

### Staff Highlight: Angelina Godinez, Dental Assistant

**Family:** daughter Rose (5)

**Hobbies:** Being outdoors, sewing, drawing.

**Hometown:** Bad River

**How long you have been in your position:** 2 years

**Favorite thing about working in Bad River:** Being able to help in my home community.

**Hopes for the dental clinic in the next year:** Expansion and hopefully being an outreach center for a dental school.

**Professional interests:** Currently in junior year of college and will be applying to dental school next year.

**Any additional information you would like to share:**

I attended the SAID (Society of American Indian Dentists) conference which provided networking with other Native American students interested in the dental field. I received a scholarship that covered travel, room and board, and the cost of the DAT (Dental Admissions Test) which I will be taking next spring in preparation for applying to dental school.

I am enrolled in the discover dental school based in Buffalo, NY. We have zoom meetings with different specialties in dentistry presenting, learn about the DAT, study sessions, and a weeklong trip to the dental school in NY and a research presentation about the link between periodontal disease and diabetes.



Angelina (center) representing Bad River at the Discover Dental School Program at University at Buffalo, School of Dental Medicine along with the other Native Gateway Participants



Angelina and her daughter Rose

I am also enrolled in the Minnesota discover dental school which is a yearlong program. I will be spending a week at the dental school as a “dental student” next summer with zoom meetings about various aspects of dentistry.

Angelina is currently studying at Northland College and is in her third year. She will be applying and interviewing for dental schools next year. She is hoping to attend dental school from 2025 – 2029 and to return home to her community upon completion. The Bad River dental staff is excited to watch her grow in her chosen field of study and will be welcoming her home with open arms!

### Whitening Fads: Charcoal Toothpaste/Oil Pulling

Activated charcoal toothpaste has been advertised as a whitening option for teeth. When you place something dark on the teeth once it is removed the eyes sometimes view them as whiter, but the truth is charcoal toothpaste is abrasive and can damage your teeth. Over time with continued use activated charcoal toothpaste can make teeth appear more yellow by removing the outermost layer of the tooth called enamel and revealing the yellow tinted dentin underneath.



Oil pulling claims that swishing oil or “pulling it” between the teeth for ~20 minutes helps whiten teeth, reduce cavities and improve overall health. There have been limited studies in regard to oil pulling. One meta-analysis recognized that more rigorous studies are needed due to the inconsistency in many of the research studies. It was found that oil pulling may reduce the total amount of bacteria in saliva – likely due to the mechanical motion of swishing, however, no significant impact was found on plaque levels, cavities, gum health, or whitening. Side effects are mostly unknown at this time, with sore jaw/face muscles being a potential issue from the length of time needed to pull oil. Accidental swallowing may cause an upset stomach or diarrhea.

Whitening toothpaste can also be abrasive to the teeth, so caution needs to be utilized with them as well. The best option for having a healthy mouth is flossing and brushing 2X/day with a fluoride toothpaste! OTC white strips and products can help with whitening otherwise we can make trays that fit over the teeth to use an overnight whitening gel if gums and teeth are healthy. As a reminder, teeth naturally are not only white – they have hues of reds, browns, yellows, and grays. Consult with your dentist if you are interested in whitening your teeth to make sure it is done safely.

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

Upcoming closure dates:  
9/4/23, 9/29/23, 10/9/23

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
- Whitening trays: trays that fit over teeth to put whitening gel in
- 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
- Other miscellaneous surgeries

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



Removable partial denture



Complete dentures



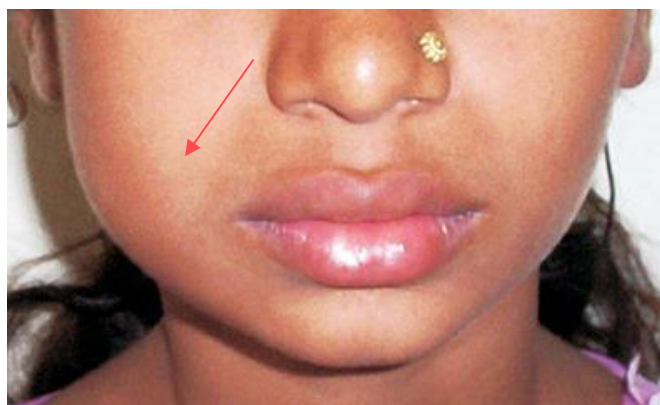
Invisalign trays



Crown



Bridge/fixed partial denture



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:

If someone is missing an adult tooth the baby tooth can be retained in adulthood!

Ojibwe dental word of the month:  
your tongue = gidenaniw

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!

## 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.



### Works Cited

- Tomás, Dolores Bibiana, et al. “Effectiveness and Abrasiveness of Activated Charcoal as a Whitening Agent: A Systematic Review of in Vitro Studies.” *Annals of Anatomy - Anatomischer Anzeiger*, vol. 245, 2023, p. 151998, <https://doi.org/10.1016/j.aanat.2022.151998>.
- Peng, Tzu-Rong, et al. “Effectiveness of Oil Pulling for Improving Oral Health: A Meta-Analysis.” *Healthcare*, vol. 10, no. 10, 2022, p. 1991, <https://doi.org/10.3390/healthcare10101991>.
- Jamwal, Navodita, et al. “Effect of Whitening Toothpaste on Surface Roughness and Microhardness of Human Teeth: A Systematic Review and Meta-Analysis.” *F1000Research*, vol. 11, 2022, p. 22, <https://doi.org/10.12688/f1000research.76180.3>.