

 Nevada Dental Benefits, Ltd.®

a PRIMECARE™ company  
BENEFITS

# Aspect

---

A QUARTERLY NEWS BULLETIN

---

*Great Health Starts Here*®



**Autumn 2019**  
**ISSUE 3**

Welcome to Aspect, Nevada Dental Benefits, Ltd.'s quarterly newsletter, through which we offer contemporary news information on oral health, the dental industry, the latest research and advice for providers.

# CONTENTS



Dentists Giving Vaccines — 04



Periodontal Disease Increases CAD Risk — 06



ADA News — 07



Charcoal Toothpastes 'Don't Whiten Teeth' — 08



PrimeTime with Dr. Eddie Tai — 10



Bucky's Bites — 11



Great Health Starts Here<sup>®</sup>



## OREGON DENTISTS BECOME FIRST IN U.S. TO BE ABLE TO GIVE ALL VACCINES

Molly Harbarger | The Oregonian/OregonLive

**Oregon is the first state in the country to allow dentists to administer vaccines to patients.**

In a year marked with heated debate about the state's involvement in boosting vaccination rates, the bill was quietly passed and signed into law with little fanfare. But it sets a new precedent for the role dentistry plays in the health care system.

Two other states have laws that allow dentists to give flu shots to adults, but in Oregon, dentists will soon be able to give out any vaccine available at a primary care doctor's office.

Most people likely won't get their measles, polio and tetanus shots from the dentist, but Oregon Health & Science University School of Dentistry Dean Phillip Marucha said that they might want vaccines relevant to oral health.

A large percentage of new oral cancer diagnoses are linked to HPV, a sexually transmitted infection that can also cause cervical cancer and genital warts. But the traditional practice of dentistry doesn't allow for easy conversations about prevention.

Marucha said that this law, which he helped draft, will make that conversation easier. A dentist could educate patients about the value of the HPV vaccine and then administer it onsite.

"It's pretty exciting to me, because it provides another opportunity to fill a care gap in the state of Oregon," Marucha said.

OHSU dentistry students will all learn how to administer vaccines before graduation starting next year. As the state's only dentistry school, OHSU will also begin to hold classes for practicing dentists who want to opt in.

Marucha is part of a push to make oral health more aligned with the rest of the health care system. As stand-alone dentistry practices start to vanish, as they have in Oregon, community health care centers and systems like Kaiser that place dentists' offices next to pharmacies and general doctors have begun that transition.

"The mouth is part of the rest of the body, so we should be working together on this," Marucha said.

However, there are obstacles. Many private insurers carve dental insurance out separate from medical insurance.

That will be a challenge for the state agencies tasked with implementing the law. Most medical insurances provide some coverage for vaccinations, but dental insurance doesn't, since it's never been an issue before.

Marucha hopes that as the Oregon boards of dentistry and pharmacy, the Oregon Health Authority and the Oregon Dental Association work on figuring out what kind of training and rules go along with the new law, they can also help pressure insurance companies to consider coverage gaps.

The law comes at the end of the largest measles outbreak in the Pacific Northwest since the disease was declared eliminated from the U.S. in 2000. It sailed through the Oregon Legislature while a bill that would eliminate the main exemptions to vaccinations for school-age children has been caught up in hearings that lasted hours and inspired rallies filled with hundreds of opponents.

The dentistry bill, though, earned support from some lawmakers who oppose the loophole-eliminating bill.

It also was supported by a diverse range of medical groups. Marucha worked in Illinois, one of the states that allows dentists to give flu vaccines to adults. That law was met with pushback from other medical experts who prefer certain treatments to remain siloed.

"They're still trapped in the old versions of what a particular kind of healthcare provider should and shouldn't do," Marucha said.

But even outside the Legislature, Marucha said Oregon's dental and general healthcare communities are starting to work together more.

Dental students are learning to screen patients for diabetes and other illnesses that can affect oral health. Likewise, physician assistants are learning from the dental community how to conduct oral exams, since gum disease can affect heart health, among other side effects.

"Oregon is very progressive in its healthcare system and making sure that access to care is more important than turf," Marucha said.

---

To view the original article, [click here](#).



## PERIODONTAL DISEASE INCREASES CAD RISK IN SMOKERS WITH TYPE 1 DIABETES

Phil Neuffer | Healio Endocrine Today



## HOW TO AVOID WINE MOUTH

In the New York Times' (5/26, Herrera) Sunday "Smarter Living" newsletter, writer Bethany Biron discusses preventive steps you can take to avoid the "dreaded wine mouth." ADA spokeswoman Dr. Ruchi Sahota "recommends brushing your teeth right before going out to help rid teeth of plaque, which dark, acidic beverages like red wine and coffee thrive on." She said, "Enamel is one of the hardest substances in our body, but it's extremely susceptible to acid," adding, "While drinking, try not to swish wine or hold it in your mouth for longer than you need to. Sip it and swallow." Dr. Sahota also suggests drinking wine from a straw "if you're feeling especially cautious."

Dental professionals can direct their patients to MouthHealthy.org, ADA's consumer website, for additional information on what causes teeth to change color. The ADA provides a complete list of toothpastes with the ADA Seal of Acceptance, including some with stain removal attributes.

Periodontal disease increases the risk for coronary artery disease (CAD) among adults with type 1 diabetes who smoke, according to findings published in the *Journal of Diabetes and its Complications*.

"The importance of this research relates to the scarcity of data relating to periodontal disease and its effect on cardiovascular health among people with type 1 diabetes, whose risk of cardiovascular disease is already increased compared with the general population," Tina Costacou, PhD, an associate professor of epidemiology at the University of Pittsburgh, told Endocrine Today. "These data suggest that in addition to good glycemic control and treatment of high blood pressure and cholesterol, smoking cessation and oral health are important factors in reducing the development of heart disease."

