



**interfaith dental**

A smile changes everything.

Healthy Mouth Healthy Body

Dr. Rhonda Switzer-Nadasdi





26 treatment rooms  
65 employees  
5.5 M budget  
8 M in care  
3600 patients 14,000 visits

Workforce innovation  
Technology  
Preventistry  
Whole person care

# Disease Burden



- 1 in 5 children aged 6-11 have untreated cavities
- 1 in 4 adults have untreated cavities
- 46% of all adults over age 30 show signs of gum disease
- 200% poverty and below children and adults 2X greater disease burden, older adults 3-4 X higher disease than middle class

# Tennessee Adult Oral Health Statistics



38th

Rank in the US  
for Oral Health

39.1%

Age 65+ Lost 6  
or more teeth

59.9%

Age 18+  
Dental visits  
in past year

19.5%

Age 65+ Lost all  
natural teeth



# People infected with dental disease are profoundly challenged

## Dental disease:

- Inhibits participation in life activities
- Delays growth in kids
- Diminishes quality of life
- Increases the risk of inadequate nutrition
- Can cause a poor self-image
- May result in low job prospects and affect people's ability to provide for their family
- Affects overall health

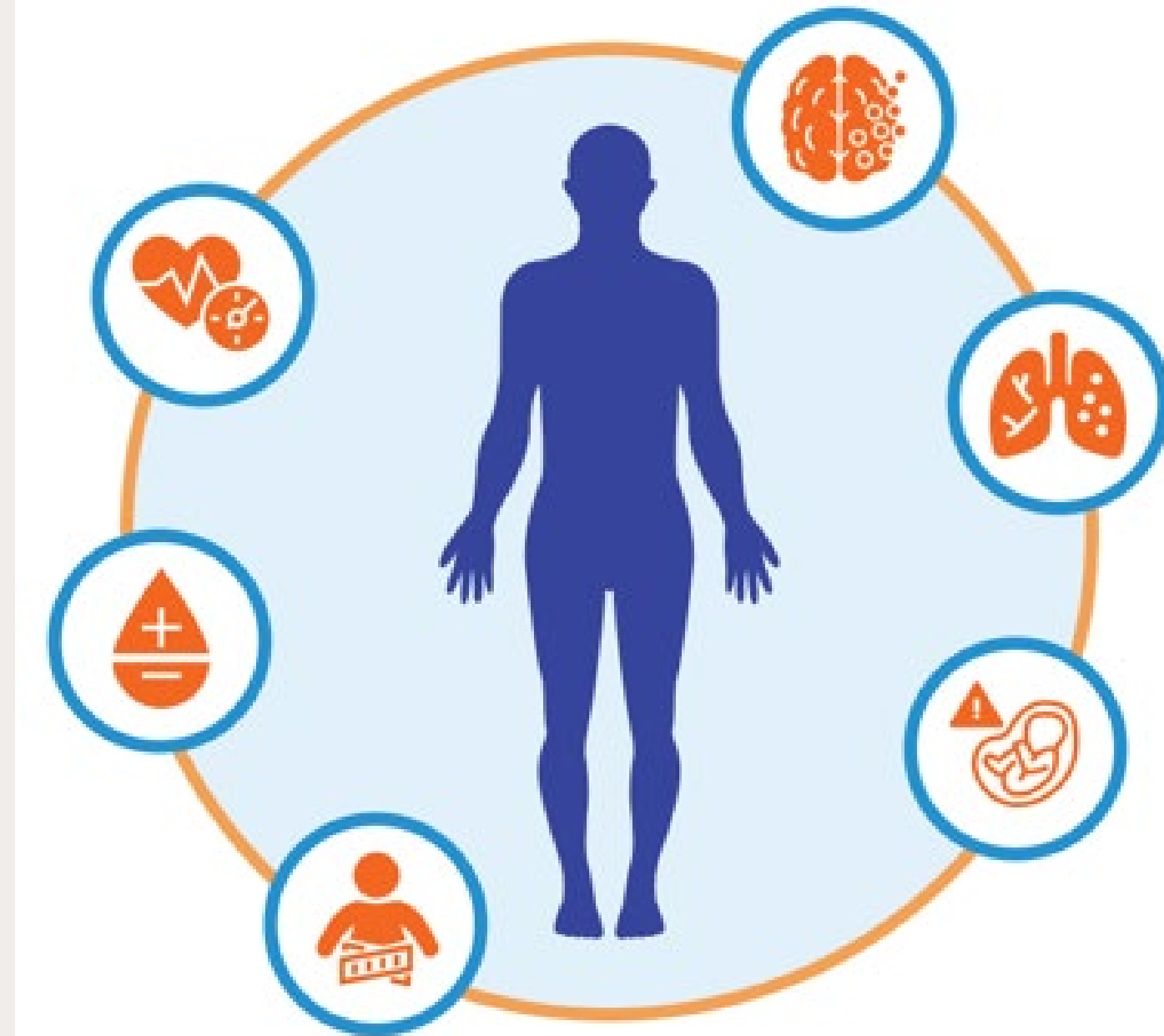
# Poor Oral Health Impacts More than The Mouth



