

Steven N. Bienvenu, MD, FAAP

sbienv@comcast.net

Neither I nor members of my immediate family have any financial relationships with commercial entities that may be relevant to this presentation.

I will discuss an off-label
use of a product or
medication.

LOUISIANA 2021 Oral Health Report Card

State Score: **D**

Oral Health Coalition

When compared with the national statistics on 12 oral health indicators, Louisiana scores a D.

The Louisiana Oral Health Coalition is a voluntary collaborative representing oral health interests throughout Louisiana. It consists of individuals and organizations who are dedicated to improving the oral health of all Louisianans.

Children: Enrolled in Medicaid	Grade
1 48% of children age 1-20 received a preventive dental care visit	C
2 11% of children age 6-14 received a dental sealant on permanent molars	F

Louisiana 2021 -continued

Children: General Population	Grade
76% of children age 1-17 received a preventive dental care visit in the last year	C
56% of third graders have a dental caries experience	C
26% of third graders have untreated dental decay	F
29% of third graders have dental sealants on permanent molars	F



Suzanne
Fournier, DDS

The Way We ...are/were?

Dentists expected that children will eventually appear in their offices with a collection of cavities for restoration

Doctors always told kids to brush, “go to the dentist”

Parents expected baby teeth to fall out; if teeth became painful...seek help?

The American Academy of Pediatrics Oral Health Initiative

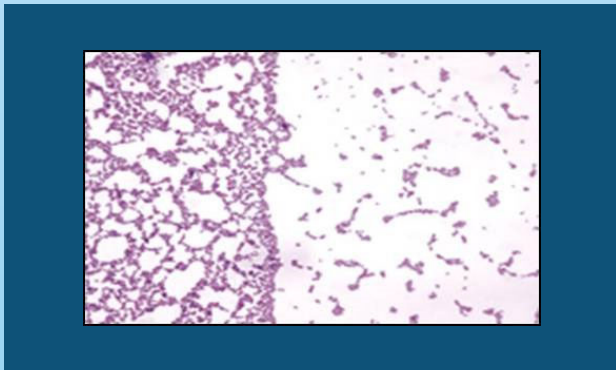
...The **ADA!**



www.aap.org/oralhealth

Current Concepts

- Caries is the process of Decay
- Decay is ***always progressive***
- “Early Childhood Caries” is ***very aggressive***
- The process is an ***Infectious Disease***



Streptococcus mutans

Oral Flora: How Does Infection Occur?

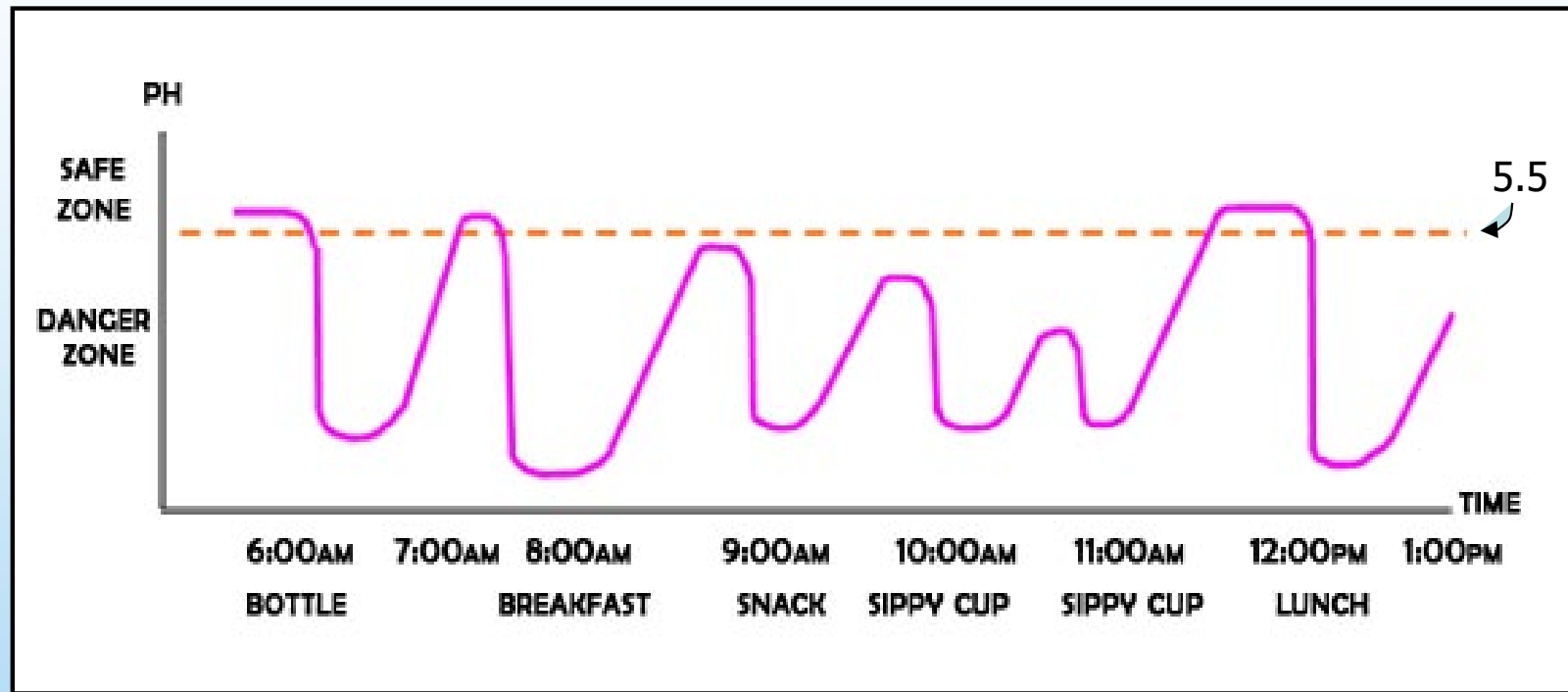
- ❖ Transmitted mainly from mother or primary caregiver to infant
- ❖ Window of infectivity is first 2 years of life
- ❖ Earlier child colonized, the higher the risk of caries





“You don’t want to put it down on that dirty car seat...”

