

Halloween & Candy

Eating sweet treats is more common the closer we get to Halloween. Having a sweet treat every once and a while is okay, but it is better to have it with your normal snack or right after lunch or dinner. Having a piece of candy or two with your normal snack/meal won't negatively impact your teeth. Eating one piece of candy every hour or two will create a mouth full of cavities!



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!

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. As always, daily flossing and brushing with a fluoride toothpaste can help prevent cavities and help you maintain a healthy mouth.

Frequency and quality (sticky/chewy) impact teeth more than just quantity!

Medical Emergencies in the Dental Office

For any dental appointment it is extremely important to provide an accurate and honest medical history. This includes a complete current medication list. The mouth is intricately related to overall health and vice versa. Medical emergencies can happen in the dental office and include but are not limited to: low blood sugar, fainting and heart attack. Although these events are scary and can be potentially life threatening, our team is prepared to handle emergencies and recognize when we need to call for additional help. All Bad River Health and Wellness Center staff are BLS/CPR (basic life services/cardiopulmonary resuscitation) certified, including support staff. We have emergency kits that are stocked with medications and tools to help in these types of events.



October is National Dental Hygiene Month



We have two hygienists DeAnn and Jerelyn who have dedicated a combined almost 20 years of service cleaning teeth in our community. Remember to floss and brush two times per day for two minutes! Other adjuncts can be utilized to help clean teeth such as interproximal brushes, waterpiks, floss picks, etc. Adult power toothbrushes (\$25), children's power toothbrushes (\$28), and waterpiks (\$55) can be purchased by current patients at the front desk. Stop by dental and ask at the front desk if you are interested!



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

Upcoming closure dates:
11/10/23, 11/23/23, 11/24/23

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



Crown



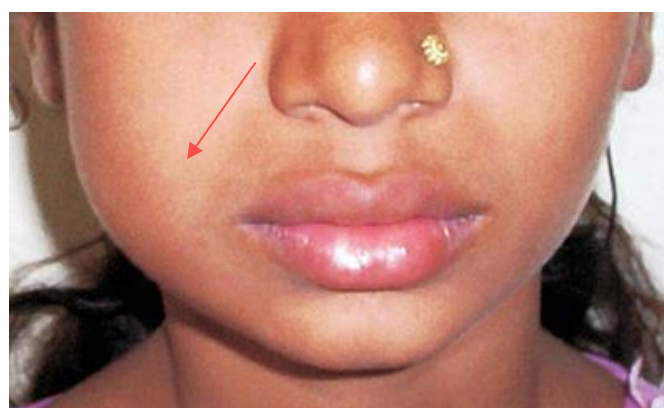
Bridge/fixed partial denture



Removable partial denture



Complete dentures



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

Please bring a current medication list!

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:

Having a dry mouth can increase risk of cavities.

Ojibwe dental word of the month:

Your front tooth = giniigaanaabidaan

Please email v.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. Feel free to walk in, but emergent needs will be seen first.

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