Heart Health

Diabetes

Obesity



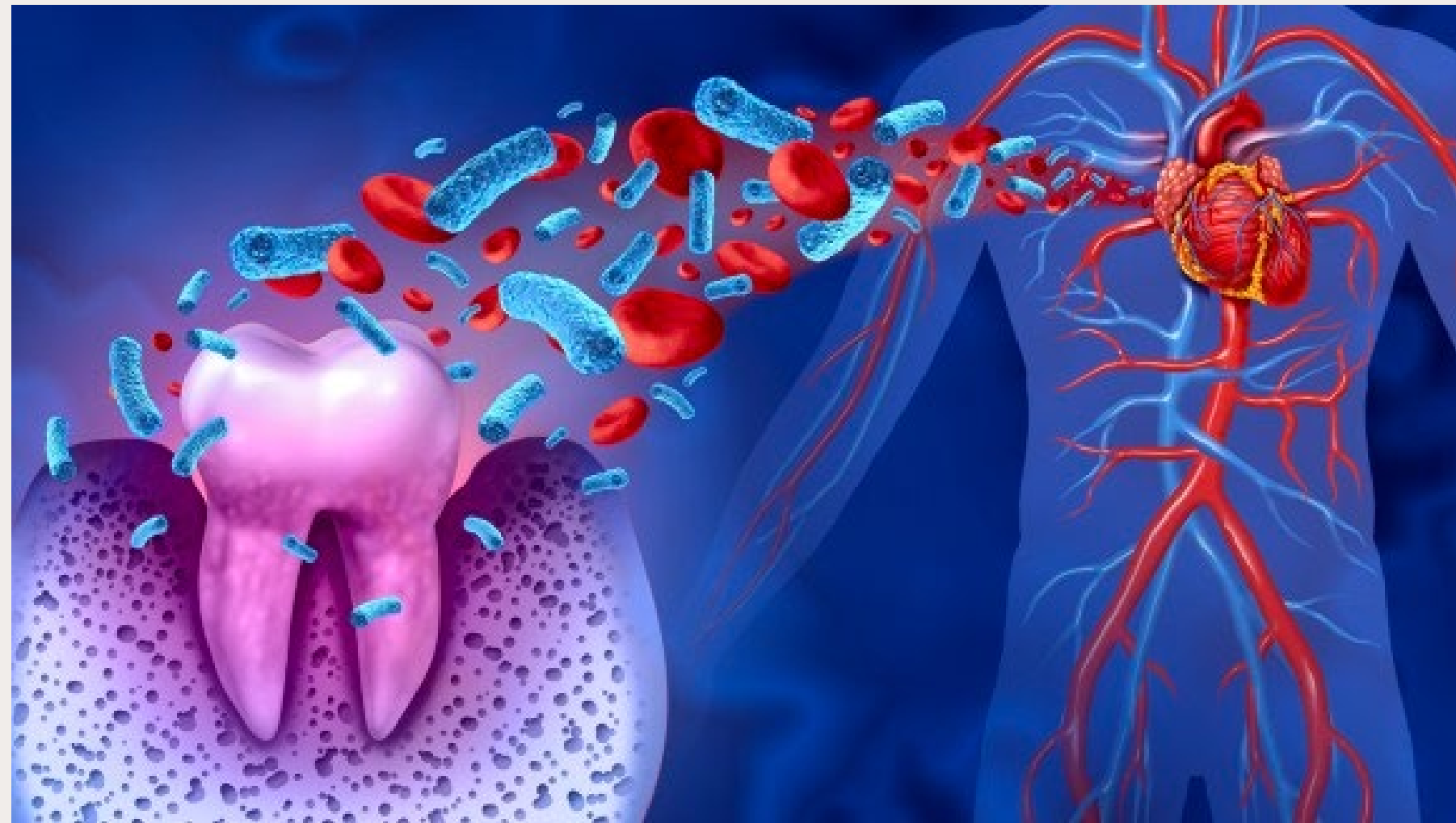
Dementia

Respiratory  
Health

Adverse Birth  
Outcomes



## Gum disease is a silent killer



- People with severe gum disease have a 3.2X greater risk of cardiovascular disease
- Gum treatment is associated with reduced cardiovascular disease risk; we **can't prove causality, but if we improve gum disease, risk decreases.**





## Truths

Notice I Didn't say oral disease causes other chronic disease.

Yes, it affects it, and increases it risks.

Biggest thing to know is....

Poor oral health is an early warning sign of body disease.

## Oral disease is an infection



Cavities and Gum Disease are caused by an abundance of Bad Bacteria.