Not Just What You Eat, But How Often



- ❖ Acids produced by bacteria after sugar intake persist for 20 to 40 minutes.
- ❖ Frequency of sugar ingestion is more important than quantity.

No More Juice
Under 1 year of
age; 2 oz till 3 yrs



SugarStacks.com

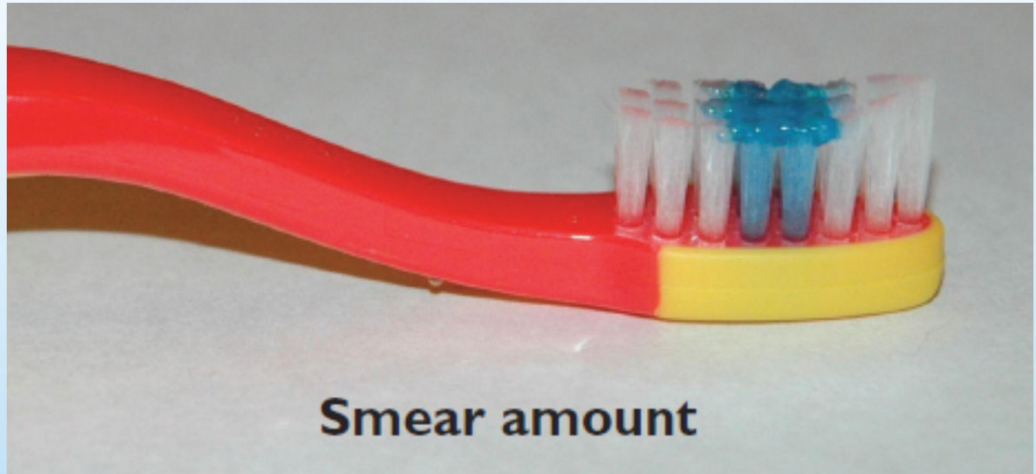
Toothbrushing Recommendations

Age	Toothbrushing Recommendations (CDC, 2001)
< 1 year	~ Clean teeth with soft toothbrush
1–3 years	~ Parent performs brushing
3–6 years	~ Pea-sized amount of fluoride-containing toothpaste 2x/day ~ Parent performs or supervises
> 6 years	~ Brush with fluoridated toothpaste 2x/day



