



DENTAL MYTHS & TRUTHS REVEALED

MBTelehealth Presentation
December 2, 2014

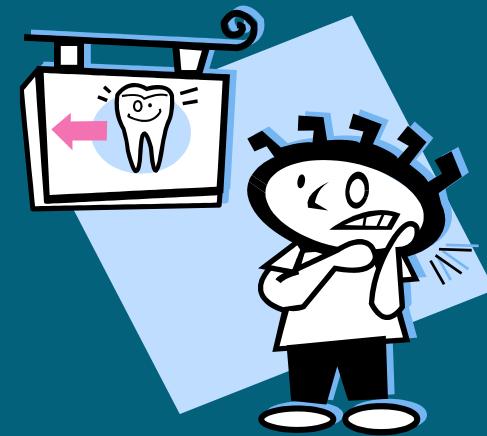
Presenters: Mary Bertone & Daniella DeMaré





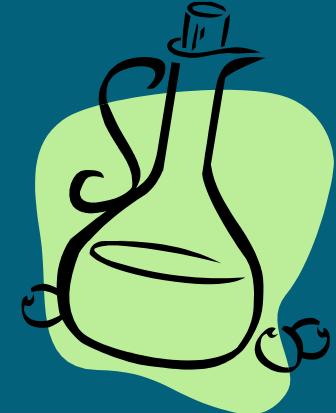
HOT TOPICS IN SOCIAL MEDIA

1. Oil Pulling
2. Amalgam vs Resin Fillings
3. Do root canals increase the risk for autoimmune diseases?
4. Brushing with Soap
5. Dental Tourism
6. Electronic Cigarettes
7. The Silver Toothbrush



THE TRUTH ABOUT: OIL PULLING

- Originally an Indian folk remedy
- Believed to prevent tooth decay, bad breath, bleeding gums, as well as strengthen the teeth, jaw and gums
- Tablespoon of any edible oil placed in the mouth, sucked, and pulled through teeth until oil turns milky white
- Oil then spit out, followed by brushing



OIL PULLING



- Few studies show oil pulling for 15 minutes just as effective at reducing bad breath and plaque as using mouthwash for 1 minute
- Mouthwash still best choice for reducing Streptococcus mutans (bacteria responsible for decay)
- Swallowing or inhaling oil into lungs can lead to some serious health concerns

OIL PULLING

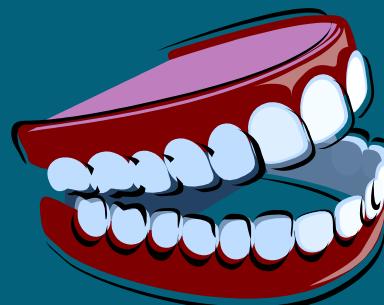
- Does not replace regular brushing and flossing routine

Current Recommendations: *This practice is NOT recommended due to a lack of peer-reviewed scientific evidence.*



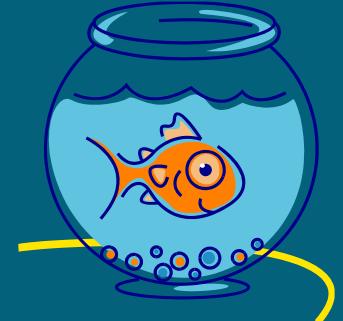
THE TRUTH ABOUT: AMALGAM VS. RESIN

- Amalgam: Metal alloy composed of tin, copper, silver, mercury and other traces of metals
- More cost effective; great strength to withstand chewing by molars
- Cosmetically recommended for back teeth as metal not easily seen



AMALGAM VS. RESIN

Is the mercury in amalgam safe?



- Not the same mercury found in fish
- When the alloy is created, the chemical nature changes, making the mercury harmless

Current Research: *Tiny amounts of vapor that evaporate off of filling when chewing NOT linked to health concerns.*

AMALGAM VS. RESIN



- Resin: Composed of plastic and ceramic materials, similar in color to tooth
- Used more regularly due to cosmetic concerns
- May not last as long as amalgam; could break or crack more easily

Current Recommendations: *Speak with dental team to discuss best option for client.*

AMALGAM VS. RESIN



Are resin products safe?

