



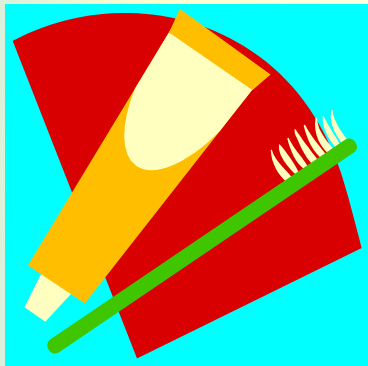
Risk-Based Disease Prevention and Management of Early Childhood Caries (ECC)

A partnership between families and care providers

FLIPCHART



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How does a CAVITY form?



CARBOHYDRATES
(starches and sugars)



Bacteria
(from plaque)



HEALTHY TOOTH

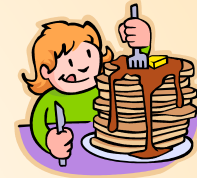


CAVITY!!!

Cavities: Multiple Factors are Important



Bacteria



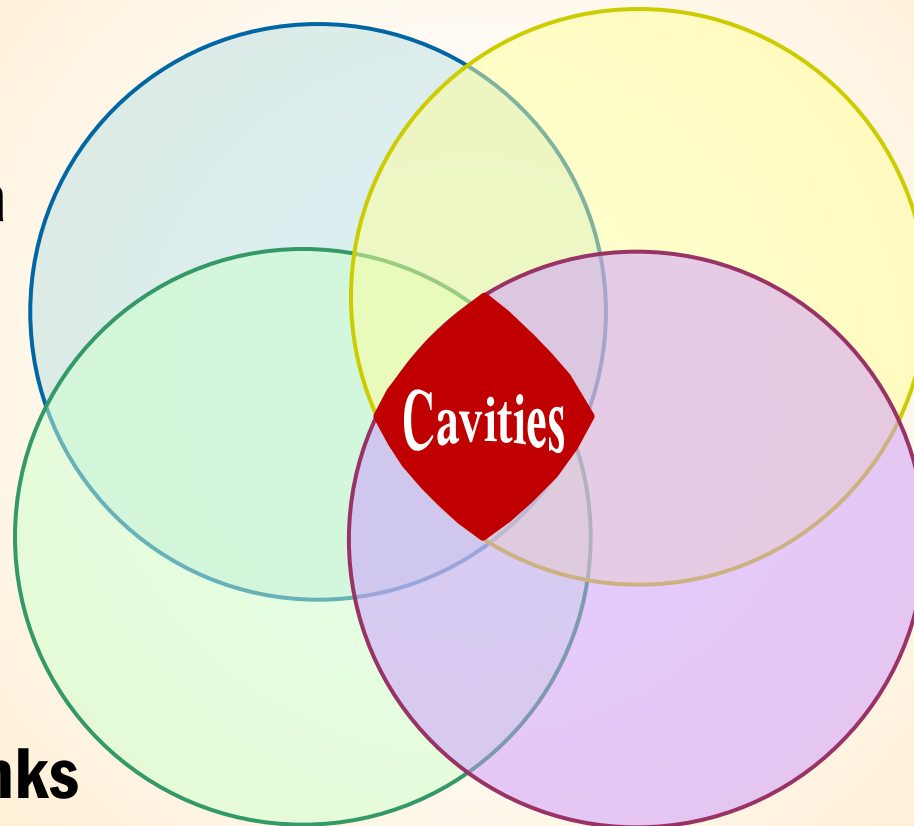
**Frequency
of eating**

**Sugars/
Starches**

in foods and drinks



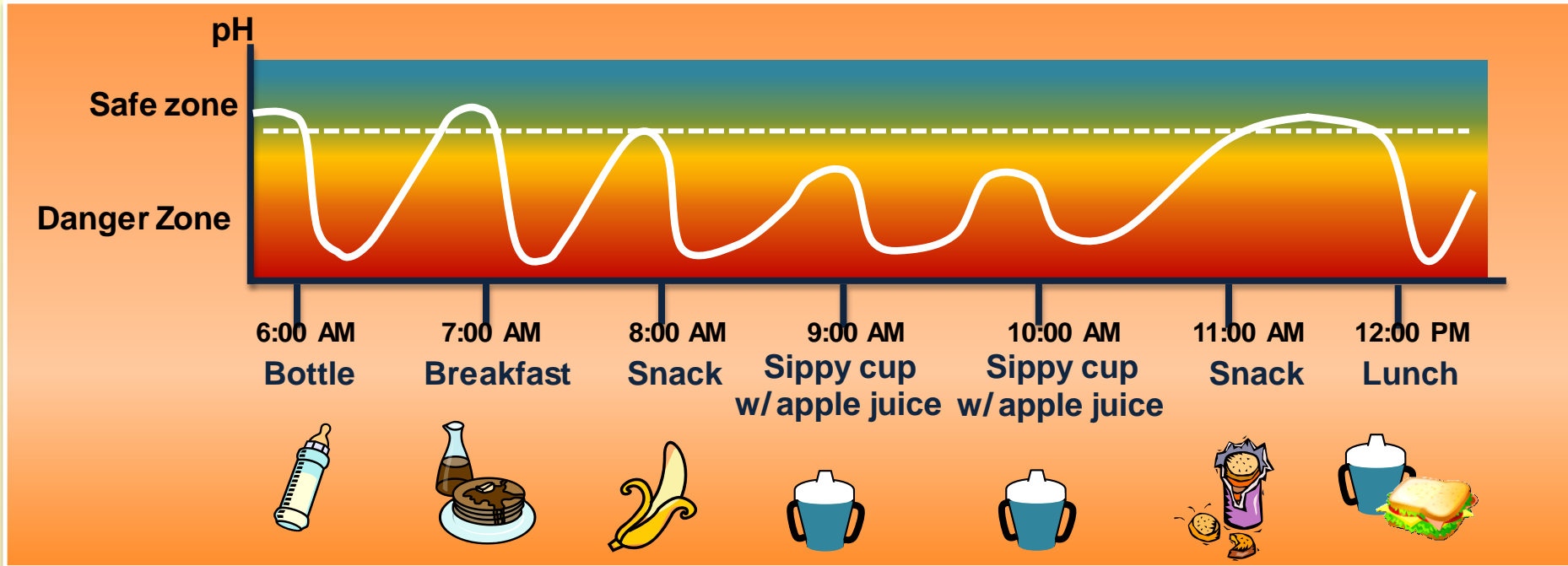
**Amount of
Saliva**



TIME

Why Do Cavities Form?

It's not just **WHAT**, but **HOW**, and **HOW OFTEN** !



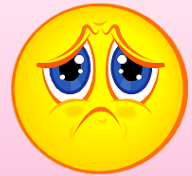
After a starchy or sugary snack, **bacteria** in our mouth make **acids** that last for **20-40 minutes** after.

The more often we eat or drink sugars or starches, the **greater the risk** for **cavities** to form (danger zone).

Early Childhood Cavities



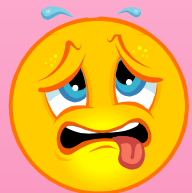
**Normal Healthy
Primary Teeth**



**Chalky
White Spots**

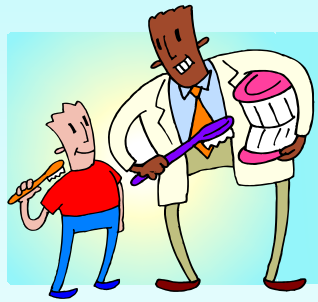


Brown Spots



**Severe cavities
(Decay)**





Preventing Cavities is a Partnership between *YOU* and *US*



Age 2



*With good
control of the
cavity process
at home*



*With no
change*



Age 3



Age 14

**Cavities can be repaired but fixing them
ALONE does not prevent new ones!**

SODA and JUICE = ACID

pH Scale – Measures the Amount of Acid



Low number = Bad!!



