

---

# Mashkiziibii Dental Journal

## Monthly dental newsletter

---

October 2022

Issue #1

Dr. Victoria Gokee, DDS

### Meet our staff!

Who works at the Bad River Health and Wellness Center you may be wondering?

We currently have three dentists:

1. Dr. Marc Desjarlais, DDS, FAGD - dental director
2. Dr. Sarha Avendano, DDS
3. Dr. Victoria Gokee, DDS

We have two hygienists:

1. DeAnn Carlson, RDH
2. Jerelyn Koosman, RDH

Support staff:

1. Eva Leoso – CDA
2. Katie Hudak, CDA
3. Julie Hakamaki
4. Kreighton Wolf
5. Angelina Godinez
6. Janae Whitebird
7. Mary McRae – front desk
8. Alicia Wiggins – front desk
9. Melissa Ashmun – dental billing coordinator



At the wellness fair we performed 97 oral cancer screenings to help keep the community healthy and raise oral cancer awareness!

2022 Health and Wellness Fair. Back row front left to right: Dr. Victoria Gokee, Dr. Sarha Avendano, Melissa Ashmun, Kreighton Wolf, Angelina Godinez, Julie Hakamaki, Dr. Marc Desjarlais, Eva Leoso. Front row from left to right: Mary McRae, DeAnn Carlson, Alicia Wiggins (not pictured Jerelyn Koosman, Katie Hudak, and Janae Whitebird)

---

## Halloween is around the corner!

Eating sweet treats is unavoidable during the Halloween holiday season. Did you know that even with eating sweets there are things to do that could help prevent cavities? It might help to have a basic understanding of what cavities are and how they form, so let's take a look.

Cavities need three things in order to form:

1. Teeth: without teeth you can't have cavities.
2. Bacteria: certain bacteria such as *S. mutans* eat away at the tooth surfaces
3. Food source: bacteria need a food source to thrive, just like we do!



Anytime you eat or drink something (besides plain water) you change the acidity in your mouth! More acidic = lower pH = minerals in your teeth are more susceptible to damage = bacteria can do more damage to the teeth = cavities. The mouth needs at least 30 minutes to counteract the drop in pH. Quality and frequency are more important than quantity! To better understand this, consider the following frequency example:

If you were to eat a large bag of Halloween candy in one sitting, you wouldn't necessarily have a mouth full of cavities – although your stomach would probably hurt! In contrast, if you were to eat one piece of candy every time you walked by (say once/hour), you would likely have multiple cavities from constantly giving the bacteria in your mouth a food source and lowering the pH so frequently.

Sticky/chewy candies are more likely to get stuck in the teeth and are harder to clear compared to chocolate which melts away over time.

In summary: quality and frequency impact whether or not you get cavities more than the quantity! Don't let sticky candies sit on your teeth!

Make sure you are flossing and brushing those teeth 2X/day to have fluoride exposure to help your teeth fight cavities.

---

Normal business hours at 8:00 – 4:30 PM  
Closed for tribal holidays

Upcoming closure dates:  
11/11/2022, 11/24/2022, 11/25/2022

Direct dental phone number:  
(715)685-7887

# Services we offer:

Call us with any questions or to schedule your appointment today!



- Comprehensive and periodic exams to monitor your oral health with radiographs
- Prophylaxis: regular dental cleanings
- SRP: scaling and root planning, aka “deep cleanings” for patients with periodontal disease
- Fillings: removal and replacement of cavities, replacement of missing tooth structure
- Root canals: removal of nerve within the tooth with a filling put inside tooth
- Extractions: pulling teeth
- Biopsies: testing of suspicious tissue
- Invisalign: removable trays to align teeth
- Other miscellaneous surgeries

- Crowns: full coverage restoration of teeth, aka “caps”
- Brides/fixed partial dentures: full coverage restorations that stay in your mouth with pontics or “hanging teeth” to fill in a space or two
- Removable partial dentures: prosthesis that is removed nightly to replace teeth
- Complete dentures: full set of fake teeth that you remove nightly

As an IHS clinic we offer our direct services at no charge to tribal members from any reservation regardless of insurance status.

Direct services include things that we do directly at our clinic: exams, cleanings, fillings, root canals, and pulling teeth.

Services that have a fee include things we need to send off to a lab such as: crowns, bridges, partials, dentures, Invisalign



Crown



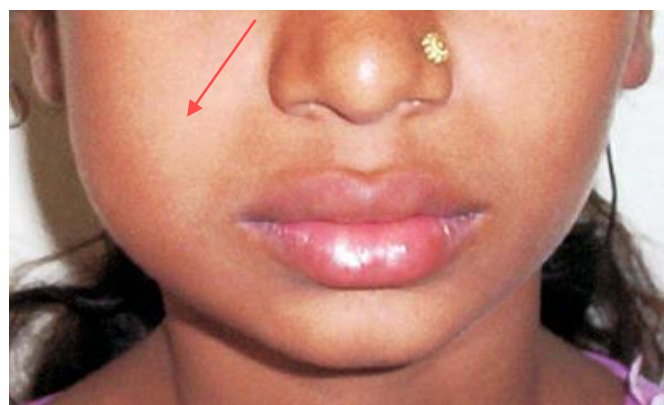
Bridge/fixed partial denture



Removable partial denture



Complete dentures



Example of dental emergency with lower right side of the face swelling from infected tooth.

Effective October 24<sup>th</sup>, 2022 Bad River Dental will be implementing an emergency walk in clinic. If you have emergency needs such as facial swelling or uncontrollable pain, we encourage you to come in from 12:30 - 3:00 Monday - Friday on days the tribe is open. Once here, you will be evaluated and seen based on severity.

If you have an urgent need such as a broken tooth without pain, please call us at (715)685-7887. If no answer, feel free to leave a voicemail.

Dental fun fact: most people have 32 adult teeth (including wisdom teeth), but sometimes teeth can be missing if they never form!

Ojibwe dental word of the month:

His/her tooth: *wiibid*

My tooth = *niibid*

Your tooth = *giibid*

Please email [v.gokee@badriverhwc.com](mailto:v.gokee@badriverhwc.com) with any questions or topics you would like addressed in next month's issue! All submissions will remain anonymous.

## What is a dental emergency vs a dental urgency?

Emergency patient: someone in need of immediate care and attention. Emergent needs include: significant pain, noticeable swelling on the face, difficulty opening their mouth and/or someone who has sustained trauma to the face within the past 24 hours.

If you have trouble breathing, swallowing your own spit, or swelling below the jawbone please go to the ER.

Urgency patient: someone in need of swift dental intervention. Urgent needs include: front tooth chip, broken dentures, lost crown/temporary on teeth without root canals, or need for medical clearance for surgery.

Miigwech for reading, please be on the lookout for our next monthly issue!