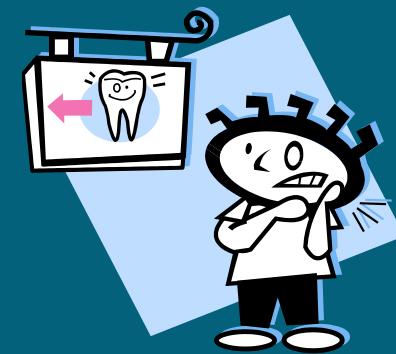
- Resin products made with trace amounts of Bisphenol A (BPA) found in other plastic materials
- Benefit of dental fillings far outweigh risk of brief BPA exposure

Current Research: *Traces of BPA found in dental products pose NO threat to health.*

MYTH: DO ROOT CANALS INCREASE THE RISK FOR AUTOIMMUNE DISEASE?

- A theory from a dentist advocating for tooth extraction (tooth removal) rather than root canal treatment (<http://jama.jamanetwork.com/article.aspx?articleid=233829>)
- Root canals done when inside of tooth becomes infected due to a deep cavity or injury

Have you seen this
in social media?



MYTH: DO ROOT CANALS INCREASE THE RISK FOR AUTOIMMUNE DISEASE?



- Tooth extraction known to cause higher incidence of bacteria entering blood compared to root canal treatment

Current Recommendations: *A tooth should be saved rather than getting removed whenever possible as recommended by the American Association of Endodontists.*

THE TRUTH ABOUT: BRUSHING WITH SOAP



- Local buzz created from article in Winnipeg Free Press by Dr. Gifford-Jones (January 21, 2011)

(<http://www.winnipegfreepress.com/arts-and-life/life/health/time-to-brush-your-teeth-get-out-the-soap-114349354.html>)

- No peer-reviewed scientific evidence supporting claim

Current Recommendations: *Brush teeth with a fluoride toothpaste 2 times daily and floss daily.*

THE TRUTH ABOUT: DENTAL TOURISM

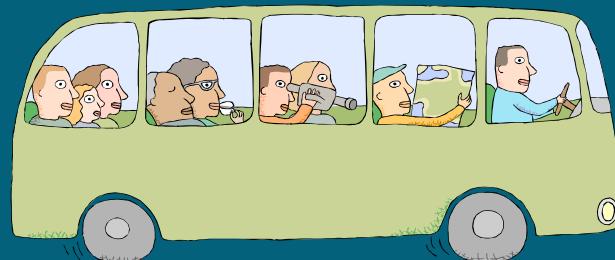


- Defined as seeking dental care in a foreign country often with a vacation
- Reasons include saving money or having better access to dental care
- Canadians and Americans often travel to Mexico, Peru or Costa Rica

DENTAL TOURISM



- Many risks associated with travelling abroad for dental care:
 - Something could go wrong
 - Materials may be faulty, damaged or lesser quality
 - Is dentist qualified?
 - Infection and spread of disease standards



DENTAL TOURISM

Current Recommendations:

- *Speak with dental professional before travelling for dental care*
- *Payment options could be available*
- *Seek information on insurance or government coverage*
- *Inquire about public health travel alerts*
- *Review facility's infection control policies*



THE TRUTH ABOUT: ELECTRONIC CIGARETTES



- Known as “E-cigarettes”
- Mimic tobacco cigarettes in appearance and use
- Contain a battery, heating element, cartridges with or without nicotine, water, and other ingredients
- Users inhale unknown, unregulated and potentially harmful substances

ELECTRONIC CIGARETTES

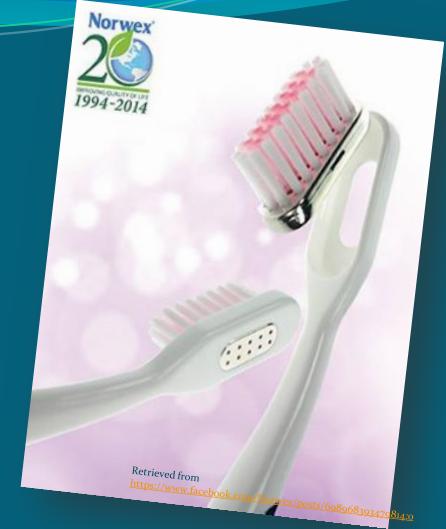


- Oral cancer known to be caused from carcinogenic (cancer-creating) chemicals
- Sugars found in candy-flavoured cartridges may increase risk for tooth decay
- Using e-cigarettes may lead to young people using tobacco products in future