ACIDIC

Neutral

1 2 3 3.5 4 5 6 7



Battery Acid
(Ouch!)



5.5
Critical pH



Pure
Water



If the pH on the surface of teeth drops **below 5.5**, teeth are at risk for **decay** and **cavities**!

100% Natural Juice = 100% Sugar



Even in 100% natural juice with no added sugar, there is still sugar because fruit naturally contains sugar. It is better to eat fresh fruit or drink water.



How much sugar is in your child's favorite drink?



20 ounces



15.2 ounces



12 ounces

32 ounces



14 ounces



14 ounces



8 ounces

How much sugar is your child drinking?



=



One 12 oz can

Around 25 grams or 5 tsp of sugar in one 12 oz serving (180 calories)



=



One 8oz Juice box

Around 25 grams or 5 tsp of sugar in one 8 oz serving (140 calories)



=



One 12 oz serving

Around 25 grams or 5 tsp of sugar in one 12 oz serving (75 calories)



=

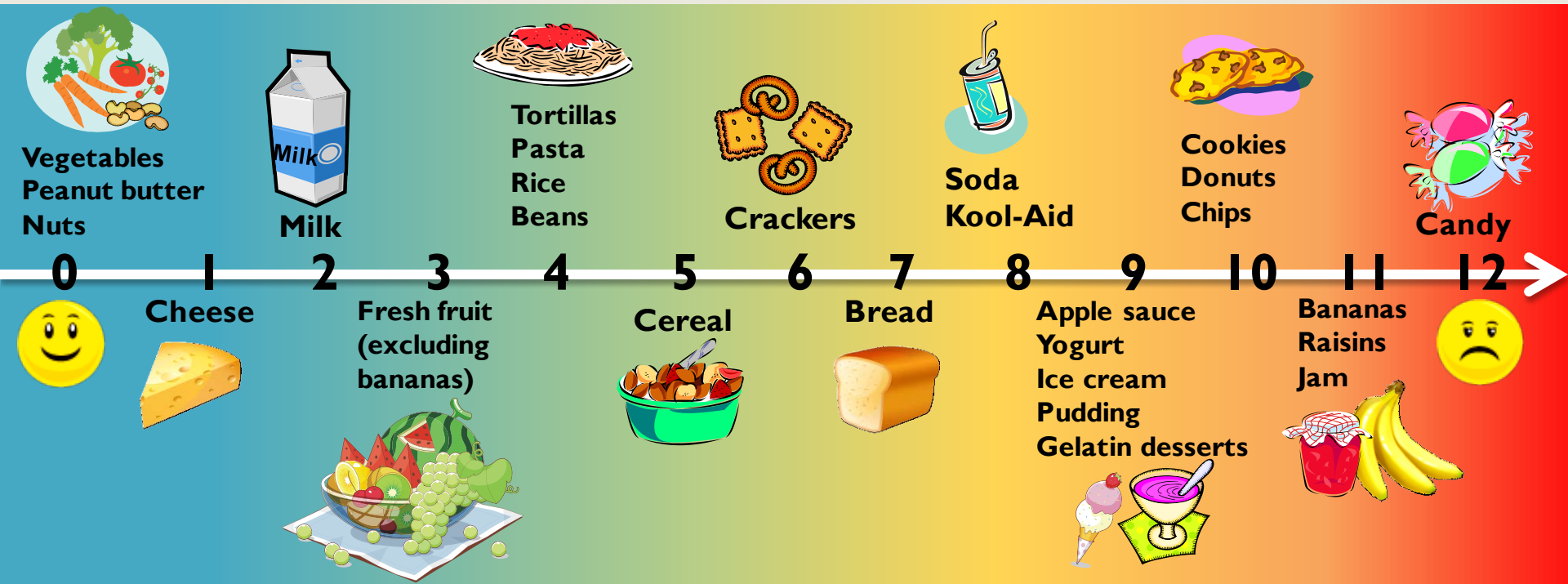


One 12 oz can

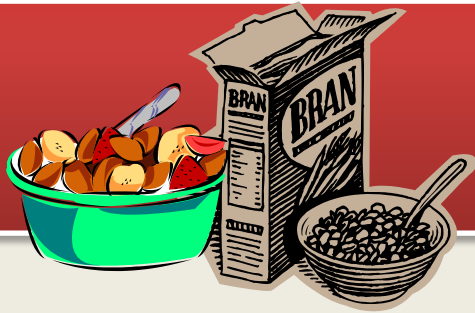
Around 39 grams or 8tsp of sugar in one 12 oz can (140 calories – all from sugar)

Some High Risk Foods and Drinks

Cavity Producing Score



“All things in moderation”



Sugar in Cereals

Cereals high in sugar



Cereal	Sugar per serving* (g)	Sugar amount (by weight)
Raisin Bran Crunch	20	38%
Cocoa Puffs	12	44%
Froot Loops	12	41%

*1 serving = 3/4 - 1 cup



Cereals low in sugar



Cereal	Sugar per serving* (g)	Sugar amount (by weight)
