

# Mashkiiziibii Dental Journal

## Monthly dental newsletter

Editor: Dr. Victoria Gokee, DDS

### Meet the Editor: Victoria Gokee,

**Family:** Joseph (husband), Bagamwewekamigishkamookwe (daughter), 4 dogs – Grace (German Shepherd), Manidoo (Siberian Husky), Luna (French Bulldog) & Lily (French Bulldog), and 4 chickens – Nugget, Clove, Ginger, and Bailey  
**Hobbies:** Reading, soccer, volleyball, being present in the community, moccasin making, beadwork, traditional lacrosse, attending ceremonies, and harvesting traditional foods.



**Hometown:** Red Cliff, WI  
**How long you have been in your position:** 1 year  
**Favorite thing about working in River:** Being integrated within the community and building relationships with members of the community. I love being around other Anishinaabe after being for so long pursuing higher education.  
**Hopes for the dental clinic in the next year:** I hope with the expansion we can hire additional providers and support staff to be able to see more community members. I want our youth who are interested in dentistry to have the support and confidence to thrive as dental assistants, hygienists, and dentists.



**Professional Interests:** Oral surgery, root canals, orthodontics, pediatrics, digital dentistry

**Any additional information you would like to share:** I'm so thankful to the Bad River community for accepting me as a provider and respecting my opinion. Although I am from across the bay originally, I feel very much at home in Mashkiiziibii. Bad River and Red Cliff used to be a single tribe. I have ancestors enrolled in Bad River and now my daughter is enrolled here – so this community is very important to me.

## Teeth Whitening

People often ask, "how can I make my smile whiter?". First and foremost, we need to understand why teeth are discolored – external or internal reasons. If a tooth is darker because of a cavity in an area, whitening will not work – the cavity will need to be removed and a filling placed. Dark pigmented foods and drinks such as coffee, tea, and wine have a tendency to stain teeth if consumed regularly. Smoking is a major factor that influences external staining as well. Proper oral hygiene can help minimize staining from these external factors, however, staining is still likely to happen. Sometimes teeth are stained due to internal reasons such as trauma that has caused the nerve of the tooth to die or a previous root canal treatment. Internal bleaching may be performed on these teeth that have had root canals to improve the discoloration.

Most whitening products will use abrasives to remove stains or hydrogen peroxide/carbamide peroxide. It is important to note that fillings and crowns do *not* change color.

However, **teeth are not naturally completely white**, they have hues of yellows, browns, reds, and grays. Healthy, natural teeth will have some color in them still.



Risks of whitening: sensitivity of teeth, especially to cold, and gum inflammation. It is important to note that side effects are stronger with stronger whitening concentrations if they are worn longer than recommended.

Whitening options for external stains: whitening toothpaste, over the counter whitening strips, or custom-made trays at the dental office with 4 cartridges of 15% overnight whitening gel for \$200 (\$100 for refills of whitening gel)

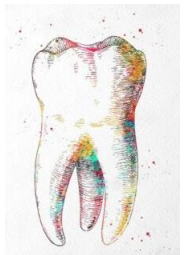
Custom made trays require an impression and are done at the discretion of the dentist. Active disease may disqualify patients from being eligible for whitening trays.

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

Upcoming closure dates:  
07/04/23, 07/28/23

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.

Bad River Dental has 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:

A mesiodens is a tiny extra tooth that can form between the front two teeth.

Ojibwe dental word of the month: has HSV (cold sores) = biitoobiigise odooning

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

## 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. These appointments can be scheduled and do not need to walk-in.

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