Current Recommendations: *No research supporting e-cigarettes as an effective way to quit smoking tobacco.*

THE TRUTH ABOUT: THE SILVER TOOTHBRUSH

- Branded by Norwex
- Claims to “self-sanitize” or self-clean after each use
- Lack of research to prove claim or even if silver content is safe



Current Recommendations: Replace toothbrush every 3-4 months, when bristles are frayed, or after a cold or flu.

Questions?



GENERAL ORAL HEALTH: MYTHS & TRUTHS

1. If I have a cavity, I'll feel it!
2. All toothpastes are the same!
3. Mouth rinses replace tooth brushing!
4. Bleaching my teeth makes them weaker!
5. Stop brushing when your gums bleed!
You are brushing too hard!
6. Placing pain relievers on teeth will ease toothaches!



MYTH: IF I HAVE A CAVITY, I'LL FEEL IT!



- Cavities (tooth decay) made from an acid produced when sugars and bacteria mix together
- Early signs of cavities include white spots on teeth
- Small cavities may go unnoticed; large cavities may cause pain
- Pain could be a clue to much bigger problem

MYTH: “IF I HAVE A CAVITY, I’LL FEEL IT!”



- Clenching and grinding (bruxism) does not cause tooth decay, but it does wear away teeth or crack teeth
- Tooth wear makes bacteria difficult to remove

Current Recommendations: See a dental professional regularly for early diagnosis and prevention of tooth decay, as well as any treatment needed for bruxism.



MYTH: ALL TOOTHPASTES ARE THE SAME!

- Many contain fluoride: “nature’s cavity fighter”

Is fluoride safe?

- Fluoride added to water sources; one of the best public health initiatives to date
- Prevents and even reverses tooth decay
- Dental fluorosis: most common culprit is swallowing too much toothpaste



MYTH: ALL TOOTHPASTES ARE THE SAME!



- Tartar control: Additional plaque fighters added to lower risk of tartar. Some include an antibiotic (triclosan) to kill bacteria
- Whitening: Usually do not contain bleach, only mild abrasives which whiten teeth
- Sensitivity: Additional contents added to block pathways connecting the tooth to the nerve
- Baking soda: High abrasiveness compared to other types

Current Recommendations: Use a CDA or ADA approved fluoride toothpaste. Discuss options with dental team if you experience sensitivity, etc.

MYTH: MOUTH RINSES REPLACE TOOTH BRUSHING!

- Cetylpyridinium chloride (CPC): Also known as “Scope”
 - This compound is an antiseptic added to reduce plaque and tooth decay by killing bacteria
- Essential Oils: Also known as “Listerine”
 - Oils work in combination as an antiseptic to kill bacteria



Current Recommendations: Essential oil rinses are more effective, however should never replace brushing and flossing routine.

Brush + Floss + Rinse =



MYTH: BLEACHING MY TEETH MAKES THEM WEAKER!

- Most products do not weaken teeth and are approved in Canada when used appropriately
- Few products with very low pH linked to eroding tooth enamel (Opalescence and Perfecta: not common in Canadian markets)
- No studies available yet on long term effects of bleach



Current Recommendations: *Discuss with dental team for the best whitening option for the client.*

MYTH: STOP BRUSHING WHEN YOUR GUMS BLEED! YOU ARE BRUSHING TOO HARD!

