

Dental Health Update

Liannelovell@uhb.nhs.net



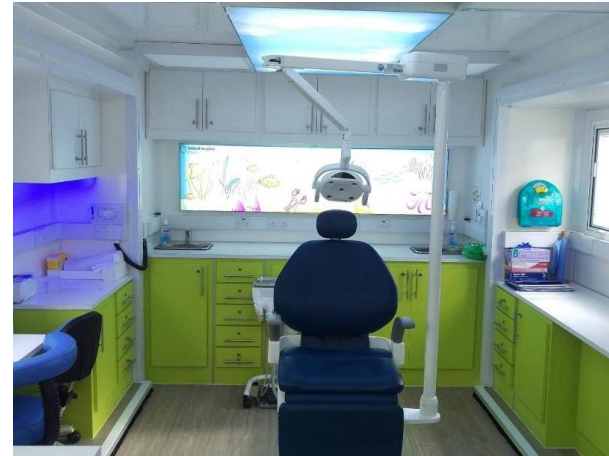
We have 3 surgeries within the Solihull Borough

Grove Road Clinic
51 Grove Road
Solihull
B91 2AQ

Shirley Dental Clinic
276 Stratford Road
Shirley
B90 3AD

SmithsWood Dental Clinic x2 Mobile Dental Units
31 Burtons Way Work in Scool in the
Smith Wood North Of Solihull
Solihull
B36 0SZ

1 clinical lead dentist
1 specialist dental officer
3 senior dental officers
2 dental officers
3 dental Hygienist/ therapist
13 dental nurses
3 admin staff



Adults

- Learning difficulties
- Autistic spectrum disorder
- Severe mental health problems including dementia
- Severely medically compromised
- Severe physical disability, e.g. where needing hoist transfer
- Post head and neck oncology patients
- Palliative care
- Domiciliary care for housebound patients
- Phobic or very highly anxious adults – explanation of the treatment tried to date
- GA referrals
- Treatment under IV or inhalation sedation

Children

- Learning difficulties
- Autistic spectrum disorder and ADHD
- Mental health and psychological disorders including anorexia and bulimia
- Severe physical problems
- Very anxious and phobic children – explanation of the treatment attempted to date
- Very young children with extensive decay
- Orthodontic extractions where sedation is required
- Treatment under inhalation sedation
- Intravenous sedation is available where deemed necessary for those 14 years and above.



Epidemiology studies - investigate trends and patterns of oral disease and conditions and their determinants at population level and the efficacy of interventions, services and public health interventions.



Epidemiology Results 2019

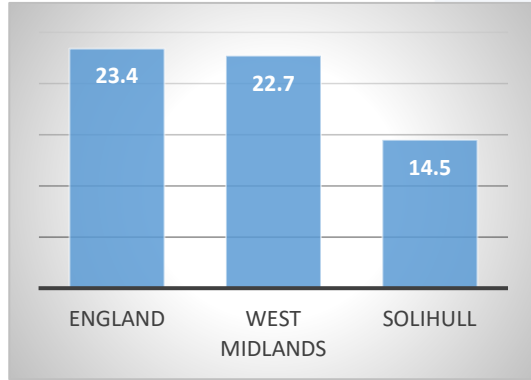


Figure one. Proportion (%) of 5 year olds experiencing dental decay in 2019

23.4% of children in England,

22.7% of children in West Midlands

14.5% in Solihull have experience of dental decay.'



Figure two. Proportion (%) of 5 year olds experiencing dental decay in Solihull in 2019

DMFT – decay,
missing or filled
teeth

Snacking increase

The Coronavirus has changed many aspects of life, but it may be having a significant impact on the health of the mouth.

New research from the Oral Health Foundation shows staying at home has led to more than one in three **(38%)** British adults increasing the number of times they are snacking throughout the day.