Tooth...brushing

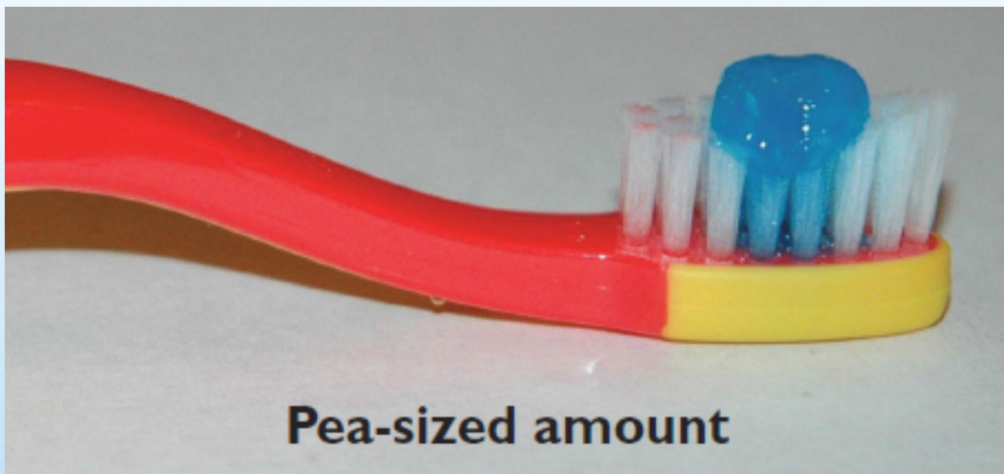
Under 3 Years



Do not rinse

Varnish every 3-6 months

3-6 Years

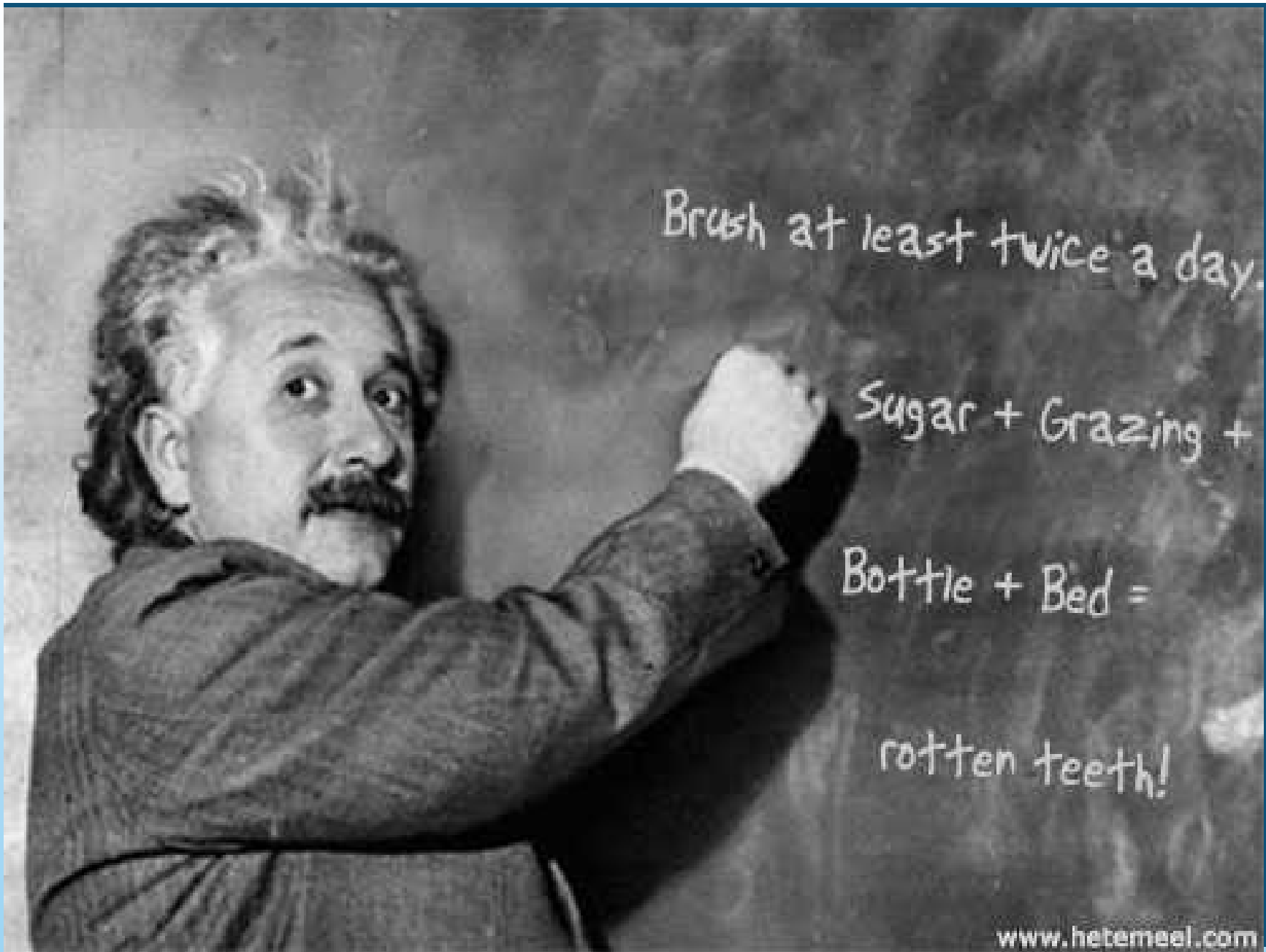


Spit out excess toothpaste

Do not rinse after brushing

Varnish every 3-6 months





Brush at least twice a day.

Sugar + Grazing +

Bottle + Bed =

rotten teeth!

Optimizing Oral Hygiene: Flossing

When to Use Floss

- Once a day (preferably at night)
 - Whenever any 2 teeth touch
-
- Levi Parmly.....1815



Saliva

- Flowing freely, able to heal
 - What is on teeth during sleep?
Flow decreases
 - Xerostomia?
 - Patient on mouth drying meds?
 - Radiation therapy?
- Buffer
 - “My dentist says I got good spit.”
- Enzymes, antibodies
- The Tongue?



Common Issues Among Children With Special Health Care Needs

- ❖ Children with asthma and allergies are often on medications that dry salivary secretions, increasing risk of caries.
- ❖ Children who are preterm or low birth weight have a much higher rate of enamel defects and are at increased risk of caries.
- ❖ Children with congenital heart disease are at risk for systemic infection from untreated oral disease.
- ❖ Cerebral palsy



