

# Oral Health Month Newsletter

Volume 2 Edition 2

## Oral Health Complications – A consequence of Sugar Sweetened Beverages consumption

### Professor Emeritus Sir George Alleyne – Call to Action

Professor George Alleyne was very forthright in his presentation in the nightly news – when he spoke about the negative impact of sugar sweetened beverage (SSB) consumption on the health of children and adolescents. Professor Alleyne's message has ricocheted throughout the Caribbean as this giant in health calls for an immediate plan of action, inclusive of taxation on Sugar Sweetened Beverages. This position is strongly supported by Professor Fitzroy Henry, Professor of Public Health Nutrition at UTECH, Jamaica

**Researchers Sarah N. Bleich and Kelsey Vercammen et al**, in their publication on the impact of sugar sweetened beverages (SSBs) on children's health, demonstrated that the consumption of SSBs is still high among children and adolescents, where as there is a general decline in consumption among adults. Their research also examined a significant body of evidence regarding the various health impacts of SSBs on children's health issues such as overweight/obesity, insulin resistance, **dental caries**, and caffeine-related effects. The study concluded that majority of the evidences examined were cross-sectional highlighting the need for more longitudinal and intervention studies to address the research question. Nevertheless, it could be determined that there is substantial evidence that SSBs increase a child's risk of overweight/obesity and **dental caries** and also for developing evidence for the negative impact of SSBs on insulin resistance and caffeine-related effects. However, the vast majority of literature supports the idea that a reduction in SSB consumption would improve children's health.

Dental caries and tooth erosion are among the most common health problems associated with the consumption of sugar sweetened beverages. These oral health conditions are largely preventable but they can negatively impact an individual throughout the lifetime. Dental Caries and tooth erosion are also very expensive to treat. They also affect a child ability to learn as well as it causes further health problems down the road.



### Oral Health Month Activities -Week # 2

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## 2 Early Childhood Caries



There has been a resurgence of Early childhood Caries (ECC) in many countries around the world and anecdotally also in Jamaica. Early Childhood Caries has become a significant health problem in most vulnerable and at-risk population, and especially so among the socially disadvantaged

ECC is defined as the presence of one or more decayed, missing, or filled tooth surfaces in any primary tooth in a child at 71 months of age or younger. It has several unique characteristics in clinical appearance such as rapid development of caries, which affects a number of teeth soon after they emerge in oral cavity. These lesions involve tooth surfaces that are less prone to caries development. It also occurs when young children are allowed to fall asleep with the breast and/or bottle in their mouths.

Several terminologies were used to describe the condition such as, nursing bottle caries, nursing caries, rampant caries, baby bottle caries, baby bottle tooth decay, milk bottle syndrome, and prolonged nursing habit caries.

Prepared by Dental Nurse Andrea Hunter

## Oral Health Month Activities

Take center stage in the professional lives of Dental Professionals

*"Good Oral Health is essential from the womb to the tomb. It is important for every stage of our life cycle. It is like the air we breathe; we just can't live without it".*

### Worthley Park Girls Home

The Amazingly Smile team, consisting of Dental Surgeons, 1 Dental Nurses and 1 Assistant with the Mission team from the Eastwood Park New Testament Church of God visited the Girls Home giving the residents a chance to smile again.

The Services provided ranged from Prayers and devotion with the residents, as well as the provision of Essential supplies and toiletries. Dental Prophylaxis, Extractions and Oral Health Education were also done.

This year represents the second year of missions to this facility.

Report by Dr. Rena Francis

## Brushing for Two: Poor Oral Health Can Affects Your Baby



The Golden Spring Community in St. Andrew was pleasantly surprised by the intervention of the Oral Health Team from Stony Hill Health Center. The Amazing Smiles team armed with beautifully designed posters, banners and toothbrushes and toothpastes grabbed the attention of the patients attending clinic, especially the antenatal clients.

They were taught that during pregnancy, the care of their oral cavity is also important to their health. Not to mention the effect of that hormonal changes can have during pregnancy. Hormonal changes can endanger the health of their gums and can cause pregnancy gingivitis, the main cause of bleeding gums during pregnancy.

The literature reveals that untreated gingivitis can lead to periodontitis, a more serious oral disease that includes bone loss, bad breath and tooth loss. Recent research has established certain links between preterm delivery, low birthweight babies, and gingivitis (S. Offenbacher et al)

All the Antenatal clients were provided with significant product sampling and messages of encouragement that can transform their lives and lives of their babies.

## Northern Lights shine brightly for Oral Health Month



Dental care is **safe and important** during pregnancy



**Seek routine and emergency dental care at any stage of pregnancy**

[www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)

Oral Health Care is often mentioned as the least accessed health services by those most in need of oral health care. Oral health is an important aspect of general health and well-being should be sustained during pregnancy and through any woman's life time. It is imperative to note that by maintaining one's oral health in good condition that it can yield several positive effects. These include positive impact on cardiovascular disease, diabetes, some gastrointestinal conditions and other disorders. Good Oral health is also essential for children and adolescent with special needs condition.

Nevertheless, Access to dental care is important during pregnancy. However, access can be impacted by several socioeconomic factors such as family income levels and here in Jamaica it may relate directly to whatever financial resources 'a would be mother' may have. Women with low Socioeconomic status are least likely to have received any oral care. Optimal maternal oral hygiene during the perinatal period may decrease the amount of caries-producing oral bacteria transmitted to the infant during common parenting behavior, such as sharing spoons or the mother put the bottle in her mouth first to taste the formula prior to feed her child. It is important fact that all pregnant women should routinely be counseled about the maintenance of good oral health habits throughout their lives as well as the safety and importance of oral health care during pregnancy.