Costacou and colleagues performed follow-up assessments in October 2014 with 320 adults with type 1 diabetes who took part in the Pittsburgh Epidemiology of Diabetes Complications study and underwent an oral health examination between 1992 and 1994. The researchers used data from the original examination to confirm diagnoses of periodontal disease, with 34 participants presenting with the condition (mean age, 37.61 years; 35.29% women) while 286 did not (mean age, 31.47 years; 45.45% women). Participants indicated that they currently smoked at baseline via questionnaire.

According to the researchers, 33.7% of the cohort had CAD at follow-up, and 46.4% of those who reported as current smokers during the initial examination had CAD after follow-up. Rates for hard CAD (CAD death, myocardial infarction) were 27.3% and 42.7% among the total cohort ...

To view the original article, [click here](#).



COMPLIANCE

GO

### REMINDER

Just a reminder, the Environmental Protection Agency is requiring dental practices nationwide to install amalgam separators. The date for compliance is July 14, 2020.

For more information [click here](#).



**Charcoal-based toothpastes, which claim to whiten teeth, are a "marketing gimmick" which could increase the risk of tooth decay and staining, says a review in the British Dental Journal.**

The charcoal products, which are increasingly popular, often contain no fluoride to help protect the teeth.

And there is no scientific evidence to back up the claims they make, the authors say.

Excessive brushing with them can do more harm than good, they add.

They advise people to go to their dentist for advice on bleaching, or whitening, their teeth.

And they say it is better to stick to using a regular fluoride-based toothpaste.

Charcoal was first used for oral hygiene purposes in ancient Greece, as a way of removing stains from teeth and disguising unpleasant odours from diseased gums.

The review said people were brushing regularly with the charcoal-based products in the hope that they would offer "a low cost, quick-fix, tooth-whitening option".

But too much brushing could lead to tooth wear and more sensitive teeth and, with few of the products containing fluoride or making the ingredient inactive, any protection from tooth decay was limited, it said.

#### 'DON'T BELIEVE THE HYPE'

"When used too often in people with fillings, it can get into them and become difficult to get out," Dr Greenwall-Cohen said.

"Charcoal particles can also get caught up in the gums and irritate them."

He said charcoal toothpastes and powders were more abrasive than regular toothpastes, potentially posing a risk to

the enamel and gums.

The charcoal contained in today's toothpastes is usually a fine powder form of treated charcoal, the review says.

Charcoal can be made from materials including nutshells, coconut husks, bamboo and peat, and possibly wood and coal.

Prof Damien Walmsley, from the British Dental Association, said: "Charcoal-based toothpastes offer no silver bullets for anyone seeking a perfect smile, and come with real risks attached.

"So don't believe the hype. Anyone concerned about staining or discoloured teeth that can't be shifted by a change in diet, or improvements to their oral hygiene, should see their dentist."

#### CELEBRITY EFFECT

Dr Joseph Greenwall-Cohen, co-author of the study from the University of Manchester Dental School, said "more and more shops are selling charcoal-based toothpastes and powders", including Superdrug, Boots and Tesco, after celebrities had started talking about using them.

But he said the claims they made had been found to be unproven by a 2017 US review of 50 products.

Some said they were "anti-bacterial" or "anti-fungal", that they helped with "tooth whitening" and would "reduce tooth decay".

To view the original article, [click here](#).



*Great Health Starts Here*®

**T**his quarter, we're excited to introduce Dr. Eddie Tai, owner of Apex Dental Endodontics. Originally from Los Angeles, Dr. Tai has been practicing dentistry for 14 years. He graduated from the University of Pennsylvania in Philadelphia, and began calling Las Vegas his home in 2007.

**NDB: What made you choose a career in dentistry?**

**ET:** I enjoy helping people and performing hands-on procedures that require attention to detail.

**NDB: What do you think you'd be doing if you weren't a dentist?**

**ET:** I would become an airplane pilot, where I'd have the opportunity to travel around the world to enrich life experiences and learn cultural diversity.

**NDB: When you're not at work, what are some of your favorite things to do?**

**ET:** I enjoy reading travel related publications, and also like to exercise for good health and positive energy.

**NDB: It sounds like you love all things travel. Do you have any big trips planned this year?**

**ET:** Travel is what I truly enjoy. It expands our horizon and vision of life. This Winter, our family is planning to visit a few European countries with ancient cultures characterized with architectural sites. It would be an amazing experience for my children to understand and connect world history with human development in real world settings. My family and I are planning to visit the Seven Wonders of the World in years to come. Our past trips (e.g. Grand Canyon and various National Parks) gave our children the opportunity to learn biodiversity in an ecosystem and to better appreciate the natural resources in life.

Dr. Eddie Tai & Staff



If you know of a dentist that might like to be featured in one of our upcoming newsletters, please let us know. Email Crystal Robbins at [crobbins@nevadadentalbenefits.com](mailto:crobbins@nevadadentalbenefits.com)

# SILICA PACKETS

## WHY YOU SHOULD SAVE THEM

Silica packets are used to absorb moisture and keep items dry. You may have seen these in packages you received in the mail or even in the new shoe box you picked up at the store. What you might now know, is there are so many ways you can reuse these packets.

- Keep silica gel packets with your important documents.
- Store gel packets in a tool or tackle box to prevent rust. The same goes for boxes of nails or screws.
- Dry out your phone – place phone in Ziploc bag, cover with silica gel packets on both sides and seal for 24 hours.
- Throw a gel pack in your gym bag to prevent odors from moisture.
- Add one or two packets to your makeup drawer.
- Place in storage bins or boxes in the garage.
- Store with jewelry to keep it from tarnishing.

Silica gel packs are not for eating. Always store packets out of reach for children.