Bacteria lives naturally in your mouth.

When **Bad Bacteria** thrives over **Good Bacteria**, we have a problem

- Low PH and plenty of constant food that it likes help it thrive

# Hippocrates



Best medicine is teaching people how not to need it.

## Times have changed



200 years ago, 1 person consumed 10 teaspoons of sugar every 5 days

Today it is every 7 hours





# Sugar Pledge



No added sugar under age 2

Eliminate candy rewards at home and at office and in community

Avoid buying items with sugar in ingredients (especially in top 3 ingredients)

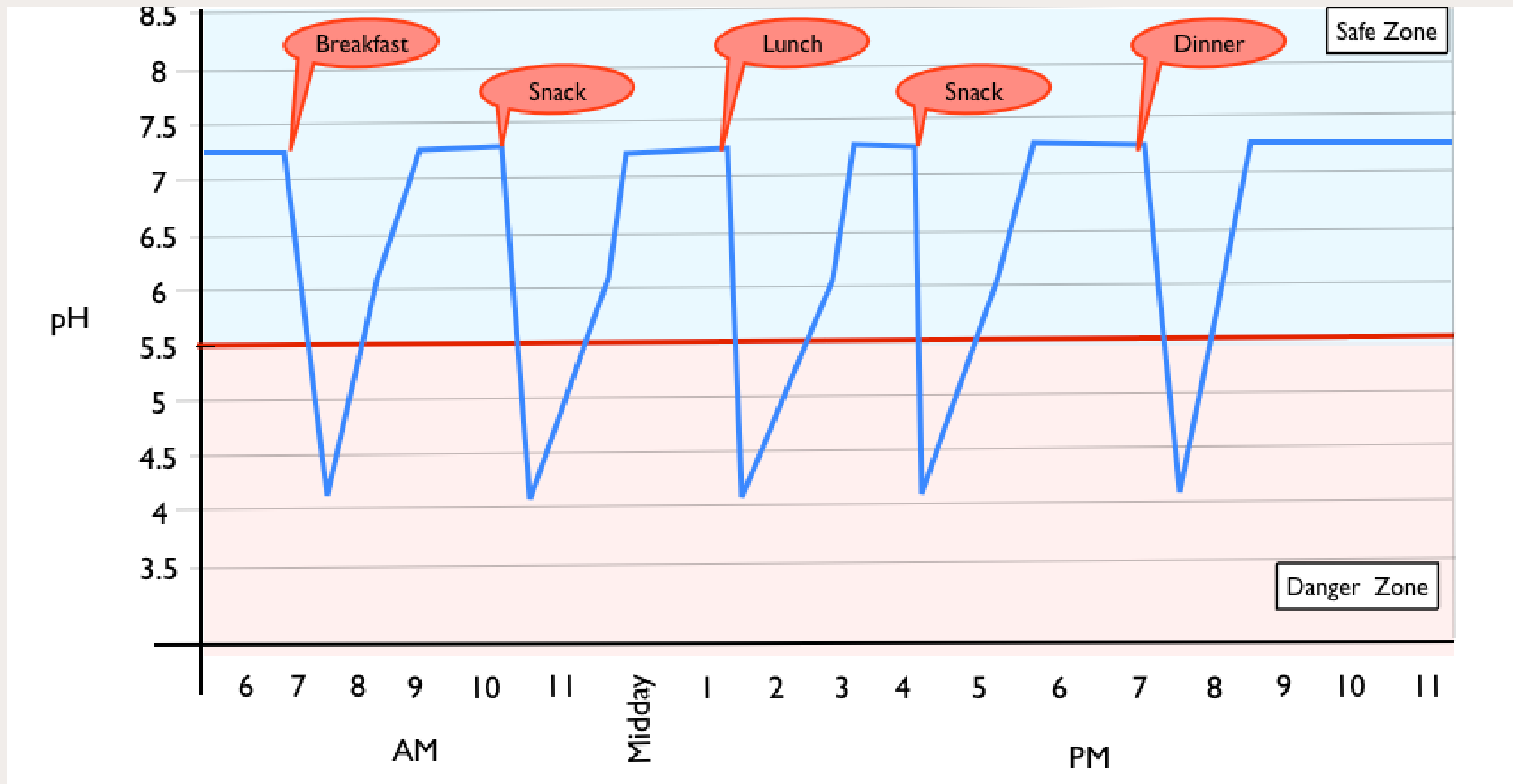
Sugar is a very, very special treat, not a food group