- Many reasons why gums could bleed
 - Poor oral health
 - Systemic health concern
 - Pregnancy...
- Tooth brushing does NOT make gums bleed
- Important to see a dental professional to diagnose any serious bleeding concerns early



Current Recommendations: *Brush gently with a soft bristled toothbrush even if gums are bleeding to remove plaque and bacteria.*

MYTH: PLACING PAIN RELIEVERS DIRECTLY ON GUMS



- False belief that it is best to place a pain relief tablet or pill directly on gums for toothaches
- When placed directly on gums, may cause chemical burns to the oral tissues

Current Recommendations:

- *Pain relief tablets or pills should be swallowed*
- *Ask a health professional what type of pain medicine to use, and how much is safe*
- *See a dental professional to find out the cause of your mouth pain*



Questions?



MOM & CHILD'S ORAL HEALTH: MYTHS & TRUTHS

1. My gums are bleeding because I'm pregnant
2. I can't go to the dentist when I'm pregnant
3. Babies take calcium from mom's teeth
4. Baby teeth are not important
5. My baby has a fever because he/she is teething



TRUTH: MY GUMS ARE BLEEDING BECAUSE I'M PREGNANT



- Gums become inflamed and may bleed due to increased levels of hormones (estrogen and progesterone)
- If left untreated, could progress into severe gum disease

Current Recommendations:

- *More attention to oral hygiene care is needed during pregnancy*
- *See your dental team if the bleeding gets worse*



MYTH: I CAN'T GO TO THE DENTIST WHEN I'M PREGNANT



- Good maternal oral health leads to good oral health for baby: continue with regular oral hygiene routine
- Checkups during second trimester most comfortable during pregnancy

Current Recommendations:

- *Routine checkups, x-rays (with appropriate safety gear) safe during pregnancy*
- *Some elective surgeries may be postponed*

MYTH: BABY TAKES CALCIUM FROM MOM'S TEETH

- False belief that body draws calcium out of teeth if not enough in diet
- Calcium actually drawn out of bones first; bones contain 99% of body's calcium
- Female has increased risk for osteoporosis later in life
- Research states calcium fights against tooth decay

Current Recommendations: *Consume enough foods containing calcium during pregnancy for prevention.*

Examples include:



Cheese



Milk



Spinach or Kale

MYTH: BABY TEETH ARE NOT IMPORTANT

- Baby teeth are important for holding spaces in jaw for adult teeth, chewing and speaking
- If neglected, increase child's risk for early childhood caries (ECC) which may lead to future health problems
- ECC is preventable with effective oral hygiene routine

Current Recommendations: Avoid ECC by:

- *Wiping gums after feeding during infancy*
- *Seeing dental professional no later than 1 year of age (or within 6 months of first tooth)*
- *Brushing 2 times daily after the first tooth arrives*
- *Avoiding sugary drinks in sippy cups or bottles*

MYTH OR TRUTH: MY BABY HAS A FEVER BECAUSE HE/SHE IS TEETHING

- Sources state that increased drooling, irritability or crankiness are symptoms of teething, but rashes, diarrhea, and fevers are NOT common and NOT caused by teething*
- Other studies believe that rashes, diarrhea and fever ARE connected to teething, therefore more research needs to be done
- All sources recommend visiting a healthcare professional immediately if rashes, diarrhea or fever occurs to avoid delaying the diagnosis of a potentially severe illness
- If you're concerned about your child's teething, it's a good time to see a dental professional

MYTH OR TRUTH: MY BABY HAS A FEVER BECAUSE HE/SHE IS TEETHING

*Sources:

Mayo Clinic, April 2014: <http://www.mayoclinic.org/healthy-living/infant-and-toddler-health/in-depth/teething/art-20046378>

“Protecting All Children’s Teeth” (a program by the American Academy of Pediatrics):

http://www2.aap.org/oralhealth/pact/ch2_key.cfm

“Mouth Healthy” (a program by the American Dental Association), 2014: <http://www.mouthhealthy.org/en/az-topics/t/teething>

“Nothing but the tooth – dispelling teething myths” by Dr. JE Anderson, 2004. Published in the Journal of Contemporary Pediatrics

TIPS ON TEETHING



- Gently rub baby's gums with a clean finger, wet gauze pad, or cool teething toy for relief

Current Recommendations:

- *Choose safe teething toy for baby*
- *Should be larger than inside of a toilet paper roll*
- *Should be in one piece*
- *Should have no water or liquid inside; no paint on outside*

Questions?



Thank you!

