



DHSS OFFICE OF DENTAL HEALTH
NEWSLETTER
 MONTHLY MISSOURI ORAL HEALTH UPDATE

NOVEMBER 2023 | Issue No. 1



We would like to welcome you to the first Monthly Missouri Oral Health Update brought to you by the Missouri Department of Health and Senior Services Office of Dental Health. This newsletter will serve as a tool to advocate and spread awareness for upcoming oral health events, current news and projects and dental health care programs available across Missouri.



Oral Hygiene Education in the Classroom



As children settle back into the school year routine, they are sure to see the friendly faces and smiles of their peers and teachers every day. It is important that those smiles stay happy and healthy to ensure the best focus on their studies and away from nasty cavities or foul breath. Oral hygiene education doesn't have to stop at the dentist office. Incorporate oral health practice into the classroom! The Office of Oral Health has created a series of *Oral Health Training* video presentations customized for the level of understanding of every grade. Click the link below to choose the video best suited for your student's needs. Support their studies and their smiles. [Oral Health Training Videos - YouTube](#)

Is Vaping Bad For Your Teeth?

Yes, vaping and smoking is bad for your oral health. While vaping has been presented to be safer than cigarettes, the bad habit has been proven to lead to oral health conditions and threaten your overall health. Common signs of e-cigarette users include oral lesions, hairy tongue, and mouth sores. Growing evidence suggests individuals that use e-cigarettes are at higher risk for dental decay and oral cancer.

Oral health professionals must encourage patient tobacco cessation through discussion and education of the health risks associated with e-cigarette use. For more information regarding the dangers of vaping, please visit 1800-QUIT-NOW and <https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/tobaccocontrol.php>



Dental Emergency Preparation



Dental emergencies take place every day. Do you know what to do if a tooth is broken? Tooth knocked out? What about a toothache in the middle of the night and can't get to the dentist until the next day? Knowing what to do can help the pain and possibly save a tooth.

Keep your dental office phone number and emergency number with other emergency numbers. Call the dentist as soon as possible for instructions on how to handle a dental emergency. The emergency room or urgent care center aren't the best place to go for dental problems. Follow the link to learn more about treatment for dental emergencies.

[are-you-prepared-for-dental-emergency.pdf \(mo.gov\)](#)

Dental Sealants— A Cavity Fighting Tool!

Dental sealants are used to prevent tooth decay by painting a thin coating of sealant on chewing surfaces of the back molars. The sealant protective coating can reduce decay by 80% for two years and up to 50% for up to four years. Dental sealants save money and time by helping patients to avoid fillings or crowns used to fix tooth decay. Anyone can receive dental sealants which are commonly covered by most dental insurance programs and [Missouri Medicaid](#). For more information about dental sealants in Missouri, visit the following link: [Dental Sealants | Oral Health | Health & Senior Services \(mo.gov\)](#)

Each tooth sealed can save \$110 to \$250 in costs to fill one tooth without insurance.

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In fact, children with sealants on their teeth have half the cavities of children without sealants.



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PO Box 570
 Jefferson City, MO 65102-0570
 Phone: 573-751-5874
 Email: oralhealth@health.mo.gov

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