## Foods that fight plaque



- Healthy and unhealthy sandwich = wine and cheese, cookies and milk
- Tooth damage depends on the length of time a mouth is acidic, nibbling and sipping are bad
- Teeth protective foods for end of meal = salty nuts, cheese, yogurt, celery, avocado, nut butter and protein foods or xylitol mints or gum





Within 3 minutes of eating a cariogenic food, the pH falls below 5.5 and the caries process begins.



## Daily Risk of Cavities

### Acids and bacteria:

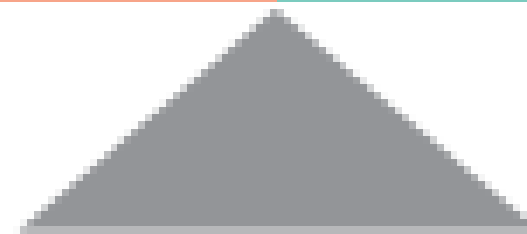
- Poor oral hygiene
- Acidic/sugar diet
- Internal acid reflux

**Demineralization**

### Protective factors:

- Salivary flow
- Saliva buffering
- Good hygiene

**Remineralization**



# Xerostomia



- Decreased salivary flow lowers pH level and the result is cavities
- Anti-anxiety meds
- Antidepressants
- Antihistamines
- Antipsychotics
- Diuretics
- Parkinson's disease meds
- Urinary incontinent agents
- And 400 more and counting



# Mouth care

- Simple thoughtful changes in eating patterns and home care can improve our oral health for life
- Maintain optimum pH levels
- Reduce unhealthy bacteria
- Mineralize teeth

# Toothbrushing



- Sodium fluoride toothpaste, I use basic Crest, mineralizes teeth, repairs weak enamel, helps reverse cavities, protects from enamel erosion, shortens the normal enamel maturation process for new teeth as they erupt into the mouth
- Pea sized amount of toothpaste
- medium strength brush
- Store brush properly (far from toilet)
- Before storing clean it with Listerine, pour a few drops on brush or dip and swish in a small capful of liquid, then rinse brush in water before storing it head-up so the bristles can dry for 24hours before uses (this means you need 2 toothbrushes!)