Cheerios	1	4%
Corn Flakes	2	7%
Shredded Wheat Original	0	0%

Better for the teeth!!



Chewing Gum



Gum with sugar



Sugar-free gum



Sugar-free gum and sugar-free gum sweetened with xylitol has been shown to reduce plaque acid and tooth decay

Only gum with the **ADA seal** are sugarless



Gummy/Sticky Snacks in Grooves of Teeth



Chewy candy



Dried fruit



Serving: 2 Gummy Bears
Sugar Per Serving: 3g



Gummy snacks and vitamins

Sugar-sweetened Medicines

taken often or regularly



Liquid or chewable medications with sugars

Frequent doses



High risk for cavities



After each dose,



drink water and/or brush teeth to get a



Healthy, clean, cavity-free smile

Medicines that Cause Dry Mouth

- Some common medications can increase the risk of cavities by drying your child's mouth (decreases saliva flow).
- Examples include **oral inhalers** (asthma meds, ex. albuterol) and **anti-histamines** (allergy meds)



Oral inhalers



Anti-histamines

Solution:

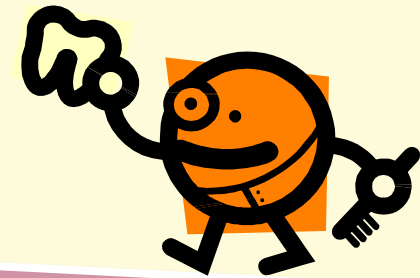
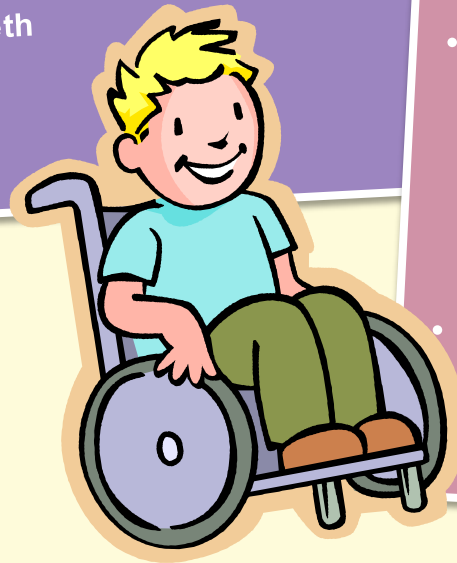
- **Keep taking the medications** as advised **BUT** also **brush your child's teeth** with **fluoride toothpaste** and ensure your child **drinks water** often.
- If you have any questions, ask your doctor if the medications your child is taking puts him or her at risk for dry mouth.