Since lockdown, snacking has increased in young adults by **61%** and in families (with children under 5) has seen an increase in **70%**



- 6 in 10 <16 year visited a dentist 2019
- 3 in 10 2020
70% didn't see a dentist! (3)

COVID-19: missed dental appointments hits 14 million in England

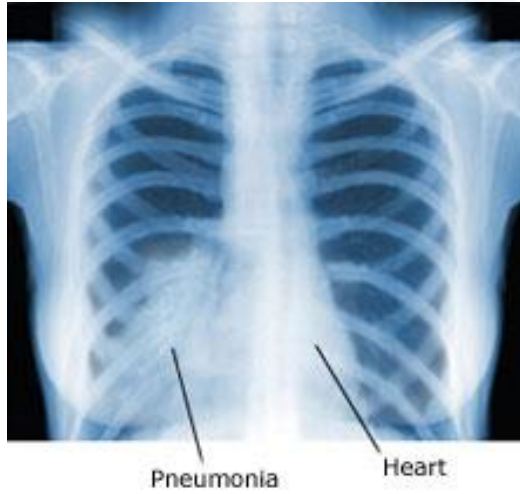


The number of missed dental appointments in England has reached 14 million as a result of COVID-19.

WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



Dementia
Covid 19



Pneumonia is an infection in one or both lungs and usually bacterial in origin (ATS 2005)

Hospital and community acquired pneumonia

MCM

M News • UK News • Coronavirus

Covid warning: Patients with gum disease '9 times more likely to die', new study finds

Covid-19 patients are three times more likely to end up in intensive care or on a ventilator if they already suffer from periodontitis, a serious form of gum disease, according to the findings.

SHARE f t d i 41 COMMENTS By Tom Campbell 15/15, 9 FEB 2021

NEWS

s://dentistry.co.uk/2020/08/10/gum-disease-covid-complications/

Gum disease linked to severe COVID-19 complications



Defence against inflammation from gum disease can potentially protect COVID-19 patients against life-threatening respiratory complications.

Covid-19 and periodontal disease

Covid-19 and gum disease, the same ACE2 receptor is attacked which creates an inflammatory cascade. This points towards a possible association between periodontitis and Covid-19.

Studies are now finding links to an increased risk of being admitted to intensive care and dying (x9 increase) of Covid - 19 if you have periodontal disease. (advanced form of gum disease)



Pain



- Eating difficulties
- Sleeping difficulties
- Time missed of school
- Problems with brushing
- Interference with social activities



Infection

- 5% of children will suffer sepsis
- Can contribute to failure to thrive
- Links with obesity
- Severe childhood decay can result in the child x6 more likely to be anemic

Sheiham 2007 'dental health survey'

Delivering Better Oral Health

An evidence-based toolkit for prevention



BASCD
The British Association for the Study of Community Dentistry



Brushing

Children under 3 years old

- Smear of toothpaste
- 1000ppm of fluoride toothpaste

Children 3 years and above

- Peas sized amount of toothpaste
- 1350ppm+ fluoride toothpaste





- Assist with brushing until 8 years old
- Small headed flat trimmed brush
- Electric toothbrushes can be used (but never leave unattended)
- Brushing should be last thing at **night** and in the **morning** for **2minutes**
 - From the age of 12 children and adults should be encouraged to floss (before they brush their teeth daily)



After brushing your teeth...