## Oral Health Month

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*"Be PROUD of Your Mouth"*



On October 3, 2021, Members of the Amazing Smiles Team worshipped at the Eastwood Park Road New Testament Church of God. It was Missions Sunday and the theme of the Missions' Sunday worship was "Lock Down and Lock In". Our team was given a royal welcome and the ability to share in the worship. It was a tremendous experience being able to fellowship in person. We were truly blessed and the Church Family prayed for us to have a very successful Oral Health Month.

## Oral Health Month Collaborative and Coalition Partners



National Oral Health Month:											
Oral Health Month Theme: "BE PROUD OF YOUR MOUTH - in other words value and take care of it"											
Kingston & St. Andrew											
Zones 1 & 6	October 3: Oral Health Month -Church Service East Wood Park Road New Testament Church of God	Church Service	Major Event ***	Week 1 & 2			Continuing Education	Week 3 & 4			Continuing Education
Zones 2 & 5		Outreach for the Golden Age Home during the Month ***	Outreach for the Golden Age Home during the Month ***	Product sampling and Health Education in Harbour view & windward Rd. community (WK 1 & 2)				Product sampling and Health Education sessions in Rollington and Franklyn Town community (WK 3-4)		Outreach for Sir John Golding Rehabilitation Center (WK 4)	
Zones 3 & 4		Virtual Zoom session at New Day Primary***	Virtual Zoom session at New Day Primary	Product sampling, Health Education and Treatment for all Priority Group in the zones (week 1-4)				Special Needs Programme on the 22nd and 29th of October &		Product sampling & Treatment for Priority Groups WK 3 & 4	
St. Catherine HD		October 4: Boy's town Outreach***	October 4: Boy's town Outreach***	October 15: Wortley Park Outreach ***	October 15: Wortley Park Outreach ***	October 12: Mustard Seed Outreach		October 24: Police Lock-up (DP)	Zone 3 Special Outreach Activity-TBD	Zone 4 Special Outreach Activity-TBD	
Bustamante Hospital for Children		October 15: Wortley Park Outreach ***	October 5: Oaklades Anantnatal Outreach					Mustard Seed Outreach	22/10/21 Maxfield Park Outreach - Sponsored by FFP & Colgate		
Trelawny		October 13 & 27: Sunbeam Boys Home***	October 6, 8 & 15: Crystal House and on There will an outreach on October 13 at the Sunbeam Boys' Home					Other Special Needs Outreaches in the Parish TBD			
St. Ann		Massive Antenatal Outreach for St. Ann - Dr Williams and her team	Beecher Town & Bamboo ANC 4/10/21 and 18/10/21	Watt Town ANC on the 5/10/21 & 19/10/21	Mongeague ANC on the 11 and 18 /10/21			McNie Outreach and Ocho Rios ANC 19/10/21	Jefferson ANC- 20/10/21 & Blackstoneheadge ANC on the 27	31/10/21 -Radio/ Media/ SABH maternity Outreach (TBD)	
St. Mary		Outreach in Oracabessa for the Men's Health Awareness - Oral Screen and Oral Education (26th of October)***	Oral Health Education Video to be play via digital mediums ( Screens in the public sector, social media and zoom sessions)					Community Outreach in the Gayle District at Schools and Community Center Antenatal Clinic Oral Education Session at the Port Maria Dental Clinic			
St. James		Self-standing exhibitions with OHE sessions ***	Display Booths within 4 health facilities, Interactive session with clients in waiting area; targeting the AN clients					Display Booths within 4 health facilities, Interactive session with clients in waiting area	Outreach Activities: October 20, 2021 - Mustard Seed Children Home; October 27, 2021 - SOS Children Home		
Hanover		Children's Home Outreach***		Educational video to displayed on the TVs at the clinics				Educational video to displayed on the TVs at the clinics			
Westmoreland		Schools' outreach and OHE***		Outreach at Children Home				Outreach at Children Home			
Manchester		Clifton Boys Home Outreach***	1) Antenatal Oral Health Outreach Programme ,2) School-based oral health education programme and 3) Provision of Care Packages and of Oral Health Care packages to the isolated COVID-19 patients					Media Briefing with Mello FM	West Haven Children Home - Outreach		
Portland		Manchester Antenatal clients and lactating women outreach***	Power Point presentation in all health centers waiting area, as well as in the vaccination areas					October 18: Clifton Boys Homes Outreach	Oct 27 Llandilo Rehab Center		
NERHA - Dental Auxiliary's Programme			Oral Health Care for ANC Client (RDAC & RDAC) 13/10/21					20/10/21 - Oral Health Care for Stroke Survivor (RDAC - PDAC)	27/10/21 -Oral Hygiene a family affair (RDAC & PDAC)		
St. Elizabeth		Antenatal Outreaches for the Month***		October 11 OHE at Junction H/C	October 12 OHE at Malvern H/C		Free Standing Exhibition and the development of social media content	19/10/2021 OHE at Portsea	Balalaqua TBD		
Clarendon		The Windsor School of Special Education on October 25, 2021 ***	The Clarendon Oral Health Team has been focusing on the Oral Health of the Antenatal clients in the Parish. The team has been doing several Oral health Education Sessions along with the provision of essential Oral Health Care								

OCT 29: MENTAL MATTERS FOR ORAL HEALTH PROFESSIONAL

OCTOBER 19-21 INFECTION CONTROL WORKSHOP;  
COURTESY OF OPTIMUM TRADING LIMITED