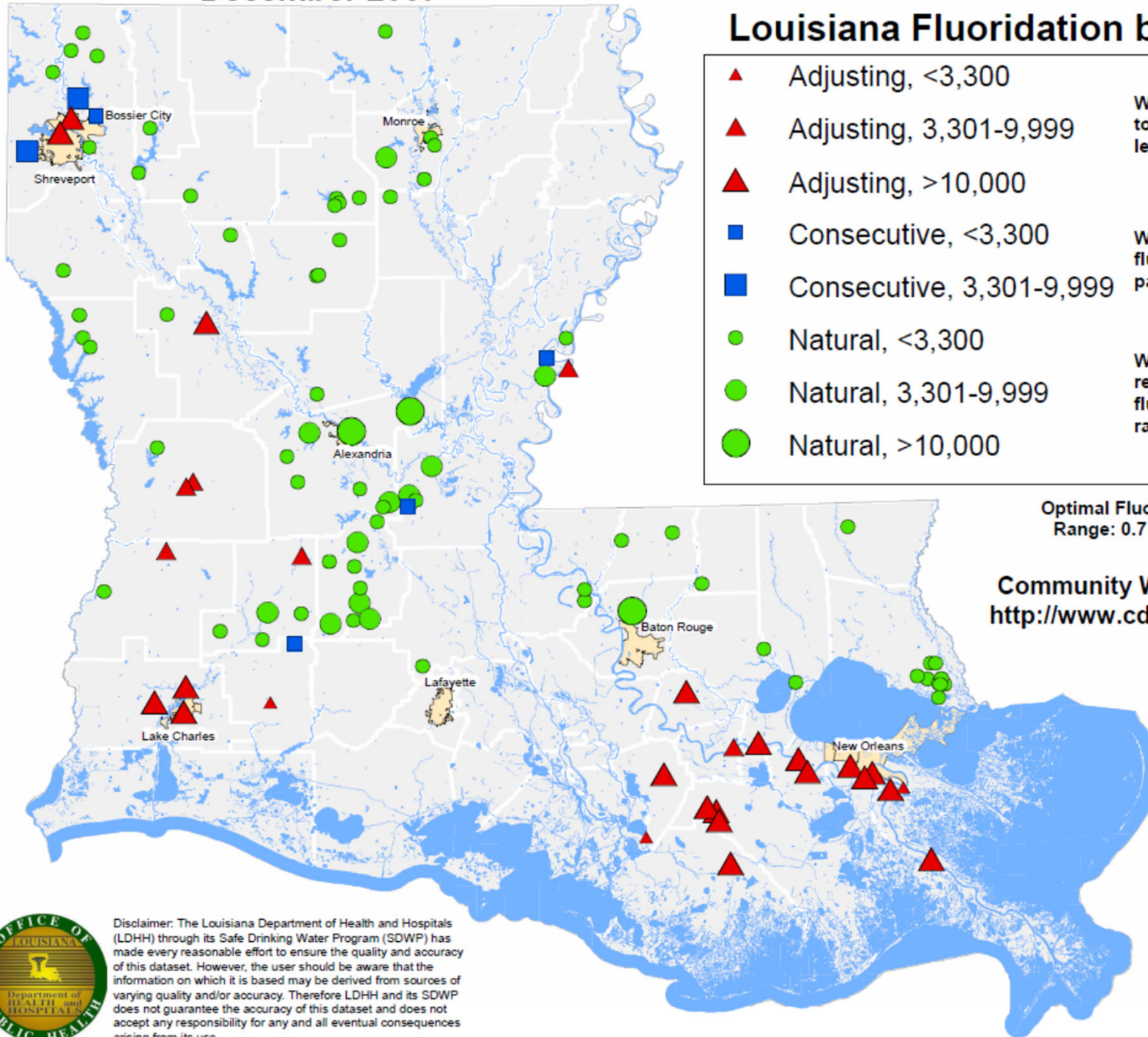
Fluoride Sources...

- **Community water fluoridation and naturally fluoridated water**
- Fluoride drops and supplements
- Toothpaste
- Professionally applied fluoride
- Diet
 - Fluoride is a ubiquitous element—found in all soil, bodies of water, plants, and animals and, as such, is a normal constituent of all diets
 - Some foods naturally high in fluoride (e.g., black tea)

December 2007

Louisiana Fluoridation by Population

- ▲ Adjusting, <3,300
 - ▲ Adjusting, 3,301-9,999
 - ▲ Adjusting, >10,000
 - Consecutive, <3,300
 - Consecutive, 3,301-9,999
 - Natural, <3,300
 - Natural, 3,301-9,999
 - Natural, >10,000
- Water systems with additives to maintain optimal fluoride levels
- Water systems receiving fluoridated water from a parent system
- Water systems having recorded natural occurring fluoride levels within optimal range



Optimal Fluoride Levels in LA
Range: 0.7 ppm to 1.2 ppm

Community Water Fluoridation
<http://www.cdc.gov/fluoridation/>



Disclaimer: The Louisiana Department of Health and Hospitals (LDHH) through its Safe Drinking Water Program (SDWP) has made every reasonable effort to ensure the quality and accuracy of this dataset. However, the user should be aware that the information on which it is based may be derived from sources of varying quality and/or accuracy. Therefore LDHH and its SDWP does not guarantee the accuracy of this dataset and does not accept any responsibility for any and all eventual consequences arising from its use.

Lift the Lip



Check for Early Signs of Decay: White Spots



Check for Later Signs of Decay: Brown Spots



Check for Advanced/Severe Decay



Fluoride's Influence on Oral Flora and Cavity Formation

- ❖ Promotes **remineralization** of enamel, and may arrest or reverse early caries
- ❖ Decreases enamel solubility
- ❖ Inhibits the growth of cariogenic organisms, thus decreasing acid production
- ❖ Concentrated in dental plaque
- Primarily topical even when given systemically



Lasts for several months!!



Fluoride Varnish

- Is a sticky varnish-like substance
- It contains 22 times the concentration of Fluoride in Toothpaste



It's like a Vaccine against tooth decay!

The Rules...digested (2017)

Ages 6mos *through* 5 years of age

Every 6 Months

Must be done during a regular visit (no varnish-only visits)

Training consists of completing an online module, passing a quiz

Application may be delegated to NPs, PAs, APRNs, RNs, LPNs, and
since 2017, Certified MAs

Physicians are responsible for delegates' training (online)

WWW.SmilesforLifeOralHealth.org - "Caries Risk Assessment,
Fluoride varnish & Counseling"

Includes: oral health assessment, Education, anticipatory guidance

Billing for Fluoride Varnish and Visit must be concurrent

Reimbursement

\$24.05

CPT 99188

ICDM-10 Z41.8

(Louisiana Medicaid) ...what about "Private" insurance?
Yes, but...

