact sheets and a brochure

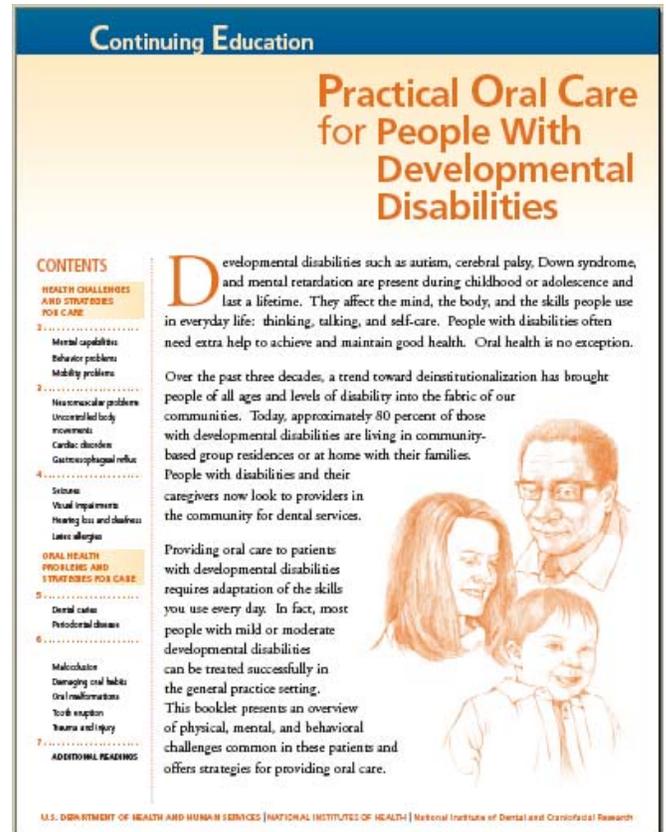
Author: U. S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research

Date: 2004

Audience: Adults, Health care providers

Summary: This folder contains a single copy of each publication in the *Practical Oral Care* series, which gives information about caring for people with developmental disabilities.

Language: English



This is one of the fact sheets in the folder.

Ordering Information:

This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:

National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

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<p>American Academy of Pediatric Dentists - The American Academy of Pediatric Dentistry (AAPD) is the membership organization representing the specialty of pediatric dentistry.</p>	<p>http://www.aapd.org/</p>
<p>American Association of Public Health Dentists - Founded in 1937, the American Association of Public Health Dentistry (AAPHD) provides a focus for meeting the challenge to improve oral health. AAPHD membership is open to all individuals concerned with improving the oral health of the public.</p>	<p>http://www.aaphd.org/</p>
<p>American Dental Association - The ADA is the professional association of dentists committed to the public's oral health, ethics, science and professional advancement.</p>	<p>http://www.ada.org</p>
<p>American Dental Hygienists' Association - ADHA is the largest professional organization representing the interests of dental hygienists.</p>	<p>http://www.adha.org/</p>
<p>Association of State and Territorial Dental Directors - ASTDD provides leadership to advocate a governmental oral health presence in each state and territory, to formulate and promote sound oral health policy, to increase awareness of oral health issues, and to assist in the development of</p>	<p>http://www.astdd.org/</p>

<p>initiatives for prevention and control of oral diseases.</p>	
<p>Be A Smart Mouth, OHAC! - Be a Smart Mouth is an information resource for consumers and health professionals, and is sponsored by Oral Health Awareness Colorado!</p>	<p>http://www.beasmartmouth.com/</p>
<p>Centers for Disease Control, Oral Health - The Centers for Disease Control and Prevention (CDC) is the federal agency with primary responsibility for supporting state- and community-based programs to prevent oral disease, promoting oral health nationwide, and fostering applied research to enhance oral disease prevention in community settings.</p>	<p>http://www.cdc.gov/OralHealth/</p>
<p>Children's Dental Health Project - The Children's Dental Health Project forges research-driven policies and innovative solutions by engaging a broad base of partners committed to children and oral health.</p>	<p>http://www.cdhp.org/</p>
<p>Colorado Dental Association - The Colorado Dental Association provides member services that promote the highest standards of care for the public and inspires members in the pursuit of professional excellence and personal fulfillment through education, leadership and communication.</p>	<p>http://www.cdaonline.org/</p>
<p>Colorado Dental Hygienists' Association - The mission of this Association is in agreement with the ADHA is to advance the art and science of dental hygiene by ensuring access to quality oral health care, increasing awareness of the cost effective benefits of prevention, promoting the highest standards of dental hygiene education,</p>	<p>http://www.codha.org/home.htm</p>