# Fighting Gum Disease



- Deep cleanings
- Flossing, waterpiks and toothpicks and aids
- Closys rinse
- Listerine rinse
- Povidone Iodine

# Mouth care for newborns

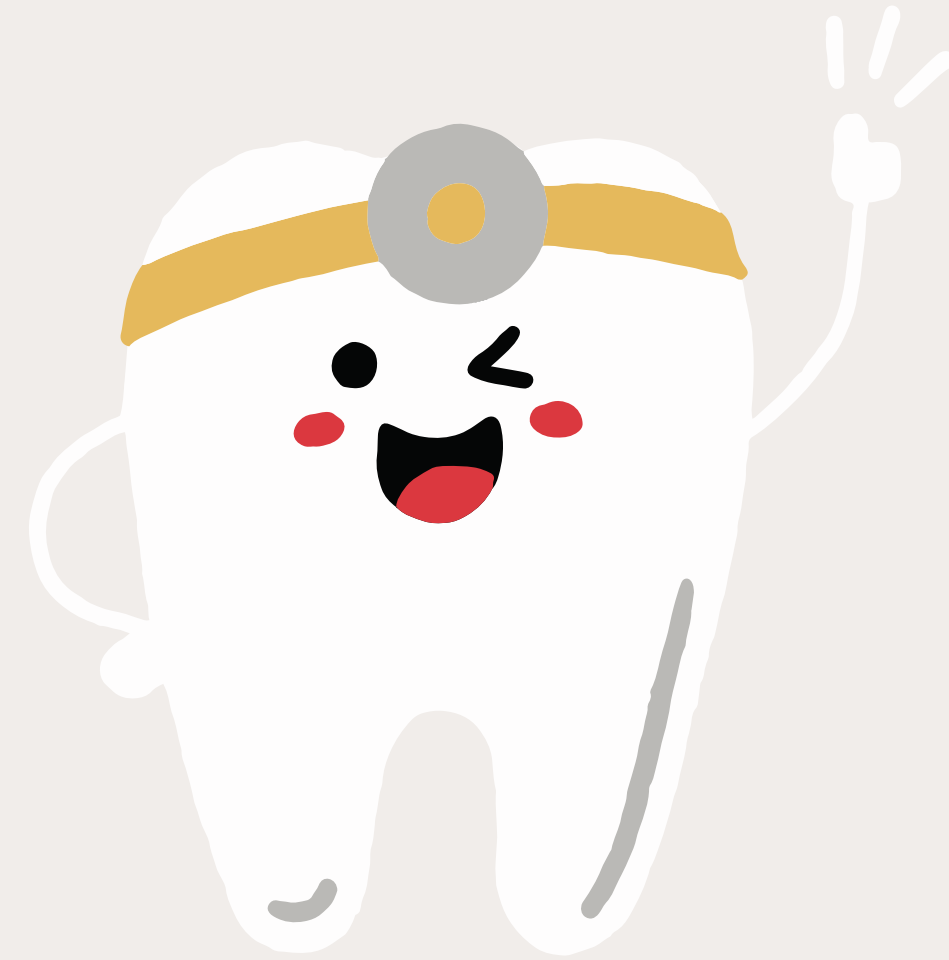


- Breast feed
- Do not prop bottle and let baby sleep with it
- Sippy cups should contain water only
- Lift the lip and check baby teeth every month on their birthday anniversary
- First visit to dentist by age 1
- Wipe gums and teeth with cloth after feeding
- Brush your child's teeth until they can thoroughly do it themselves (usually when they can tie their shoes but continue to check how well they do it)



**Preventistry**

**and**



**MMC**

**Medical Management of Cavities**



# Medical management of Cavities and Remineralization Tools



- Silver diamine fluoride
- Fluoride varnish
- Glass ionomer sealants and glass ionomer fillings
- Xylitol foods, mints, gummies, gum

# Things you may have considered:



Braces – Ensure mouth is healthy first

Oil pulling – not harmful to you but doesn't really work, there are better things out there now like Closys rinse

Charcoal for tooth whitening – safe (made from wood and coconut shells, oxidized under heat to make a powder, but **highly abrasive** (sanding a hardwood floor)