Fluoride Varnish

- Substitutes Fluoride ions for Calcium/Phosphate, Enhancing Remineralization
- Lasts for several months
- Amazing Safety Profile: **10,000** doses given with **Zero** problems...
- **Contraindications:**
 - Allergy to Pine Nuts (pollen ok...)
 - Active oral lesions (theoretical)

Fluoride Varnish

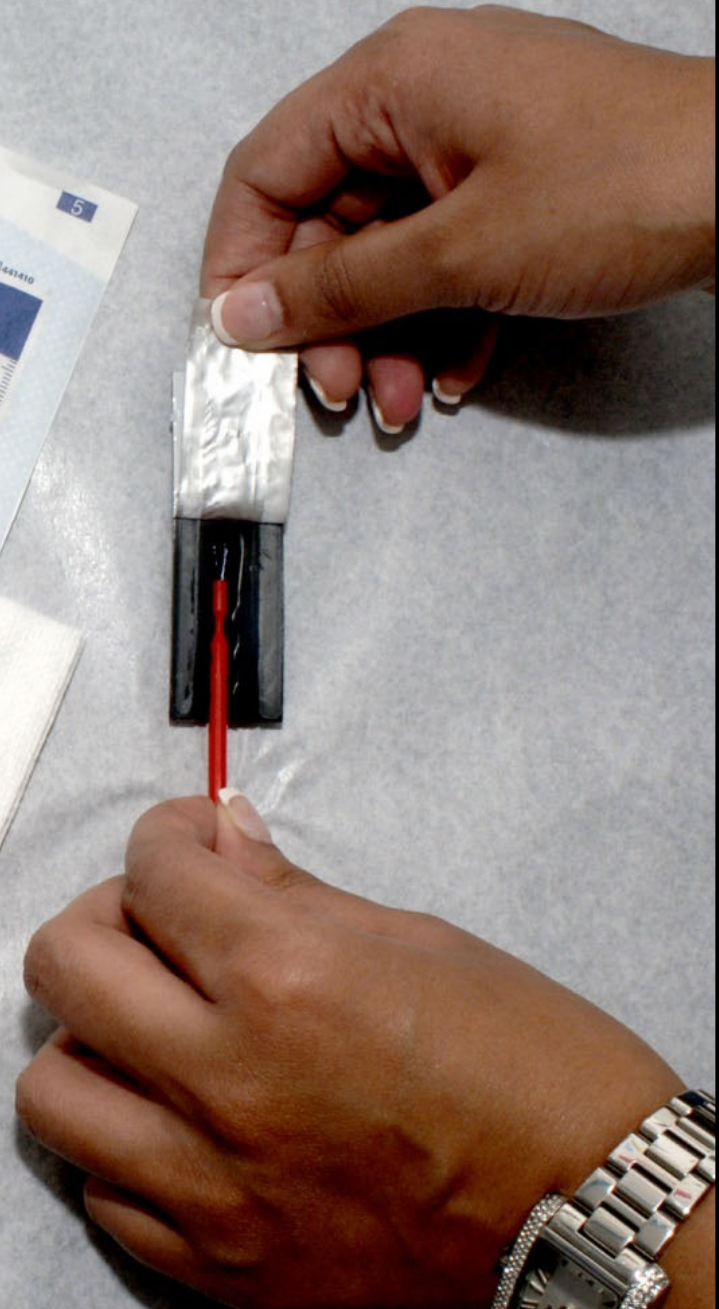
- 5% sodium fluoride or 2.26% fluoride in a viscous resinous base in an alcoholic suspension with flavoring agent (eg, bubble gum)
- Is simply quickly painted on the teeth
- Has **never** been associated with fluorosis;
(serum concentration next 1-2 days same as brushing with fluoride toothpaste)
- Binds tightly to the surface; flakes away over the next 1-2 days