<p>licensure, practice and research, and representing and promoting the interest of dental hygienists.</p>	
<p>Colorado Department of Public Health & Environment, Oral Health Program – The Oral Health Program for the state of Colorado is a program in the Prevention Services Division of the Colorado Department of Public Health and Environment.</p>	<p>http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html</p>
<p>Dental, Oral and Craniofacial Data Resource Center – The Dental, Oral, and Craniofacial Data Resource Center (DRC), cosponsored by the National Institute of Dental and Craniofacial Research (NIDCR) and the Centers for Disease Control and Prevention's (CDC) Division of Oral Health, serves as a resource on dental, oral, and craniofacial data for the oral health research community, clinical practitioners, public health planners and policy makers, advocates, and the general public.</p>	<p>http://drc.hhs.gov/</p>
<p>Health Resources and Services Administration Oral Health Information Center – HRSA's oral health programs promote improved dental health and access to dental care for low-income children, individuals with special health care needs, and people living in medically underserved areas. You can view information about any publication by clicking on the publication title.</p>	<p>http://www.ask.hrsa.gov/OralHealth.cfm</p>
<p>Metro Denver Dental Society – MDDS has been serving the profession of dentistry since 1897. Its fourteen-hundred plus members, representing approximately 86% of all the licensed dentists in the Denver metropolitan area, collectively exemplify the MDDS</p>	<p>http://www.mddsdentist.com/</p>

<p>mission of supporting the highest ethical practice of dentistry and enhancing the standard of care for the public served by the dental profession.</p>	
<p>National Institutes of Dental and Craniofacial Research - The mission of the National Institute of Dental and Craniofacial Research (NIDCR) is to improve oral, dental and craniofacial health through research, research training, and the dissemination of health information.</p>	<p>http://www.nidcr.nih.gov/HealthInformation/SpecialCareResources/default.htm</p>
<p>National Maternal and Child Health Oral Health Resource Center - The purpose of the National Maternal and Child Oral Health Resource Center (OHRC) is to respond to the needs of states and communities in addressing current and emerging public oral health issues. OHRC supports health professionals, program administrators, educators, policymakers, and others with the goal of improving oral health services for infants, children, adolescents, and their families.</p>	<p>http://www.mchoralhealth.org/</p>
<p>National Spit Tobacco Education Program - The National Spit Tobacco Education Program's mission is to prevent people, especially young people, from starting to use spit tobacco, and to help all users quit. NSTEP is funded in part by The Robert Wood Johnson Foundation.</p>	<p>http://www.nstep.org/</p>
<p>Oral Health America - Oral Health America was founded in 1955 as the "American Fund for Dental Health" by members of the American Dental Association, American Dental Education Association, the American Dental Trade Association, and the Wm. Wrigley Jr.</p>	<p>http://www.oralhealthamerica.org/index.html</p>

<p>Company to raise funds for the improvement of dental education. In 1994, Oral Health America broke away from its founding institutions to follow a path of broad-based public advocacy through targeted programs and communications efforts to improve oral health for all Americans.</p>	
<p>Seal America, The Prevention Invention - The purpose of this manual and accompanying video is to assist those who would like to start a school-based sealant program. It is a project of the American Association of Community Dental Programs in cooperation with the Association of State and Territorial Dental Directors (ASTDD); the Maternal and Child Health Bureau of the Health Resources and Services Administration, United States Public Health Service; and the Division of Oral Health, Centers for Disease Control and Prevention, United States Public Health Service.</p>	<p>http://www.mchoralhealth.org/Seal/</p>

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