Facial fitness – gum or exercise, can overdo it, tension headaches, malocclusion, works better for some, use very small piece of gum, start slow

Techs doing veneers not dentists – risky, we are a regulated profession, untrained or unlicensed may do irreversible damage

# Oral Cancer



- Get screened every year for oral cancer by your dentist, early detection is key, but prevention is even better
- HPV is a common virus that leads to certain types of cancers including oral, cervical, throat and anal cancers. Most people will be exposed to HPV at some point in their lives. In U.S. it causes 36,000 cases of cancer every year
- The HPV vaccine can prevent more than 90% of cancers caused by HPV.
- **If there was a vaccine against cancer, wouldn't you get it for your kids?**
- Vaccinate at age 9-14 for both boys and girls (2 doses), also for ages 15-45 but need 3 doses.
- The vaccine stimulates your immune system to produce antibodies that will protect you if you are exposed to the virus in the future.

# Water Fluoridation



- Fluoride occurs naturally in water at varying levels, the optimum level is .7 milligrams per liter and water in most areas of U.S. has some added to achieve this
- Helps those who need it the most
- 1960's rates of tooth decay among the young dropped by 60%
- Effective across the lifespan, both **toothpaste** and **drinking water** = **airbags** and **antilock brakes**

Diffusion Effect – Fluoride in toothpastes, mouthwashes, drinks and food have diminished the benefit of fluoridated water in reducing tooth decay from 60% in the 1960s to 25% currently

With the **Halo** Effect (fluoride already incorporated into tooth structure), if fluoridation is stopped, there will be no immediate changes, but long term, taxpayers' cost will be millions of dollars in Medicaid expenditures and increases in out-of-pocket costs for consumers having to use alternative sources



# Filtered and Bottled Water

- You can choose to filter tap water (Reverse-osmosis filters and carbon filters with activated alumina remove most fluoride, but water softeners and charcoal or carbon filters do not)
- Natural fluoridation – Test well water to learn the fluoride content.
- Check labels on bottled water.
- Distilled water contains no fluoride.

# X-RAYS



- X-rays fall into two groups, preventive screening purposes and to investigate a specific problem
- If your mouth is unhealthy, you will need diagnostic x-rays as much as every 6 months, if your mouth is pristine a dentist can be confident of your mouth health with fewer x-rays
- Cavity risk conversations [MOUTHHEALTHY.ORG](https://www.mouthhealthy.org) to assess your risk yourself



# Fear



- Negative experiences as a child
  - Family history of dental fear
  - Feeling a loss of control
  - Mental health conditions such as generalized anxiety disorder or post-traumatic stress disorder PTSD
- 
- Relaxation Techniques
  - Weighted Blankets
  - Bringing a support person
  - Distraction like listening to music or an audiobook
  - Visualization techniques
  - Nitrous Oxide
  - Minimally Invasive Dentistry



# When is care urgent?



- Unexplained bleeding or swelling of the face or jaw
- Severe tooth pain
- Knocked-out tooth

# Understanding your dental insurance



- Your dentist does not control what your dental insurance covers
- Just because your insurance plan doesn't cover the procedure it doesn't mean you don't need it
- Each dental plan is unique
- When you have dental insurance, you receive discounts and benefits

# Oral health of Older Adults



- Disease is often more advanced once there are symptoms
- Teeth are needed across the lifespan; one can keep their teeth for a lifetime
- often more mouth dryness
- Cleaning of dentures is imperative
- Respirator acquired pneumonia