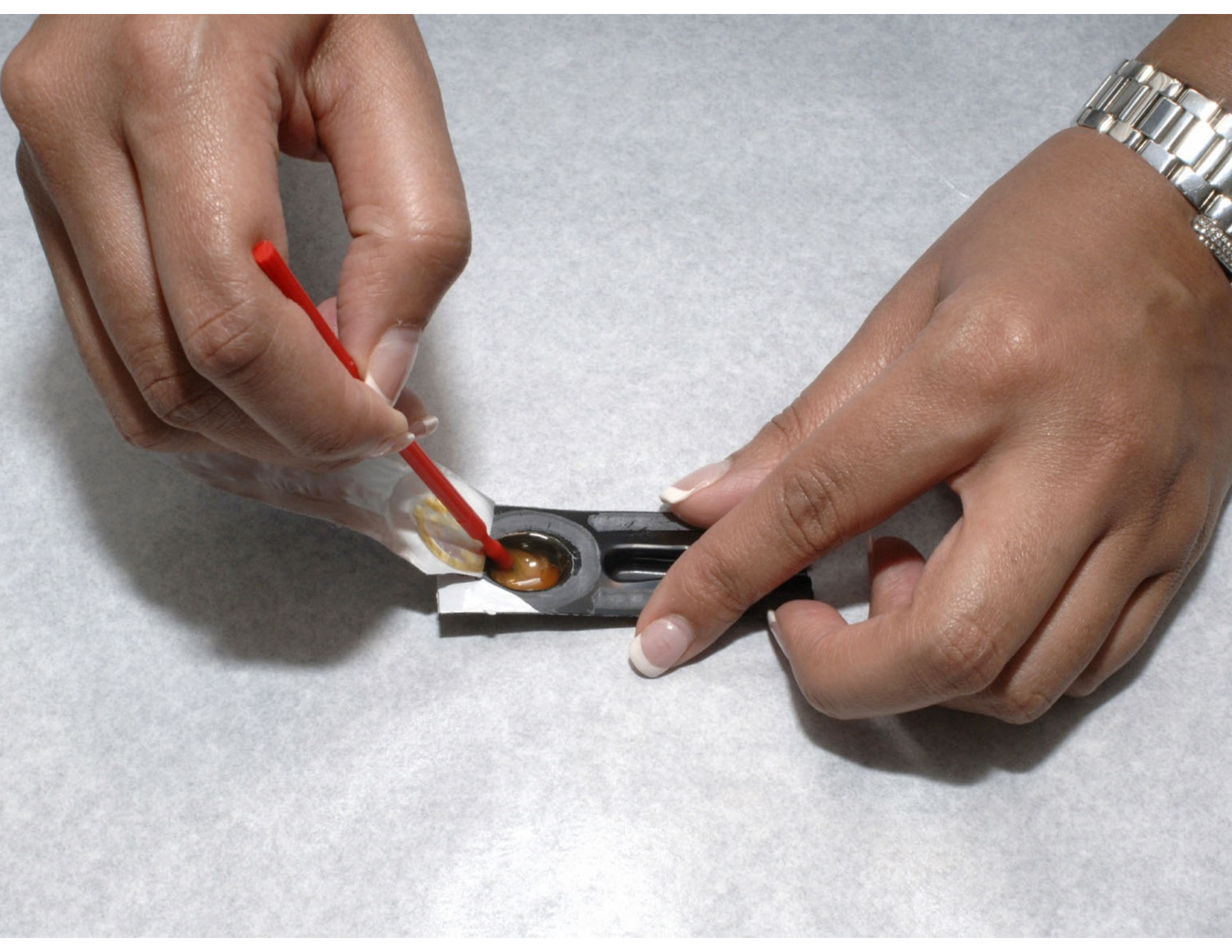


Fluoride Varnish

- Is 22 times as concentrated as fluoride toothpaste
- Costs about a **Dollar**; multiple flavors, colors
- Purchased as unit doses from Dental Supply Houses
- Shelf Life: Two Years !! **No** Refrigeration is needed
- Most clinics do **not** obtain a specific informed consent



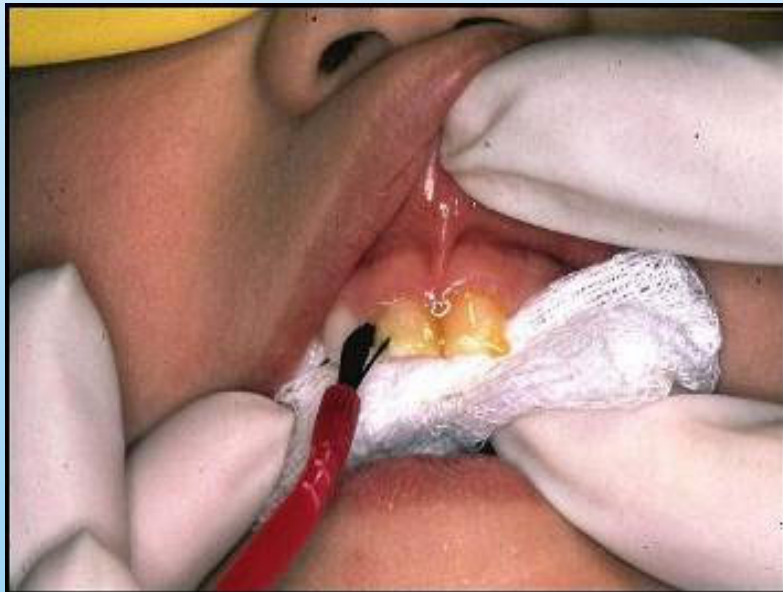
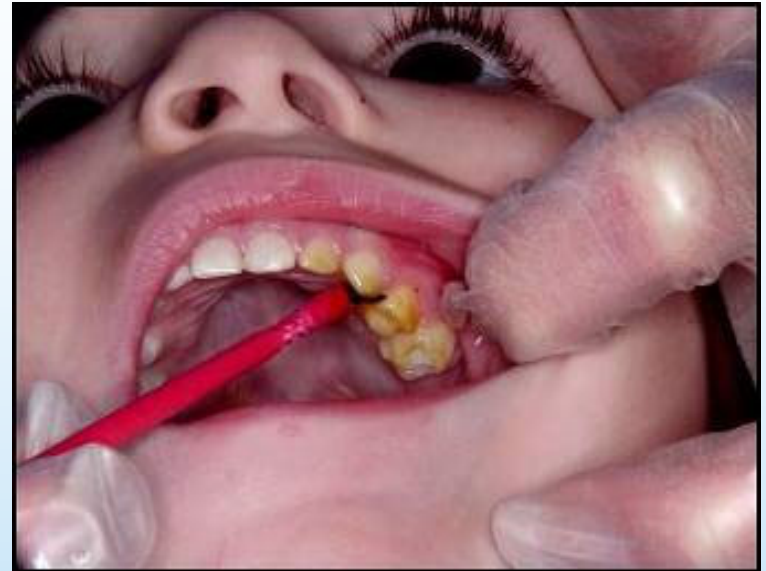




