

# Mashkiiziibii Dental Journal

## Monthly dental newsletter

February 2023

Issue #5

Editor: Dr. Victoria Gokee, DDS

### Staff Highlight: Dental Director Marc Desjarlais DDS FAGD

**Family:** Sheila (spouse), Adelaide (6), Benjamin (1), Jordy (7)

**Hobbies:** Health and fitness, long distance running, potbelly league basketball, bowling (I wish there was an alley close by!) reading, home improvement projects, spending time with family, euchre, trying to figure out what my next hobby will be 😊.

**Hometown:** Waupun, WI

**How long you have been in your position:** 5 years

**Favorite thing about working in Bad River:** The people. I have never met a more welcoming, fun, and happy community of people. It's an absolute joy and privilege to be able to serve this community. I come to work each day and have so much fun.

**Hopes for the dental clinic in the next year:** Looking forward to an expansion of our physical clinic and eventually expansion of services which we can offer.

**Professional Interests:** Root canals, advanced restorative, dental sleep medicine, TMD therapy.



**Any additional information you would like to share:** I'm a learning junkie. Always looking for ways to improve my practice with good CE [continuing education] and have always encouraged other dentists to do the same. Also fascinated with the human body and how we can optimize ourselves with seemingly simple changes. Sleep is one of the foundational things you can do for yourself in your health, and I encourage everyone to make this a priority. You don't realize how large an impact sleep has on your overall health.



### Please confirm your appointment!

We try to confirm all of our dental appointments 24 – 48 hours in advance. We utilize a system called *Talk Soft* that automatically calls, emails, or texts you and asks you to confirm or if you would like to reschedule. Please confirm your appointment if you are planning on coming when you receive this message. Our front desk staff will also attempt to call you if we do not receive a response from the *Talk Soft* program.



As mentioned in a previous newsletter, we want to see and treat as many people as possible! If you call the day of your appointment or are consistently missing your scheduled appointments, we often are unable to see other community members in need of dental care due to the short notice. If you would prefer to receive text messages or emails to confirm your appointment, please let us know and we can update your preferences within the *Talk Soft* program.

### February is National Children's Dental Health Month!



Prevention is key! Children model their nutritional habits and oral hygiene habits based on what they are taught and what they witness. Children should be seeing the dentist at least twice a year starting at age 1 or within 6 months after the first tooth comes in – whichever is first. If we identify a child as high risk we may want to see them three or four times a year to keep a closer eye on them. We want the youth in our community to have healthy mouths and maintain optimal oral health as they age.

Tooth decay, also known as dental cavities are the most common chronic disease of childhood. Tooth decay is **4X more common than asthma**. This number is based on the general population. We know from research that prevalence of cavities in Indigenous children is ~5X greater than the general US children population – **meaning our youth in Mashkiiziibii experience cavities at a rate of roughly 20X greater than asthma**.

Left untreated cavities can cause pain and infections. When children have to worry about toothaches it can disrupt their ability to eat, speak, play, learn, and interact with the world around them. **The good news is that cavities are preventable!** Even with a history of cavities we can talk about what can be done to prevent future cavities from forming. Our goal is to reduce the prevalence of cavities in our youth and it starts with education. Please bring children in to see us at the dental clinic!

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

Upcoming closure dates:  
4/7/2023, 4/10/2023

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 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:

Sometimes when teeth are forming, they can split into two teeth with one root – this is called *gemination*.

Ojibwe dental word of the month:  
Gingivitis: *owiiyaasaabidaan izhi-aakozi*

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.

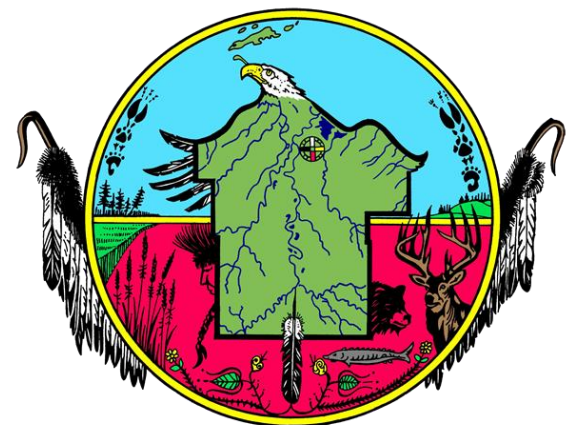
Miigwech for reading, please be on the lookout for our next monthly issue!

## 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

“Children’s Oral Health.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 6 Apr. 2022, <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>.

Holve, Steve, et al. “Early Childhood Caries in Indigenous Communities.” *American Academy of Pediatrics*, American Academy of Pediatrics, 1 June 2021, [https://publications.aap.org/pediatrics/article/147/6/e2021051481/180261/Early-Childhood-Caries-in-IndigenousCommunities?autologincheck=redirected&\\_ga=2.103348231.609036818.1668016829-1899850851.16680](https://publications.aap.org/pediatrics/article/147/6/e2021051481/180261/Early-Childhood-Caries-in-IndigenousCommunities?autologincheck=redirected&_ga=2.103348231.609036818.1668016829-1899850851.16680)