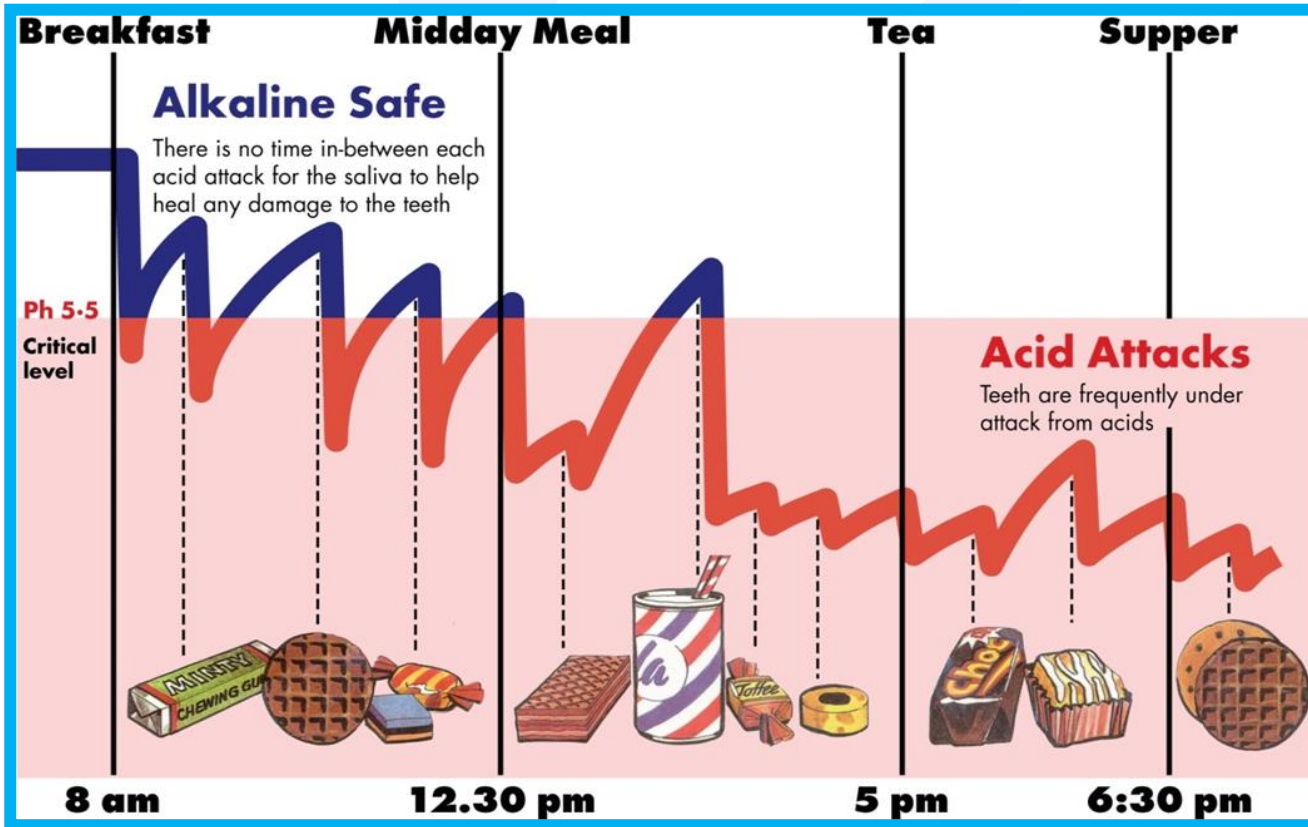


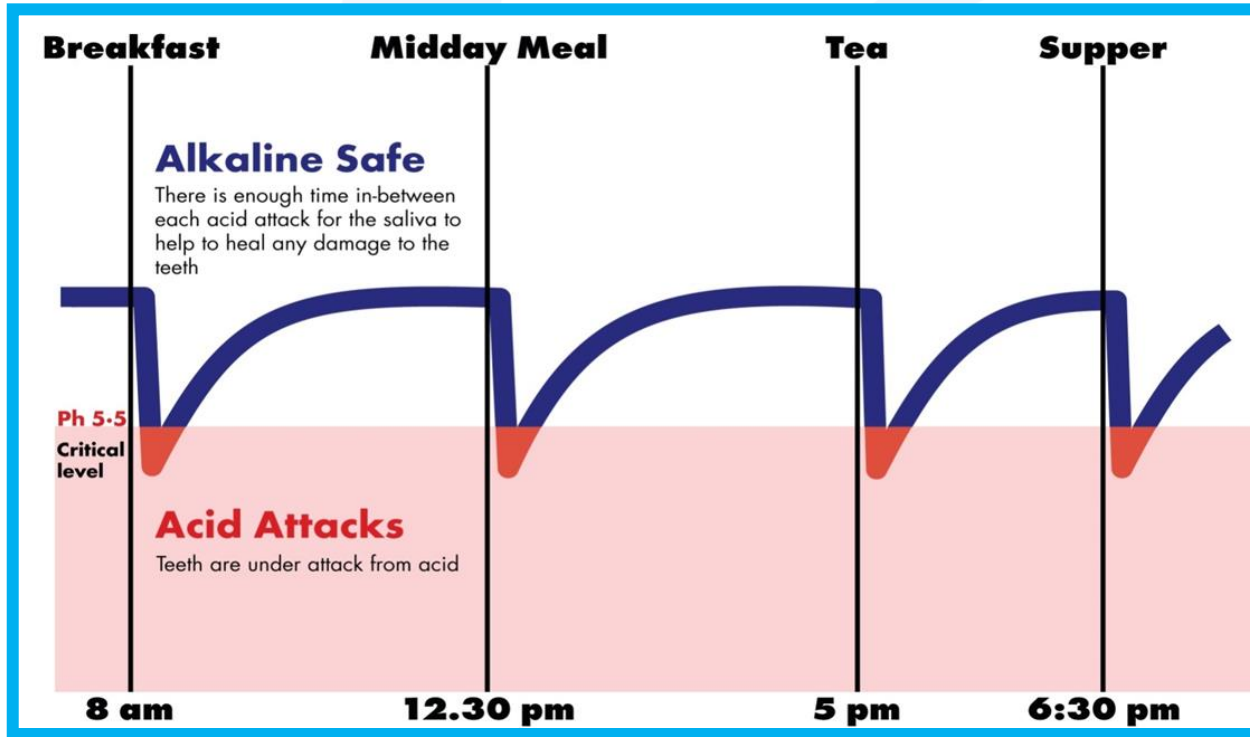
spit out the toothpaste,
but don't rinse

Encourage to **spit out excess paste** but not to rinse with water or a mouth wash straight after.
Mouthwashes can be used for children **6+** at a separate time to brushing.

- **Replace snacks with healthy alternatives!**
- Cheese, bread sticks, carrot sticks, apples, porridge, crackers, bananas,
- Drinks should be milk or plain water
- (occasional sugar free squash should be kept at mealtimes only)







If sufficient time is left in-between each acid attack, re-mineralisation can occur. Saliva and fluoride will help to heal any minerals that are lost from the tooth surface.



Age	Maximum added sugar intake per day	Sugar cubes (based on 4g sugar cube)
4-6 yrs	No more than 19g	5 cubes
7-10 yrs	No more than 24g	6 cubes
From 11 yrs	No more than 30g	7 cubes

**1 cube = 4g
sugar**



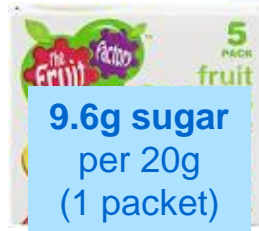
**35g sugar
per 330ml
can**



3.78g sugar
Marked as
same
contents as
natural fruit



**16g sugar per
sachet**
Marketed as safe
for schools and
1 of your 5 a day



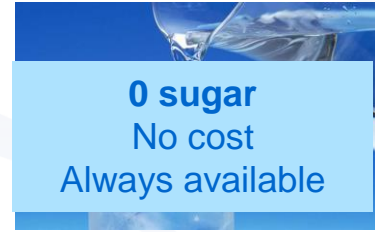
**9.6g sugar
per 20g
(1 packet)**



20g sugar
1 small lunch box packet



**1.4g sugar
per 200ml
bottle**



0 sugar
No cost
Always available



**10.5g
sugar per
pot**

- **Dummies** should not be used from the age of 12 months. It can lead to a permanent 'open bite' giving poor aesthetics, it also can result in eating and speech difficulties in childhood.



Above is a child with prolonged use of a dummy, below is a normal occlusion



Orthodontics dummies (left) are advised if parents wish to use them under 1 year of age, cherry shaped ones are not advised (right)



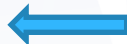


Babies bottles should be discouraged from 12 months and replaced with a free-flowing beaker

Early childhood decay



Advanced childhood decay



Examples of free-flowing beakers

TOOTHY TIPS!