Oral Health for Children with Special Needs

- Medicines, special diets, and oral motor habits can increase the risk of oral health problems for many children with special needs, such as:

- Cavities
- Gum disease
- Crooked teeth
- Trauma to teeth
- Tooth pain



- Talk with your child's dentist and pediatrician about any questions or issues including how medicine, treatment, or diet may affect your child's oral health.
- Keep a water bottle at the bedside

Knee to Knee Position



- Allows infants, toddlers and children with special health care needs to be safely examined.
- Helps to see the teeth better
- Makes it easier for child to hold still and keep mouth open

Bottles and Sippy Cups: It's what's inside that counts



Only water to bed

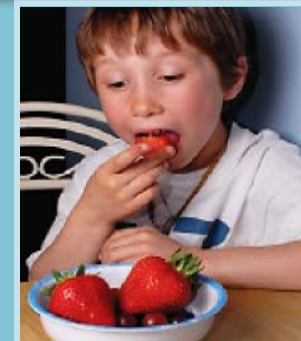


No more than 4 oz
juice once each day



Breastfeeding

Healthy Balanced Diet → Healthy Bodies





Tooth brushing



Lift the Lips



Tips for Brushing Teeth

- Approach child from behind
- Use a small, soft-bristled toothbrush
- Brush teeth for 2 minutes
- Lift the lip to brush along the gum lines
- Concentrate on the back molars which are prone to cavities
- Brushing doesn't have to take place in the bathroom
- Help with brushing until age 7



Show that tooth brushing can be fun!





Flossing



Waxed or unwaxed



Tips for Flossing Teeth

- Start flossing your child's teeth once a day as **soon as the teeth touch**
- Floss from behind your child
- Floss sticks or picks may be easier to use instead of regular string floss



Flosser



Fluoride Cavity Protection

Available from many sources

Fluoridated Water



Fluoride Toothpaste and Rinses



Fluoride Varnish

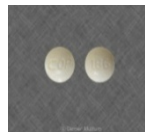


Fluoride Supplements

0.25mg &
0.5mg F
chewable tabs



NaF 5000
ppm F >6
years of age



NaF 1000 ppm F
toothpaste with
xylitol



Stannous fluoride
1000 ppm F



Calcium and
phosphate
+/- F-

Choices of Toothpaste

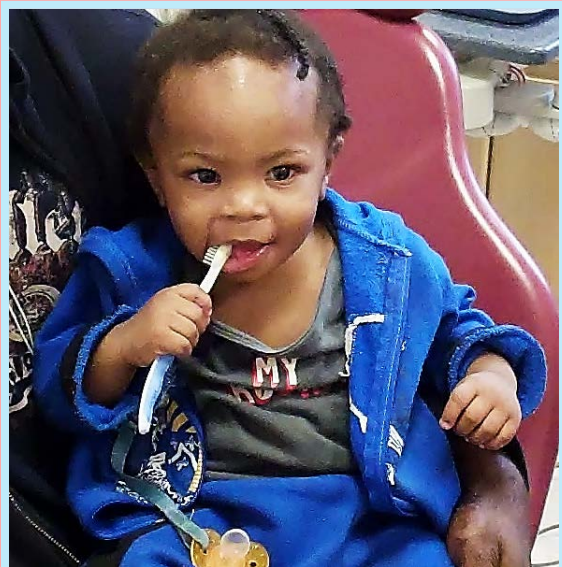


NO Fluoride Protection

Cavity Protection



How much **FLUORIDE** toothpaste?



