
Mashkiiziibii Dental Journal

Monthly dental newsletter

January 2023

Issue #4

Editor: Dr. Victoria Gokee, DDS

Genetics and your teeth/gums

Do genetics impact your teeth and gums? Yes, they can, but when people use it as a reason to say “soft teeth run in my family” that is not necessarily true. **Oral hygiene habits and nutritional habits are typically the culprit in these situations.** If a family, in general, drinks a lot of soda and eats candy/chips/snacks all throughout the day we would expect to see cavities in all members of the family as long as they have similar habits.



Amelogenesis Imperfecta



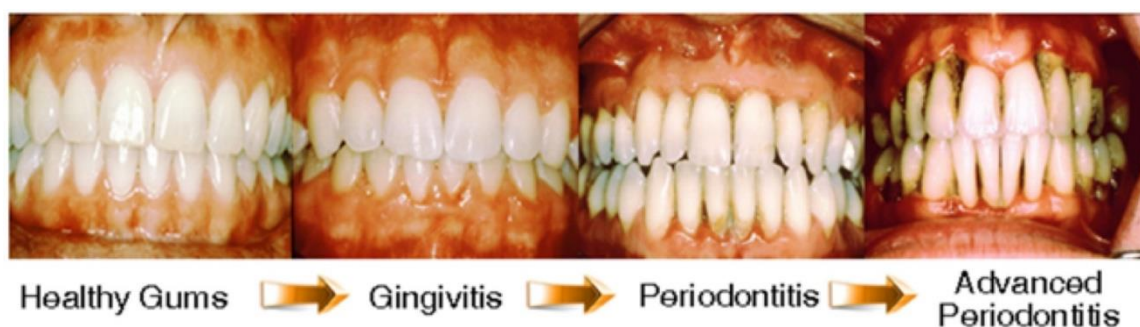
Dentinogenesis Imperfecta

Genetics conditions do exist that put people are higher risk for cavities, but they are relatively rare. *Amelogenesis imperfecta* is a genetic condition with higher rates of cavities due to malformation of enamel, the outermost layer of the tooth. The presentation can vary depending on the subtype, but it is not a common disease. *Dentinogenesis imperfecta* is another genetic condition that has higher rates of cavities due to malformation of dentin, the second outmost layer of the tooth. Similarly, the presentation can vary depending on the type, but it is not a common disease.

Periodontitis is a disease of the gums with *bone loss around teeth*. It is a plaque mediated disease with an inflammatory response from the body. Family history of periodontal disease suggests a genetic component that influences susceptibility to the disease. This means that if your mother and/or father has periodontal disease you are at a higher risk of developing periodontitis – it is very important to have routine care and practice proper oral hygiene techniques in these instances to help prevent or control the disease. However, family history of the disease is a risk – it does not guarantee that you will develop the disease.

Periodontitis can cause teeth to become loose, and teeth can be lost due to extreme mobility if left unchecked. Periodontitis and overall health of the body are related in a vicious cycle. Periodontitis increases the risk of cardiovascular disease, cardiometabolic disease, autoimmune disease, and mental health conditions. Periodontitis increases the risk of sudden heart attack or stroke due to more inflammation in the body. Poorly controlled diabetes increases the risk of periodontitis 3X and risk of progressive bone loss over time is 4 – 10X increased. Uncontrolled diabetes and smoking are two of the largest influencers of periodontitis severity.

An IHS Data Brief found that American Indian/ Alaska Native adult dental patients are more likely to have severe periodontal disease than the general US population. This is likely due to high rates of comorbidities such as diabetes and smoking. Working with your primary care physician to control diabetes is extremely important whether that be through medications or lifestyle changes. Reclamation of a traditional diet and harvesting activities, especially *manoomin* can aid in combatting diabetes which has become very prevalent since colonization.



Importance of keeping your dental appointment

Your individualized treatment plan to get your mouth healthy needs to be done in a certain order. If you start missing appointments the sequence of appointments can get messed up. Future appointments may need to be rescheduled to make sure we have enough time to get our work done.

We understand that things happen, but we appreciate being informed as soon as possible if you need to cancel or reschedule an appointment! If you let us know with enough time we can put patients in so our providers are still able to provide care for others. If you call us the morning of your appointment, we do not always have sufficient time to put someone else in the schedule.

Our dentists and hygienists are currently booking out a couple of months. When we have patients no show to appointments, we have gaps in our schedule that could have been utilized to serve members of the community. Our number of providers and chairs available are limited.

Our current no-show rate is about 25%. That means if we have four patients scheduled in the morning, we expect one of them not to show up generally. We want to minimize this number to increase our patient care! We do not currently always consider rescheduling within 24 hours as a failure, so our no-show/failure rate may actually be higher.

If you are anxious consider bringing a friend or family member along with you as a support person. You can also bring headphones to listen to your own music or we can play music out loud. We also offer nitrous oxide, or laughing gas, to help ease anxiety.

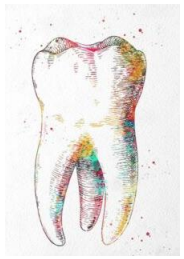
The dental clinic is trying to figure out how to see as many people as possible. Part of that has been changing from scheduled emergencies to walk-ins and filling in gaps in the schedule as soon as possible. We have been able to see more emergencies with this change and we have not turned away any patients. As with any changes there can be learning curves/growing pains. We appreciate all feedback as we adapt to see more patients and improve patient care.

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

Upcoming closure dates:
02/20/2023

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
- Sealants: protective covering in deep pits/grooves of teeth to help prevent cavities
- 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”
- Implant crowns: caps over screws that are placed in the jaw
 - *We are not placing implants*
- 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 24th, 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:

If extra teeth grow, they are called supernumerary!

Ojibwe dental word of the month:
Wiibidikaanan = dentures

Please email y.gokee@badriverhwc.com with any questions or topics you would like addressed in next month's issue! All submissions will remain anonymous.

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

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.



Works Cited

“Amelogenesis Imperfecta - about the Disease.” *Genetic and Rare Diseases Information Center*, U.S. Department of Health and Human Services, <https://rarediseases.info.nih.gov/diseases/5791/amelogenesis-imperfecta>.
“Dentinogenesis Imperfecta - about the Disease.” *Genetic and Rare Diseases Information Center*, U.S. Department of Health and Human Services, <https://rarediseases.info.nih.gov/diseases/6258/dentinogenesis-imperfecta>.
Da Silva, Maélson Klever, et al. “Genetic Factors and the Risk of Periodontitis Development: Findings from a Systematic Review Composed of 13 Studies of Meta-Analysis with 71,531 Participants.” *International Journal of Dentistry*, vol. 2017, 2017, pp. 1–9., <https://doi.org/10.1155/2017/1914073>.
Loos, Bruno G., and Thomas E. Van Dyke. “The Role of Inflammation and Genetics in Periodontal Disease.” *Periodontology 2000*, vol. 83, no. 1, 2020, pp. 26–39., <https://doi.org/10.1111/prd.12297>.