

# ORAL HEALTH NEVADA NEWSLETTER



*Vision: Empowering All Nevadans to have the best oral health possible.*

*Winter – Spring 2016*

**Oral Health Nevada Inc.** is a 501(c)3 not-for-profit charitable organization whose mission is to improve the oral health of all Nevadans - especially those who are the most vulnerable, by expanding access to affordable preventive and restorative services, promoting oral health education, and expanding communication and support through diverse partnerships. [www.oralhealthnevada.com](http://www.oralhealthnevada.com)

## Oral Health Nevada Elects New Board Members

Earlier this year, the Oral Health Nevada Board welcomed two additional members as Directors.

Ms. Wendy Madson, a resident of Dayton and a member of the Northern Nevada Dental Coalition for Underserved Populations (CUSP), brings her passion for affordable dental care for all – especially those residents of rural Nevada, to the board position. Ms. Madson is employed at Healthy Communities Coalition of Lyon and Storey Counties and organizes “Dental Days” through HCC’s Health and Wellness Hub. This annual initiative connects rural students to dental examinations, fluoride and sealants and restorative care. Ms. Madson was also very involved in the recent Remote Area Medical (RAM) events, held in the fall of 2015 to bring free dental care to residents throughout the state.

Ms. Cathie Davenport, a resident of Las Vegas and Vice President of Client Relations at Nevada Dental Benefits, also joined the Board, bringing more than 30 years of experience in administration and management to the board. Ms. Davenport is also Chair of the Community Coalition for Oral Health (CCOH) – the southern Nevada oral health coalition, and has a recorded history of maximizing collaborations and partnerships throughout the state.

According to Christine Garvey, Chair of the OHN Board of Directors, “We are so pleased to have these two talented professionals join our organization. Their experience and passion for oral health will only enhance our work attaining our mission and vision.”

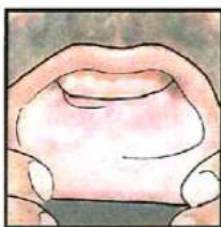
## April is Oral Cancer Awareness Month

### HOW TO EXAMINE MOUTH YOURSELF

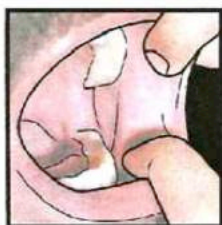
A thorough way of  
checking for ulcers or  
growths in the mouth.



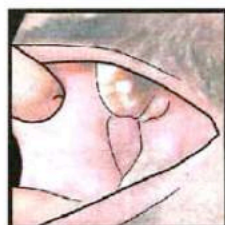
**1** Pull up upper lip.



**2** Pull down lower lip.



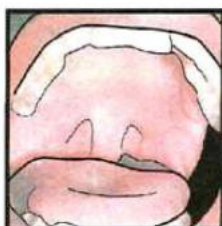
**3** Stretch open mouth on the right.



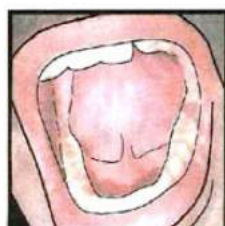
**4** Stretch open mouth on the left.



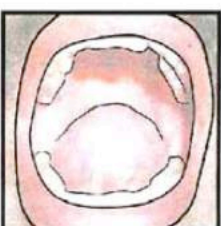
**5** Stick out tongue fully to the left, then to the right.



**6** Open mouth wide to look at the palate.



**7** Roll up tongue, check floor of mouth.



**8** Roll up tongue, to check on the undersurface of the tongue.

Note: All dentures should be removed, and hands washed clean, before self examination. If you detect any white and/or red patches, suspicious lesions or lumps in the mouth areas, please consult a dentist/doctor immediately.

## NOT A MEMBER YET?

Join us...

Show of hands... Who wants to improve oral health care in Nevada? If that's you, then Oral Health Nevada is the non-profit organization for you.

Oral Health Nevada Inc. is the statewide oral health coalition working to improve oral health for all residents of the state.

Membership is free and open to anyone that wants to work to improve oral health knowledge, outcomes and access.

Become a member by signing up online:

<http://oralhealthnevada.com/join-the-coalition/>



## SAVE THE DATE

**ORAL HEALTH DAY AT THE  
NEVADA LEGISLATURE**

**THURSDAY, MARCH 23, 2017**

## GUM DISEASE LINK TO ALZHEIMER'S, RESEARCH SUGGESTS

This article is being reprinted from BBC News, published on March 10, 2016 Author: Dominic Howell

The small study, published in **PLOS ONE**, looked at 59 people who were all deemed to have mild to moderate dementia. It is thought the body's response to gum inflammation may be hastening the brain's decline. The Alzheimer's Society said if the link was proven to be true, then good oral health may help slow dementia.

The body's response to inflammatory conditions was cited as a possible reason for the quicker decline. Inflammation causes immune cells to swell and has long been associated with Alzheimer's. Researchers believe their findings add weight to evidence that inflammation in the brain is what drives the disease.

### 'Six-fold increase'

The study, jointly led by the University of Southampton and King's College London, cognitively assessed the participants, and took blood samples to measure inflammatory markers in their blood. Their oral health was also assessed by a dental hygienist who was unaware of the cognitive outcomes.