**SMILE  
ON 65+**

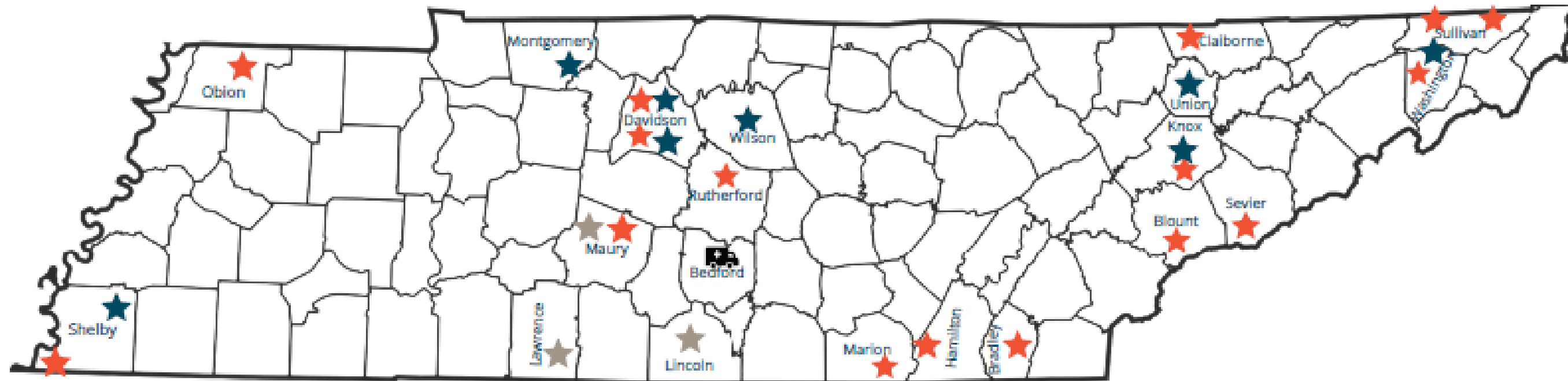


Powered by  
**interfaith dental**  
A smile changes everything.

★	Faith Based/Non-profit Clinic
★	FQHC
★	Dept of Health Site
🚚	Mobile Unit



This project is funded under a grant contract with the state of Tennessee



**SMILE ON 65+ West Region Clinics:**

- ★ Church Health – Memphis: (901) 272-0003
- ★ Christ Community Health Services – Memphis  
Broad Avenue: (901) 842-3171  
Frayser: (901) 842-3172  
Hickory Hill: (901) 842-3173  
Raleigh: (901) 842-3174  
Third Street: (901) 842-3175
- ★ Reelfoot Rural Ministries – Obion: (731) 538-9970

**SMILE ON 65+ Middle Region Clinics:**

- ★ Interfaith Dental Clinic – Nashville: (615) 329-4790
- ★ Interfaith Dental Clinic – Murfreesboro: (615) 225-4141
- ★ Matthew Walker Comprehensive Health Centers-  
Nashville: (615) 324-9698  
Clarksville: (931) 920-4999
- ★ Neighborhood Health Centers – 4 locations  
in Nashville, Lebanon : (615) 227-3000
- 🚚 Meharry Mobile Site - Shelbyville: (931) 684-6772
- ★ Tennessee Department of Health –  
Lawrenceburg: (931) 762-9406  
Columbia: (931) 388-5757  
Lincoln County (931) 433-3231
- ★ Duck River Dental Outreach - Columbia: (931) 388-6410
- ★ Meharry Medical College Dental School: (615) 327-6669

**SMILE ON 65+ East Region Clinics:**

- ★ Karis Dental Clinic – Cleveland: (423) 457-8024
- ★ Smiles, Inc. – South Pittsburg: (423) 228-3077
- ★ Healing Hands – Bristol: (423) 652-0260
- ★ Keystone – Johnson City: (423) 232-7919
- ★ Interfaith Health Clinic – Knoxville: (865) 243-3033
- ★ Friends in Need – Kingsport: (423) 224-5697
- ★ Johnson City Community Health  
Center – Johnson City: (423) 929-6919
- ★ Trinity Health Ministries – Maryville: (865) 681-0770
- ★ Mountain Hope Good Shepherd – Sevierville:  
(865) 774-7684
- ★ Revive Dental - Chattanooga: (423) 206-9641
- ★ Servolution Dental - Speedwell, TN: (423)-806-6039
- ★ Cherokee Health System – Knoxville (865) 544-0406
- ★ Cherokee Health System - Maynardville (865) 992-3849

# Resources



[Tnoralthhealth.org](http://Tnoralthhealth.org)

or

[TN.gov](http://TN.gov)



TNAOHA

Safety Net Directory

Oral Health Resources

Español

TNAOHA Leadership

Contact Us

FIND A CLINIC



THE TENNESSEE ALLIANCE OF ORAL HEALTH ADVOCATES (TNAOHA) IS A DEDICATED GROUP OF INDIVIDUALS AND ORGANIZATIONS WHOSE MISSION IS TO WORK COLLECTIVELY TO **INFORM** DECISION-MAKERS TO TAKE ACTIONS TO **IMPROVE** ORAL HEALTH FOR VULNERABLE TENNESSEANS.