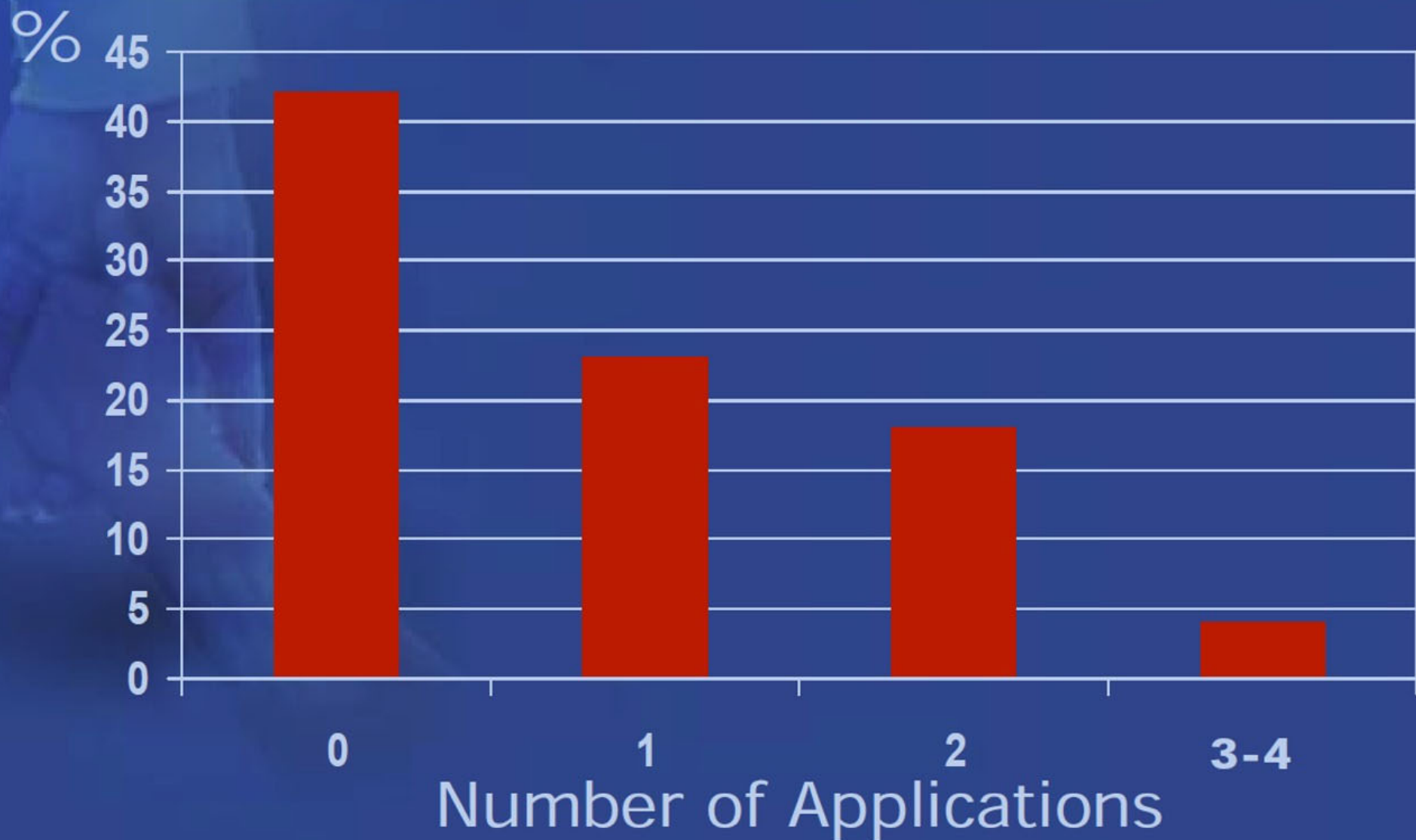




Applying Fluoride Varnish



Carries Incidence by Treatment Group



Fluoride Varnish Product List

Fluoride Name	Unit Dose	Fluoride	Manufacturer	Suppliers/Distributors
AllSolutions/NUPRO	0.25 ml	5% NaF	Dentsply Professional	Patterson
Cavity Shield	0.25 ml 0.40 ml	5% NaF	Omnii/3M ESPE 800/634-2249	Atlanta Dental, Patterson, Darby, Sullivan-Schein, others
Clear Shield	0.40 ml	5% NaF	DMG America	DMG America
D-Lish® 5% Sodium Fluoride Varnish	0.40 ml	5% sodium fluoride	Young Dental	Henry Schein, Patterson, Atlanta, Practicon, Pearson, Smart Practice, Darby, others
Duraflor	0.25 ml 0.40 ml 10 ml tube	5% NaF	Medicom 800/361-286 2	Patterson, Darby, Practicon, Henry Schein
Duraflor HALO White Varnish	0.50 ml	5% NaF	Medicom 800/361-286 2	Patterson, Darby, Practicon, Henry Schein
Duraphat Varnish	10 ml tube	5% NaF	Colgate Oral Pharmaceuticals	Henry Schein
Enamel Pro	0.25 ml 0.40 ml	5% NaF	Premier Products 800/888-670-6100	Practicon
Flor-Opal Varnish White	0.50 ml	5% NaF	Ultradent Products, Inc.	Ultradent
Fluor Protector	0.40 ml	0.1% difluorosilane	Ivoclar Vivadent, Inc 800/533-6825	Benco, Darby, Henry Schein, Ivoclar Vivadent, Patterson, others
PreviDent Varnish	0.40 ml	5% NaF	Colgate Oral Pharmaceuticals	Henry Schein
Topex DuraShield	0.40 ml	5% NaF	Sultan Healthcare 800/637-8582	Darby, Pearson
Vanish Varnish	0.50 ml (can be used as 0.25 ml and 0.40 ml)	5% NaF	Omnii/3M ESPE 800/634-2249	Patterson, RJM, Darby, Sullivan-Schein, SmartPractice, others
VarnishAmerica	0.25 ml 0.40 ml	5% NaF	Medical Product Laboratories 800/523-0191	Direct sales
VELLA	0.50 ml	5% NaF + xylitol	Preventive Technologies	Henry Schein, Patterson, Benco Dental, Preventech
Zooby® 5% Sodium Fluoride Varnish	0.04 ml	5% sodium fluoride	Denticator	Henry Schein, Patterson, Atlanta, Practicon, Pearson, Smart Practice, Darby, others



