

# Fluoride For All!

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Introducing A Fluoride Oral Rinse Program to Third Graders in Massapequa, NY

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# Welcome!

Thank you for joining us tonight!  
Let's start with some questions...



# Early Childhood Caries (ECC)

- A severe, rapidly progressing form of tooth decay in infants and young children
- High occurrence during adolescence and pre-teen years



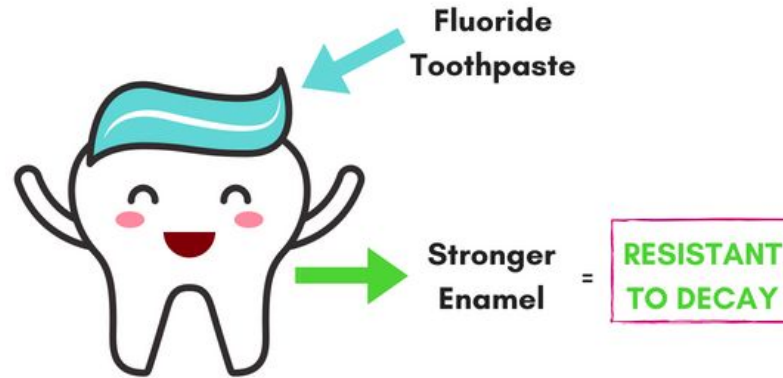
# Early Childhood Caries (ECC)

- It is irreversible!



# What Preventive Measures Can We Take?

- Let's help our children achieve optimum oral care
- We want fewer cavities! How does this happen...?
- This includes the addition of **FLUORIDE** into their oral health routines



# But...There is No Fluoride in Our Water Supply!

- Massapequa, NY is a **non-fluoridated community**.
- You may be wondering...
- What is a non-fluoridated community?
- Why is this relevant to me?
- Why is this relevant to my child?
- If fluoride is good but it is not in our water supply, how do our children obtain its benefits?

# Fluoride Rinse!

Oral rinse with the addition of fluoride is:

- Safe and beneficial for your child's oral health
- Cost effective
- Non-toxic
- Has a lack of adverse effects



These rinses do not:

- Alter salivary flow alter taste (only transient effect)
- Alter dental restorations

# Recommended Fluoride Supplement Intake in a Non-Fluoridated Community

## FLUORIDE CHART

TABLE 46-5		FLUORIDE SUPPLEMENTS DOSAGE SCHEDULE (MGF/DAY)*		
AGE OF CHILD (YEARS)	WATER FLUORIDE CONCENTRATION (PPM)			GREATER THAN 0.6
	LESS THAN 0.3	BETWEEN 0.3 AND 0.6		
Birth–6 mo	0	0		0
6 mo–3 yr	0.25 mg	0 <sup>†</sup>		0 <sup>†</sup>
3–6 yr	0.50 mg	0.25 mg		0
6–16 yr	1.0 mg	0.5 mg		0

\*2.2 mg sodium fluoride provides 1 mg fluoride ions.

<sup>†</sup>Infants receiving their total diet from breast-feeding need a 0.25-mg supplement.

Recommendations from the American Dental Association, Chicago, IL.

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# Fluoride Rinse Program

- We will be using a rinse containing 0.2% sodium fluoride
- One time per week
- Swish for 60 seconds
- Dentist oversees the entire program
- Volunteers will be diligently trained from start to finish

# Why Third Graders?

- Third graders are at an **ideal age to begin forming meaningful oral health habits!**
- Help them learn how to form a healthy routine
- Improve their oral health for the long haul!



# How Will the Oral Rinse Program Work?

1. Each student will receive one cup containing the rinse and one napkin
2. When instructed, students will empty the entire contents of the cup into their mouth
3. Students will be instructed to forcefully strain the rinse between their teeth with their lips tightly closed (volunteers will listen for the sound of swishing)
4. Students will continuously be reminded that the rinse should not be swallowed
5. The rinsing will be timed for exactly 60 seconds
6. After 60 seconds, the students will be directed to carefully expel the rinse back into their cup and wipe their mouths with the napkin provided
7. Students will be instructed to gently insert the napkin into their cup to absorb the liquid and dispose of the cup by gently placing it in a trash can with a plastic liner.



## Let's Try All Together!



1. Rinse and swish



2. Empty into cup



3. Wipe mouth



4. Put napkin in cup

# Emergency Protocols

Faculty will not store fluoride mouth rinse in their classroom unless it is under lock and key.

Faculty are able to store cups and napkins in a cabinet in the classroom.

If a student accidentally swallows their portion of the weekly mouthrinse solution, this amount is **not** harmful.

If a student has adverse reaction after accidentally swallowing the rinse, faculty will stay calm, and will have the student drink milk, and induce vomiting if needed.

Dear Parent,

Your child's school is working with New York City Tech's Dental Hygiene Program to offer a fluoride mouth rinse program to all students. This program helps prevent tooth decay.

- With your consent, your child will rinse with two (2) mL of a fluoride rinse for one minute each week.
- When your child is done swishing the rinse in their mouth, it is emptied into a cup and thrown away.
- A teacher or other adult will watch the children rinse.
- Your consent will allow your child to rinse if they attend this school. You may change your consent for the program at any time.

This program works well with other ways to prevent tooth decay such as toothpaste with fluoride, fluoride treatments at the dentist's and dental sealants. Fluorides and sealants are the best ways to prevent tooth decay.

Please complete and return this form to the school tomorrow.

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- I give consent for my child to rinse in our school program that will be offered once a week during the school year.
- I do not give consent for my child to rinse in our school program.

Child's Name: \_\_\_\_\_

Address Street: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Dear Parent,

Please take the time to complete this survey. This will give us more information of your child's fluoride intake for the Oral Rinse Program in his/her school.

- |  |     |    |
|--|-----|----|
| 1. Does your child use toothpaste contain fluoride?    | YES | NO |
| 2. How often do they brush? Do they use an oral rinse? | YES | NO |
| 3. If so, how often, and does it contain fluoride?     | YES | NO |
| 4. Does your child have any cavities?                  | YES | NO |
| 5. Does your child have an established dental home?    | YES | NO |
| 6. Are you aware of any benefits fluoride has?         | YES | NO |

PLEASE SHARE ANY OTHER COMMENTS OR CONCERNS BELOW:

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# Tips

1. Avoid eating or drinking dairy and calcium-fortified products in the following hour (milk, yogurt, cheese, and juice).
2. Children will be advised to not rinse, eat, or drink for 30 minutes.



# Outcomes and Goals for Students

- Reduce cavities!
- Fewer dentist visits!
- Fewer missed school days!
- Less expenses for parents!
- Improve oral care and therefore quality of life!



# Alternative/At-Home Options

## Drug Facts

### Active ingredient

Sodium fluoride 0.02% (0.01% w/v fluoride ion).....Anticavity

### Purpose

**Use** Aids in the prevention of dental cavities

### Warnings

**Keep out of reach of children.** If more than used for rinsing is accidentally swallowed, get medical help or contact a Poison Control Center right away.

**Directions** • Adults and children 6 years of age and older: • Use twice a day after brushing your teeth with a toothpaste. • Vigorously swish 10 mL (2 teaspoonfuls) of rinse between your teeth for 1 minute and then spit out. • Do not swallow the rinse. • Do not eat or drink for 30 minutes after rinsing. • Instruct children under 12 years of age in good rinsing habits (to minimize swallowing) • Supervise children as necessary until capable of using without supervision. • Children under 6 years of age: consult a dentist or a doctor.

**Other information** • Store at room temperature • Cold weather may temporarily cloud this product



Questions?





Thank you