TENNESSEE ALLIANCE OF  
**ORAL HEALTH ADVOCATES**



"WE ENVISION A STATE WHERE ORAL HEALTH IS **PRIORITIZED** BECAUSE IT IS ESSENTIAL TO **LIFELONG** HEALTH AND QUALITY OF LIFE."

## TennCare (Medicaid) Adult Dental Benefit



- Adult TennCare Members - 21 years of age +
- Semi – Comprehensive coverage based on medical necessity
- No maximum benefit
- Coverage began Jan 1, 2023

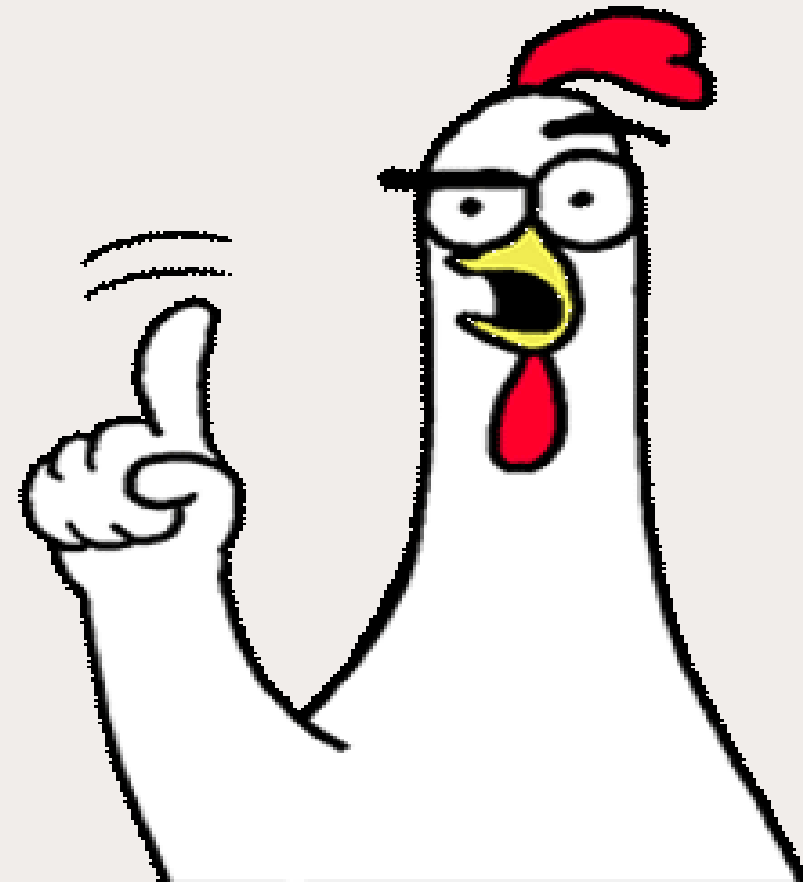
TN only state with a Medicaid Waiver (unique)  
Cost savings are used to fund other things  
These “savings” fund dental Medicaid  
Strong dental presence in TN Medicaid Bureau

# How do TennCare Members access their benefits?

- Members can contact any TennCare Dental program office directly to schedule an appointment
- Use the Find -a-Dentist Tool on DentaQuest website for a local Dental Office
- Call DentaQuest Member Services to obtain information for a local TennCare Dental Provider (855) 418-1622
- Members should update their TennCare Connect Account to make sure it is current.  
(855) 259-0701 or <https://tenncareconnect.tn.gov>



# QUESTIONS







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