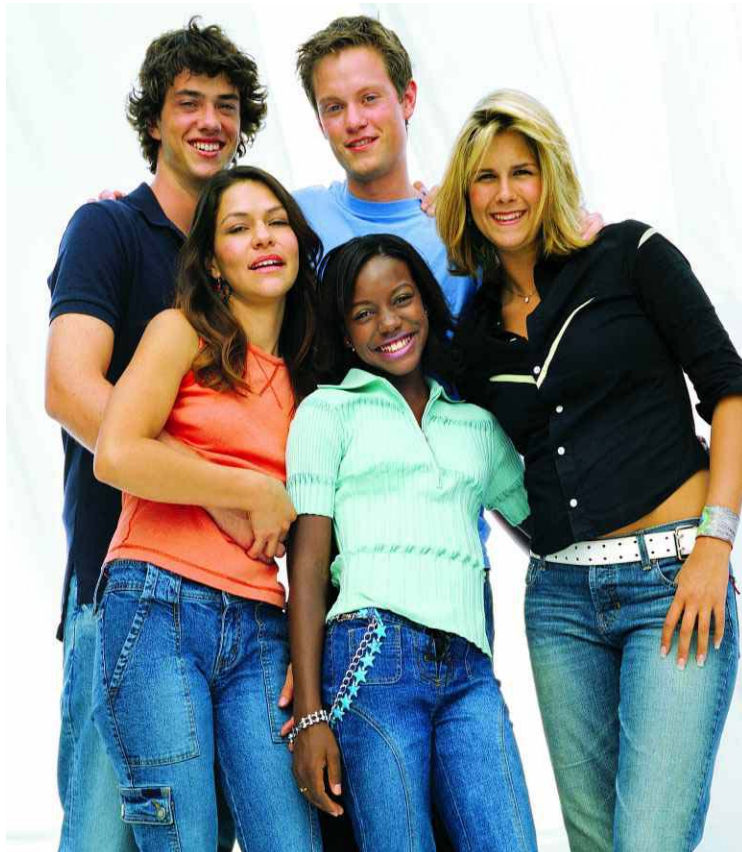


TEENAGERS - WHAT THEIR MOUTHS ARE TELLING YOU BUT THEY'RE NOT: PRACTICAL INFORMATION ON TEEN HEALTH ISSUES



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Educational program sponsored by Philips Sonicare, makers of the Sonicare toothbrush

What's The #1 Oral Health Concern You Have Regarding Teens?

1)

What's The #1 Overall Health Concern You Have Regarding Teens?

1)

Osteoporosis: Is this something we should include in our nutritional counseling with teens?

Reduction in Bone Mass Results in:

- ✓ **Deformity**
- ✓ **Fractures – 1.5 million/year**

**Current Generation: 10 Million Americans have Osteoporosis
Obesity and Adolescence**

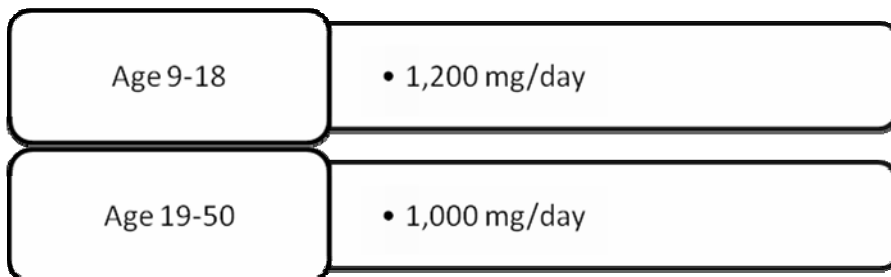
Dietary Habits

- Fast food trends
- Decreased family meals
- Altered nutrition

< Zinc
perio
acne

< Calcium
osteoporosis
bone loss
hypertension
irritability

< Vit C
gingivitis
poor bone growth



Yogurt (plain or fruit)
Milk
Cheeses
Milk shakes
Eggnog

Salmon
Tofu
Rhubarb
Sardines
Collard Greens
Spinach

Turnip Greens
Okra
Sesame Seeds
Bok Choy
Almonds
White Beans

Baked Beans
Broccoli

Peas
Brussel Sprouts

Fortified Cereals

<i>Product</i>	<i>Acid Low=BAD</i>	<i>Sugar per 12 oz</i>
<i>Pure Water</i>	<i>7.00 (neutral)</i>	<i>0.0</i>
<i>Barq's</i>	<i>4.61</i>	<i>10.7 tsp.</i>
<i>Diet Coke</i>	<i>3.39</i>	<i>0.0</i>
<i>Mountain Dew</i>	<i>3.22</i>	<i>11.0 tsp.</i>
<i>Gatorade</i>	<i>2.95</i>	<i>3.3 tsp</i>
<i>Coke Classic</i>	<i>2.63</i>	<i>9.3 tsp.</i>
<i>Pepsi</i>	<i>2.49</i>	<i>9.8 tsp.</i>
<i>Sprite</i>	<i>3.42</i>	<i>9.0</i>
<i>Diet 7-Up</i>	<i>3.67</i>	<i>0.0</i>
<i>Diet Dr. Pepper</i>	<i>3.41</i>	<i>0.0</i>
<i>Surge</i>	<i>3.02</i>	<i>10.0</i>
<i>Orange Minute Maid</i>	<i>2.80</i>	<i>11.2</i>
<i>Dr. Pepper</i>	<i>2.92</i>	<i>9.5</i>
<i>BATTERY ACID</i>	<i>1.00</i>	<i>0.0</i>

Recognize the Signs of Pop Erosion

- Broad shiny buccal concavities
- "High" restorations and sealants
- Thin maxillary incisal edges
- Lack of surface detail

Managing Erosion

- Diminish frequency/severity of the acid challenge
- Enhance the defense mechanisms
- Increase salivary flow and pellicle formation
- Enhance acid resistance
- Remineralization tooth surfaces
- Improve chemical protection
- Decrease abrasive forces
- Provide mechanical protection
- Monitor stability

Products

Fluoride Varnishes

MI Paste™

www.gcamerica.com

Xylitol - At-Home Use: 6-8 grams

- ✓ 5 carbon sugar can't be metabolized by *S. mutans*
- ✓ Inhibits growth of *S. mutans* in biofilm

Sonicare®

www sonicare.com

Prescribe Gentle Products for Teens with Erosion

Toothpastes

- Sensodyne
- Biotene Sensitive®
- Colgate® Sensitive
- High dose fluoride

www.sensodyne.com

www.laclede.com

www.colgate.com

Baking Soda rinse – neutralize gastric acids

Oral lubricants

Sonicare

www sonicare.com

On a scale of 0-5 (0 being not important and 5 being very important) how important is it to you for you to prevent tooth loss?

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

On a scale of 0-5 (0 being not confident and 5 being very confident) how confident are you that you'll be able eliminate Mountain Dew in the next 30 days?

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Teens and Cigarettes: South Carolina Statistics.....

H_____ Bars

- One hour session
- 100-200x smoke volume
- Higher levels of nicotine
- No water filtration

Harmless High?

- ✓ Shisha contains high levels of carcinogens including carbon monoxide
- ✓ Smoke transports three times more nicotine than smoking cigarettes, increasing the risk of addiction
- ✓ Oral disease transmission
- ✓ No oral staining or malodor / no evidence of smoking

The Facts about Dip, Chew, Orbs, Snus

- 7.6 million Americans age 12 and older used smokeless tobacco
- Most common ages 18 to 25

- Men were 10 times more likely than women
- 3,000 chemicals -28 known carcinogens

www.dissolvabletobacco.com
www.theshisha.com
www.smokinghookah.com
www.cancer.org

www.myluci.com
www.snus.biz.com
www.smoke-free.ca

Methamphetamine

- Increase use in US
- Inexpensive
- Easily produced
- Potent high

Faces of Meth

- Facial muscles sag
- Neurotoxin
- Cerebral edema & hemorrhage
- Hallucinations

Meth Mouth

Oral effects:

- Buccal surface caries
- IP caries anterior teeth
- Xerostomia
- Clenching & grinding

Inhalants - Huff

- spray paints
- rubber cement
- dry cleaning chemicals
- correction fluids
- glues
- gasoline
- varnish removers
- paint thinners
- cigarette lighter refills
- air fresheners

Signs and symptoms

- Slurred speech
- Dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Red eyes / runny nose
- Sores around mouth

Resources

National Inhalant Prevention Coalition

www.inhalants.com
www.freevibe.com