Of the sample group, 22 were found to have considerable gum disease while for the remaining 37 patients the disease was much less apparent. The average age of the group with gum disease was 75, and in the other group it was 79. A majority of participants - 52 - were followed up at six months, and all assessments were repeated.

The presence of gum disease - or periodontitis as it is known - was associated with a six-fold increase in the rate of cognitive decline, the study suggested.

~ Continued on page 4 ~

## INCLINE ELEMENTARY SCHOOL HOSTS DENTAL PROGRAM

The Incline Dental Program's third and final, Fluoride Varnish and Oral Health Education event was held in March, completing the pilot of a collaborative project between Washoe County School District (WCSD) and the Incline Village Community Hospital (IVCH), a service of Tahoe Forest Health System. With the support of Oral Health Nevada Inc. and community members, each pre-kindergarten and kindergarten student enrolled at Incline Elementary School (IES) attended oral health education presentations given by Tessie Vukovich, RDH, and each of the students received a toothbrush, fluoride toothpaste and dental floss to take home – all provided by Oral Health Nevada.

Tessie and Kelle Spaniel, a dental assistant, both of Incline Dental Care, applied fluoride varnish to 42 students whose parents provided informed consent. Dr. Matt Milligan, of Incline Dental Care, donated the fluoride varnish.

Pam Straley, RN-C, who is a member of the Oral Health Nevada Board of Directors, coordinated the event. She is currently working to expand the agreement between WCSD and TFHS to provide age-appropriate oral health education and fluoride varnish application to all students - Kindergarten through grade 5, enrolled at IES during the 2016-2017 school year. According to Ms. Straley, "Tooth decay is the most common chronic disease in children and it's totally preventable. We are looking forward to our continued collaboration with our community partners to ensure that all elementary school children will have access to fluoride varnish to help tooth decay."

### FREE DENTAL SCREENING

**Who: Children up to age 20 years**

**When: Sat, April 16<sup>th</sup>**

**Time: 10:00am to 12:00pm**

**Where: Incline Village Community Hospital**

**For information call 775-831-4190**





## Gum Disease Link to Alzheimer's Disease, Research Suggests

(cont'd from page 2)

### 'Quite scary'

Dentist Mark Ide from King's College London told the BBC News website he was "surprised" by the rate of decline, and said that as patients with gum disease chew on their teeth they were effectively giving themselves "mini-injections" of bacteria into their bloodstream.

"In just six months you could see the patients going downhill - it's really quite scary," he said.

Higher levels of antibodies to periodontal bacteria are associated with an increase in levels of inflammatory molecules elsewhere in the body - which in turn have been linked to greater rates of cognitive decline in Alzheimer's disease.

Prof Clive Holmes, senior author Southampton, said the results were proved that this study needed to be using a larger number of participants. direct relationship between cognitive decline, as this current treatment of gum disease might be a option for Alzheimer's," he said.

**The presence of gum disease - or periodontitis as it is known - was associated with a six-fold increase in the rate of cognitive decline, the study suggested.**

from the University of "very interesting" and carried out again but "However, if there is a periodontitis and study suggests, then possible treatment

He also said his researchers had taken into account the fact that gum disease may become more common in those people with Alzheimer's, because of a reduced ability to take care of oral hygiene as the disease progresses.

### Cause or effect?

Dr. Doug Brown, director of research and development at the Alzheimer's Society, also recognized that the study "adds evidence to the idea that gum disease could potentially be a contributing factor to Alzheimer's". "If this is proven to be the case, better dental hygiene would offer a relatively straightforward way to help slow the progression of dementia and enable people to remain independent for longer," he said.

But he also described the study as "small" and said it was currently "unclear" whether the gum disease was the cause or the effect. "We don't know if the gum disease is triggering the faster decline of dementia, or vice versa," he said.

In the UK around 80% of adults over 55 years old had evidence of gum disease, according to the **adult dental survey of 2009**, which is the latest data available.

There are around half a million people living with Alzheimer's disease in the UK.

## Statistics Show Continued Growth in Fluoridation

The Centers for Disease Control and Prevention released the latest statistics on community water fluoridation for the nation. The latest data show that in 2014, 74.7% of the US population on community water fluoridation, or a total of 214.2 million people, had access to optimally fluoridated water. This is continued progress from the Healthy People 2020 baseline of 72.4% (2008) toward the target of 79.6%.

This latest data shows that 1,873,848 Nevada residents or 73.7% of the population on public water systems are receiving the health benefits of fluoridation. Nevada is ranked 29<sup>th</sup> in the Nation.

Since 2008, nearly 19 million more people have received the benefit of fluoridated water. Evidence shows that the prevalence of tooth decay is substantially lower in communities with water fluoridation. Unfortunately, the number of people receiving this health benefit in Nevada has not grown - Clarke County is the only region of the state that continues to provide water fluoridation.



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Visit our website at [www.OralHealthNevada.com](http://www.OralHealthNevada.com)  
Contact us at [secretary@oralhealthnevada.com](mailto:secretary@oralhealthnevada.com)

### **Oral Health Nevada Board of Directors**

**Cathie Davenport**

**Christine Garvey, RDH**

**David K. Lund, DDS**

**Wendy Madson**

**Syd McKenzie, RDH, BSDH**

**Adriana Perry**

**Pamela Straley, MS, RN-C**