National Smile Month 2021



Brush your teeth every **MORNING** and last thing at **NIGHT**



Spit out toothpaste but **do not** rinse it away



Discourage children off the bottle onto a **free flowing beaker** by 18 months



Assist children with brushing up to the age of **eight**



Limit intake of **sugary foods** and **drinks** and beware of hidden sugars. Stick to **milk** and **water** in-between meals



Avoid **night time** drinks other than **water**



Change your tooth brush every **3 months**

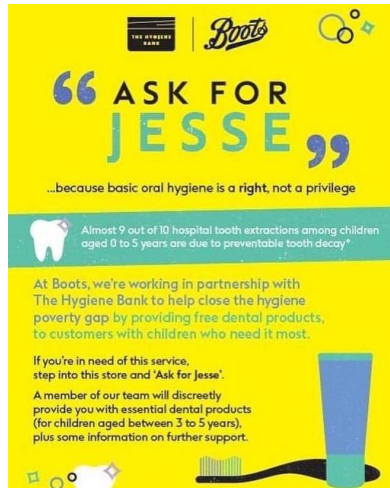


Register your child with a **local dentist** before the age of **1** and take them for regular check ups



Following the Public Health England campaign 2019 It was encouraged that **all children should be registered with a dentist by the age of 1 year!**

see the list of NHS dentists at the end of the power point or contact 111.



Ask for Jesse – free oral hygiene products available in ...

A major pharmacy-led health and beauty retailer are handing out free oral hygiene products to those in need. 'Ask for **Jesse**' is a new campaign fronted by **Boots**, aimed at helping to close the poverty gap by assisting vulnerable families. Working in collaboration with The **Hygiene Bank**, customers can simply 'ask for **Jesse**' when in store.



SOLIHULL EARLY SMILES

Solihull Special Care Dental Service

Oral Health Programme
Toothbrushing for babies and young children

Reminders

- Fluoride toothpaste.
- Brush twice a day.
- Spit, don't rinse.
- Replace your toothbrush as soon as it gets full of shag.
- Change from bottle to cup by one year old.
- Visit your dentist regularly.

Dentist

Register with a dental nurse.
(All children are automatically entitled to free dental treatment).
To help your baby get used to visiting the dentist, we have a toothbrush with a nurse.

Choice of Toothbrush

- Choose a small-headed toothbrush with soft bristles.
- Change your toothbrush every 3 months, or sooner if it gets out of shape.

Choice of Toothpaste

- It must contain fluoride.
- Use no more than a smear or pea-sized amount. Try not to put too much on the brush as children should not swallow toothpaste.
- Apply toothpaste to the dry toothbrush.
- After brushing - spit out only, do not rinse with water.

Fluoride is a mineral that strengthens teeth and helps to protect teeth from decay.

Always supervise toothpaste use.

Keep tubes of toothpaste out of reach of young children.

The Best Way to Brush

Your child will learn by watching mum, dad, other brothers or sisters brush their teeth. Supervise your child's brushing until they are at least 7 years old.

POSITIONING

- The easiest way to brush children's teeth is to hold the brush in your hand with their head resting against your chest. This way you can see into their mouth and reach their top and bottom teeth more easily.

BRUSHING

- Always brush gently by moving the brush backwards and forwards in small circular movements, brushing angled towards the gums.
- Be gentle.
- Brush all round - don't miss any surfaces of the teeth.
- After brushing the child should spit out only, not rinse with water (the fluoride left in the mouth will work after brushing).

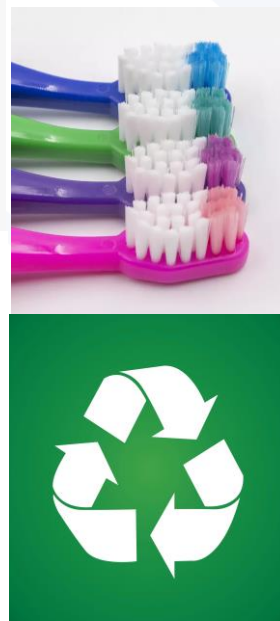
Bedtime

- Toothbrushing should always be part of the bedtime routine and done by an adult.
- After brushing at bedtime, it is very important that no food or drink except water is taken until the morning.
- If your child needs night-time medicine, ask the doctor or chemist for a sugar-free medicine.