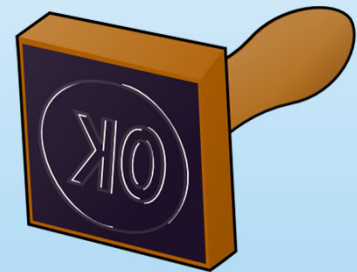
0.25ml size sufficient...just use another if needed?

Documentation?

EMR

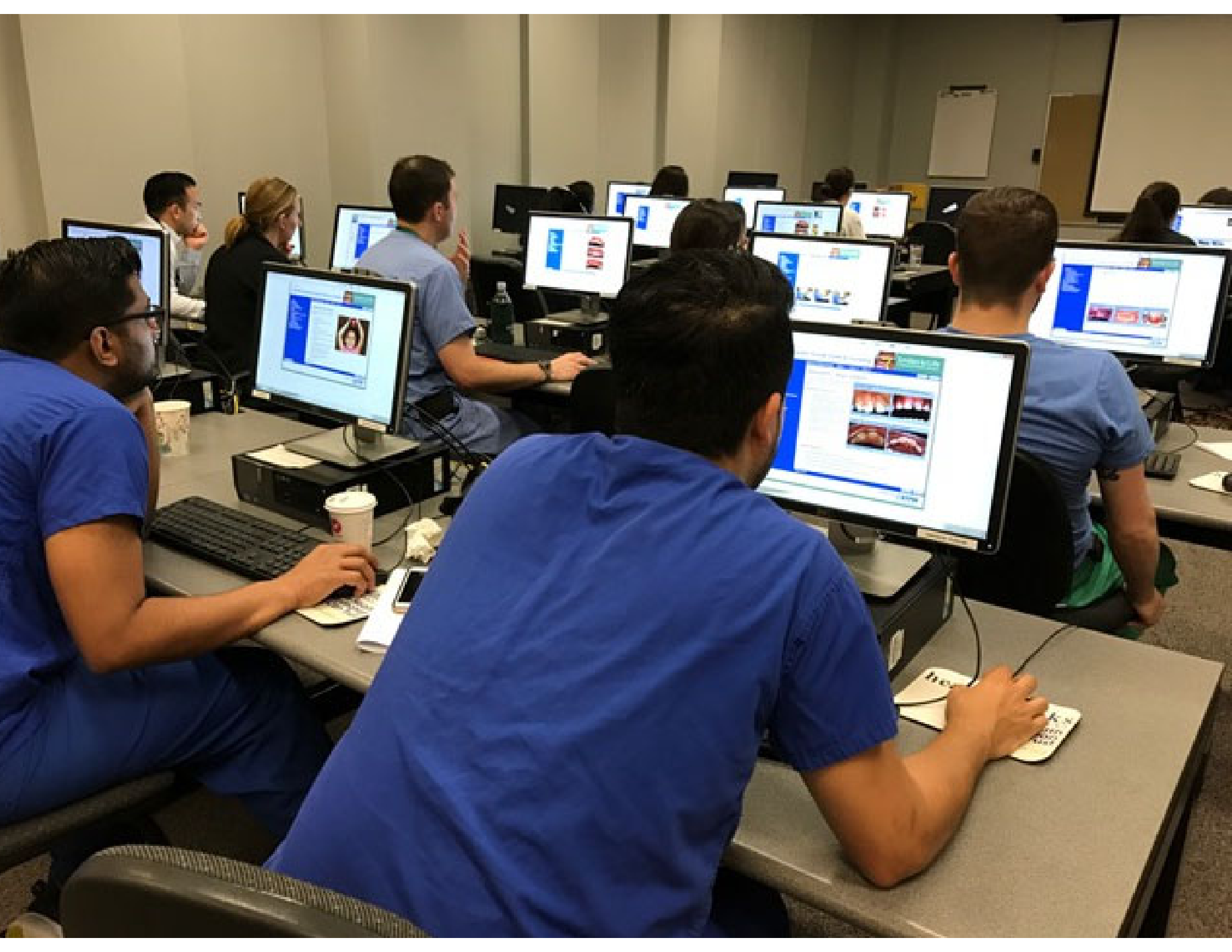
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“.FLV”









ORAL HEALTH³³								● 34	● 34
Fluoride Varnish ³⁵								←	←
Fluoride Supplementation ³⁶								★	★

See USPSTF recommendations

(<https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/dental-caries-in-children-from-birththrough-age-5-years-screening>). Once teeth are present, fluoride varnish may be applied to all children every 3 to 6 months in the primary care or dental office.

The Path to Varnish Application

SmilesforLife
OralHealth.org



Get
some
Varnish!



Apply
Varnish



Bill !





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sbienv@comcast.net

www.SmilesforLifeOralHealth.org

“Caries Risk Assessment, Fluoride Varnish
and Counseling”

Please email me with questions or for help
getting started anytime.