<2 years old

SMEAR

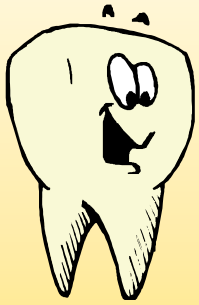


2 - 5 year olds

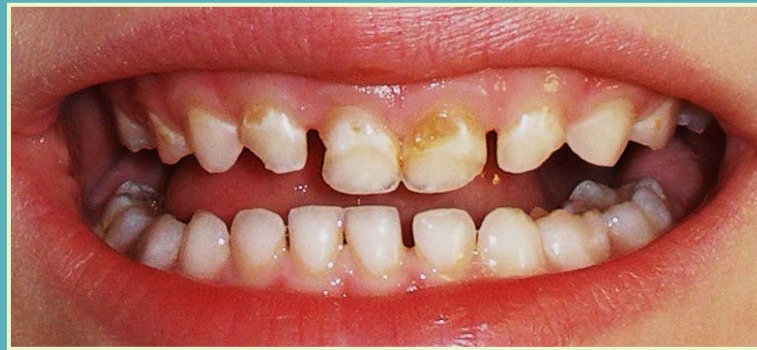
PEA-SIZE



WAIT 30 minutes before eating or drinking and no rinsing!



Using Fluoride toothpaste or stannous fluoride can stop cavities!



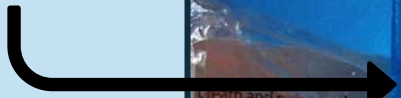
*Cavities that
have stopped
growing!*



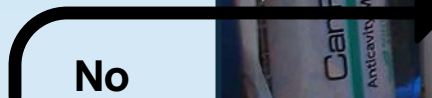
Important: Wait 30 minutes before eating, drinking or rinsing after brushing with fluoride toothpaste or stannous fluoride (Gel-kam).

Stannous fluoride and Xylitol Products with and without fluoride

With fluoride



No fluoride



Stannous fluoride (ex. Gel-kam) can kill the bacteria that cause cavities



Applying Fluoride Varnish

Fluoride Varnish Application

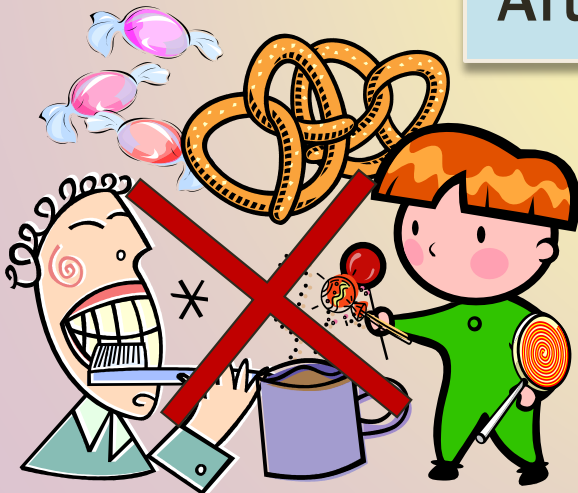


Dry the Teeth



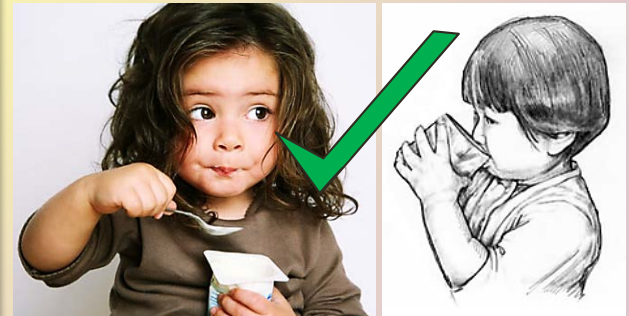
Brush Varnish on ALL surfaces

After a Varnish Application:



Wait until the next day to:

- Brush or floss teeth
- Eat hard, crunchy, sticky, foods (fruit snacks, Doritos, pretzels)
- Drink hot liquids





Acknowledgements

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This flip chart was developed with the intent to help Care Providers communicate more effectively with children and families about preventing and managing early childhood caries. Dental caries is almost entirely preventable if families know how to control risk factors and enhance protective factors. Working in partnership, care providers and families can optimize the oral health of children.

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