My Toothbrushing Chart

Name: _____ Month: _____

	Week 1	Week 2	Week 3	Week 4
Monday	☾	☼	☾	☼
Tuesday	●	●	●	●
Wednesday	●	●	●	●
Thursday	●	●	●	●
Friday	●	●	●	●
Saturday	●	●	●	●
Sunday	●	●	●	●



From the 19th April 2022 all 2 years at their 2 year health check will be offered a free oral health promotion pack

Safeguarding

A study by *Green et al 1994*
vulnerable children on the children
protection register are x8 more likely
to have untreated decay

Every 10 minutes a child in England is
admitted to hospital to have a
decayed tooth removed

Most common reason for a child
under 9 to be admitted for a GA today



Dental neglect

- Fail to attend after being told of disease
- Repeated GA's





Solihull Special Care Dental Service

Now has an Instagram account.

Please follow us at:

uhb_sscds

Coming soon.....
Facebook/Instagram

DENTISTS ACCEPTING NHS PATIENTS - March 2022- June 2022						
Practice	Address	Telephone No.	Adult	Child	Location	Booking from
North						
Mr Godhania, Ms Keshwara	Castle Care Dental Practice, 266 Bradford Road, Castle Bromwich, Birmingham. B36 9AB	0121 747 3218	No	No	1 st Floor	Waiting list
Mr Pattni	Crabtree Dental Practice, Chelmsley Wood Primary Care Centre, Crabtree Drive, Birmingham. B37 5BU	0121 770 4652	No	No	Ground Floor	
Mr Richardson	Castle Bromwich Dental Care, 11 Green Lane, Castle Bromwich, Birmingham. B36 0AY	0121 730 2277	Yes routine patients	Yes routine patients	1 st / Ground Floor	2 weeks
Mr Chacko	Lansdown Dental Practice, 711 Chester Road, Castle Bromwich, Birmingham. B36 0LN	0121 770 8090	Yes	Yes	1 st /Ground floor	1 week
Mr Thota	16 The Parade, Kingshurst, Birmingham. B37 6BA	0121 770 3424	Yes	Yes	1 st Floor	1 week
Mr Tobin	The Dental Centre, 5 Hedingham Grove, Chelmsley Wood, Birmingham. B37 7TP	0121 770 1533	Yes	Yes	Ground Floor	2/3 months
Mr Hanji	Marston Green Dental Practice, 21 Station Road, Marston Green, Birmingham. B37 7AB	0121 779 2611	Yes	Yes	1 st / Ground floor	1 week
South						
	Balsall Common Dental Care, 1 Ashley Drive, Balsall Common CV7 7RW	01676 536 888	No	No	1 st floor(lift)	3
Mr Dheri	Knowle Smile Spa, 4 Wilsons Road, Knowle, Solihull. B93 0HZ	01564 772184	No	No	Ground Floor	1 month
	Hockley Heath Dental Care, 2358 Stratford Road, Hockley Heath, Solihull. B94 6QS	01564 783656	No	No	Ground Floor	
	Solihull Dental Centre & Implant Clinic, Doubleday House, 29 High Street, Solihull. B91 3SJ	0121 705 3935	No	No	1 st Floor	
	Shirley Dental Care, 383 Stratford Road, Shirley, Solihull. B90 3BW	0121 733 1232	Yes	Yes	Ground Floor	1 weeks
Mr Singh	Eternal Smiles, 18 Station Road, Solihull. B91 3SB	0121 705 0994	No	Yes	1 st Floor	2 week
Mr Talwar	606 Dental Practice, 606 Warwick Road, Solihull. B91 1AA	0121 705 5925	No	Yes	Ground Floor	1 week
	Downing Dental, Downing Close, Knowle, Solihull. B93 0QA	01564 778800	No routine patients	No routine patients	Ground Floor	1 month



- Any Questions?
- Lianne.lovell@uhb.nhs.uk

