# NewsBites

## Dental Newsletter for High Schools & Colleges

Issue 4. February 2009

All eligible children are entitled to free dental care up to their 18th birthday. Not all dentists in Auckland provide the free service so it is important that adolescents attend the clinic of a contracting dentist or a mobile dental provider. To locate a contracting dentist please call us on 0800 ITS FREE

ARDS
Auckland Regional Dental Service

*Useful Information*

For general enquiries call:

*Adolescent Dental*

0800 ITS FREE

0800 487 3733

Fax: 09 839 0566

Private Bag 93-115
Henderson

*School Dental Service*

09 839 0565

0800 4 DENTAL

*District Health Board Web Sites :*

Counties Manukau DHB
www.cmdhb.org.nz

Waitemata DHB
www.waitematadhb.govt.nz

Auckland DHB
www.adhb.govt.nz

Waitemata District Health Board Te Wai Awhina

AUCKLAND

COUNTIES MANUKAU DISTRICT HEALTH BOARD
A Community Partnership

## Word of Mouth

Welcome to our 4th annual adolescent dental newsletter. As many of you will know adolescent dental is now one of the top ten health targets set by the Ministry of Health. The aim is to have 85% of adolescents attending a dental clinic annually. In the Auckland region 54% of the eligible population attended a dentist in 2007. Although we have a long way to go to reach our targets we have seen some improvements over the past few years. 2007's 54% is an increase of 2% from the previous year. This means that over 2000 more children attended a dentist in 2007 than in 2006 and we are expecting an increase for 2008.

We are continually trying to improve our service, we now have more contracting dentists, another new mobile dental unit provided by Mighty Mouth Dental and an anticipated much improved Year 8 transfer process for 2009. This combination of improvements should hopefully set us in the right direction towards our target.

If your school would like some more information about the adolescent dental service please contact us on 0800 ITS FREE.

***Corinna Wylie***
***Regional Adolescent Oral Health Co-ordinator***

## Year 8 Dental Transfer Process

Over the past few years the adolescent coordination service has been trying to improve the transfer process from children in Year 8 who attend the school dental service over to the adolescent dental service which is provided by private contractors through mobile dental services and static dentists in the community from when they start in Year 9. Huge improvements have been made recently and we have successfully transferred 90% of children who are currently enrolled with the school dental service over to the adolescent service.

This year we are hoping to undertake this process electronically through the School Dental Services improved database. This system should eliminate most of the paper trail and it will allow us to ensure that parents are properly informed about the nominated dentist. Our new system will allow us to send a letter home directly informing the parents of who the nominated dentist is and our contact details should they need to contact us to change the nominated dentist. This new process will be far more efficient and will ensure a successful transfer to the adolescent dental service.

A special acknowledgement has to be made to all school dental staff and schools for their efforts in helping to achieve a 90% transfer rate.

## Dental Disease Comparisons

| Country/Region/Areas | Year | Age | Percentage caries free | Average DMFT (Decayed missing filled teeth) |
|---|---|---|---|---|
| **Australia** | 2002 | 12 | 57.80% | 1.02 |
| Queensland | 2002 | 12 | 52.30% | 1.26 |
| South Australia | 2002 | 12 | 62.20% | 0.84 |
| Tasmania | 2002 | 12 | 52.80% | 1.21 |
| Victoria | 2002 | 12 | 59.10% | 0.98 |
| Western Australia | 2002 | 12 | 59.20% | 0.92 |
| **Britain** | 2004/2005 | 11 | 67.30% | 0.72 |
| England | 2004/2005 | 11 | 69.60% | 0.64 |
| Scotland | 2004/2005 | 11 | 52.90% | 1.29 |
| Wales | 2004/2005 | 11 | 54.90% | 1.09 |
| **New Zealand** | 2006 | 12-13 | 45.70% | 1.57 |
| Auckland | 2006 | 12-13 | 53.70% | 1.23 |
| ADHB | 2006 | 12-13 | 59.10% | 1.01 |
| CMDHB | 2006 | 12-13 | 50.10% | 1.38 |
| WDHB | 2006 | 12-13 | 53.50% | 1.24 |

The table above compares New Zealand data and the data of individual DHBs in Auckland region with Australian and British figures. It should be remembered that caries is age-related so direct comparison is difficult as the New Zealand data comprises a band of ages that are found among Year 8 children. The more recent UK figures are perhaps less directly comparable as they target 11 year olds. Compared to the New Zealand data on oral health Australian data is a few years old from 2002. Oral health in New Zealand is poor compared with Australia and Britain.

Oral health in the Auckland region and individual DHBs betters that of the average New Zealand. Oral health in Waitemata DHB and Counties Manukau DHB is poorer than that of Australia and Britain but in Auckland DHB oral health approximates that of Australia but is poorer than that of Britain.

***Source: Kanatgaratnam,S. and Dalton,J. Oral Health Report 2006 Auckland Regional Dental Service, Waitemata DHB***

## Fluoride and oral health

Fluoride works in three ways to help protect our teeth from decay:

* Fluoride makes teeth more resistant to decay by strengthening the tooth surface.
* Fluoride interferes with the growth of the bacteria which causes cavities.
* Fluoride helps to repair the early stages of tooth decay.

Fluoride can help strengthen baby teeth before they come through the gums by building fluoride into their structure. The main effect is when teeth erupt through the gums. If fluoride is present in saliva, teeth will continually be exposed to small levels of fluoride, which helps strengthen the tooth surface. Fluoridated water is the best way to achieve this.

Internationally, decay rates have been decreasing over the last 20 years. However, tooth decay is still a significant health problem, particularly in communities with insufficient fluoride in their water.

Although tooth decay remains a common disease , it is largely preventable. Dental decay does not have to be a fact of life– prevention is possible and fluoridation, along with a healthy diet, is the most cost-effective way to achieve this.

*Source: Ministry of Health*

## Trivia Corner

Every year in China people celebrate a special holiday called “Love Your Teeth Day”.

The ancient Chinese wrapped tiny pieces of parchment around painful teeth, all of which contained written prayers and incantations.

Lucy Hobbs was the first woman to earn a degree in dentistry. The year was 1866 and the school was the Ohio College of Dental Surgery in Cincinnati

Dentists in the old days would transplant live teeth, often stolen from the deceased, into their patients jaw. Wouldn’t it just be easier to keep your own?

## Dental Word Search

See how many dental related words you can find in the grid below

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| T | M | T | K | R | E | P | H | C | P |
| I | O | O | H | S | E | E | E | A | U |
| S | S | O | L | F | R | L | A | N | K |
| O | T | T | T | A | O | I | L | I | C |
| M | E | H | S | H | R | M | T | N | E |
| O | C | P | I | O | B | S | H | E | H |
| M | B | A | T | S | F | R | Y | T | C |
| M | S | S | N | R | M | O | U | T | H |
| H | I | T | E | E | T | H | I | S | T |
| O | S | E | D | G | U | M | S | H | H |

CANINE
CHECKUP
DENTIST
FLOSS
GUMS
HEALTHY
ITSFREE
MOLAR
MOUTH
SMILE
TEETH
TOOTHBRUSH
TOOTHPASTE

## Word Scramble - *Can you unscramble these dental related words?*

1. CIINORSS
2. FGILNOSS
3. AELPQU
4. ALMORS
5. DSETTNI
6. BTOROTHUHS
7. UMGS
8. LEAMNE
9. LODIFERU
10. MSELI

*ANSWERS*

1. INCISORS
2. FLOSSING
3. PLAQUE
4. MOLARS
5. DENTIST
6. TOOTHBRUSH
7. GUMS
8. ENAMEL
9. FLUORIDE
10. SMILE

# Mobile Dental Services

## A warm welcome given to Moby 3 at Southern Cross Campus

Celebrating the opening of Moby 3 at Southern Cross Campus

Student Tilden Sanday receiving his prize from Mighty Mouth Team Leader Rachel Bridgeman

Southern Cross Campus hosted and gave a very warm welcome to Mighty Mouth Dental for the opening celebration of their new mobile (Moby 3) on the 20th October 2008.

The Counties Manukau Steelers kindly attended the ceremony to open the new unit and participated in the drawing of the student draw which was won by lucky winner Year 9 student Tilden Sanday.

During the visit Moby 3 managed to successfully treat 349 children. The school is now in the yearly schedule of Mighty Mouth and the return visit will be made later this year to continue with the annual checkups and hopefully enrol more children as they become eligible.

The majority of dental procedures are provided on board including scaling, fillings, crowns, extractions and root canal treatments.

The mobile units are just private practices as you would find in the community but have the ability to bring the service to your school.

Mighty Mouth dental successfully treated over 13,000 children in 2008 in the Auckland Region a positive step towards reaching the Ministry of Health target.

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We are delighted with the news that Mighty Mouth Dental have acquired a third state of the art mobile unit to provide dental treatment on site in high schools and colleges throughout Auckland for adolescents.

The new mobile (Moby 3) has all the latest technology on board including *Digora* (digital x-ray equipment) which interfaces with the dental software enabling the staff to view images taken in the mouth immediately on the computer screen. There are 2 chairs available on the mobile and also a comfortable waiting area for students.

The number of schools in Auckland that now have the service of a mobile dental unit has risen to 56. Almost half of all adolescents treated under the government funded programme are treated by a mobile provider. There are three providers of mobile dental services throughout Auckland; Lumino Care Dental, West Auckland Mobile Dental Services and Mighty Mouth Dental, with a total of 8 mobile units between them.

If you would like information about the mobile dental service available in your area or if your school is interested in receiving a mobile dental service please contact us and we can arrange a visit for you.

To find out more information about the adolescent oral health service please give us a call.

The new unit from Mighty Mouth Dental

Inside the mobile dental unit

***Call 0800 ITS FREE for all your adolescent dental service enquiries***

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