

Having trouble viewing this email? [Click here](#)

## Member Newsletter



### Coalition News

---

#### Fall Member Meeting

##### **Features Coalition, State and National Issues**

Forty members from across the state participated in our Dec. 9 meeting. From the evaluations, members agreed it was a great opportunity to network and learn more about coalition, state and federal initiatives. A hearty thank you to speakers Alison Grodzinski, Rick Lantz, Nancy Gurzick, Chris Farrell, Dennis Louney, Don Hazeat and Chris Shea and member Delta Dental for hosting the event.

#### Treat Yourself to Healthy Teeth This Holiday Season

##### **Academy of General Dentistry Gives Holiday Health Advice**

With the holiday season already upon us, it's important not to forget about your oral health. Here are a few tips from the Academy of General Dentistry about keeping your teeth healthy this holiday season.

1. Wine's high acidity levels can damage your tooth enamel, so try not to swish the wine around in your mouth, but do try to drink water in between glasses to rinse your teeth of acid.
2. While sugary treats may seem sweet on the outside, they can cause bacteria to thrive in the mouth, which increases the likelihood of developing cavities. Try to brush and floss after eating these sweet treats, but if you can't, drink water or chew a piece of sugarless gum.
3. With the holiday season comes added stress for some. Try to avoid grinding or clenching your teeth, or see your dentist who can come up with solutions like a custom night guard.

We at the Coalition wish you all a wonderful holiday season!

### State News

---

#### Fluoride Varnish Replacing Foams and Gels

##### **U-M School of Dentistry Makes the Switch**

The University of Michigan School of Dentistry has recently decided to replace fluoride foams and gels with fluoride varnish in their clinics. Despite the longstanding use of foams and gels, there are several benefits of the fluoride varnish. Some reviews suggest that varnish may be more effective

December 16, 2011



#### Seasons Greetings

Warmest thoughts and best wishes for a wonderful holiday and a very Happy New Year!

#### In This Issue

[Treat Yourself to Healthy Teeth](#)

[Fluoride Varnish Replaces Foams and Gels](#)

[Researching New Ways to Treat Periodontal Disease](#)

[Fluoridation Victory in Florida](#)

[Healthy Teeth Means a Healthy Heart](#)

[Better Patient-Dentist Communication Needed](#)

[Launch of Integrated Wellness Program](#)

[CHIP Dental Coverage Examined](#)

#### Quick Links

than gels in preventing caries. Additionally, with a significant cost reduction in past years, the varnish saves both time and money by taking only two or three minutes to apply. The American Dental Association, the American Association of Pediatric Dentists, and the Centers for Disease Control highly recommend fluoride varnish for at-risk patients. For full press release, click [here](#).

[Visit Our Website](#)  
[Join the Coalition](#)  
[Read Our Blog](#)  
[Join Us On Facebook](#)

## Researching New Ways to Treat Periodontal Disease U-M Student Receives Award for Efforts

Third-year dental student, Alexandra Plonka, has been collaborating with faculty researchers at the U-M School of Dentistry to research new ways to help patients with periodontal disease. She hopes to find alternative reliefs for the condition and perhaps find a way to create new periodontal tissue to replace destroyed tissue. Plonka recently received second prize in the Hinman Student Research Symposium for her investigation into the anti-microbial and anti-inflammatory properties of tetracycline. Read more about Plonka's research [here](#).

### Board of Directors

**Janice Joseph,**  
**DDS Chair**  
 Detroit Department  
 of  
 Health & Wellness

**Dennis M. Louney**  
**Chair Elect**  
 Delta Dental

**Jackie Balcom**  
**Treasurer**  
 Muskegon County  
 Public Health

**Rebecca Cienki**  
**Secretary**  
 Michigan Primary  
 Care Association

**Chris Shea**  
**Past Chair**  
 Cherry Street  
 Health Services

**Jill Loewen**  
 University of  
 Detroit Mercy

**Bill Piskorowski,**  
**DDS**  
 University of  
 Michigan

**Andrea Goodwin**  
 Community Living  
 Services

**Tom Kochheiser**  
 Michigan Dental  
 Association

**Christine Farrell**  
**Ex Officio**  
 Michigan  
 Department of  
 Community Health

## National News

---

### Fluoridation Victory in Florida City Votes to Continue Water Fluoridation

In Dunedin, Florida, city commissioners voted to continue fluoridating the water supply. Pro-fluoridation activists consider this a great victory, especially in light of Pinellas County's decision to end public water fluoridation. In further effort to combat the negative effects of Pinellas County's decision, Florida's dental society is taking measures to help the some 700,000 residents that will be affected. They are working on an informational website that will provide both professionals and consumers with information about their options once water is not fluoridated, such as fluoride supplements and products. They hope the website will go live by the end of this year. For full article, click [here](#).

### Healthy Teeth Means a Healthy Heart Study Provides Solid Conclusions

According to a recent study, professional dental cleanings may decrease the risk of heart disease complications. Results show that, out of the 100,000 participants, people who had their teeth cleaned professionally had a 24% decrease in heart attacks and a 13% decrease in strokes. While the study did not take into account other important factors in heart complications, it provides strong conclusions about the relationship between oral health and heart health, a relationship which has long been suspected by professionals. For full article, click [here](#).

### Better Patient-Dentist Communication Needed Patient Desire For Information on Oral Cancer

According to a recent study run by dental professionals during the Mouth Cancer Action Month, communication between patient and dentist is lacking in some areas. While 90% of dentists check their patient's mouth for possible oral cancer signs, only 14% of patients say that their dentist has informed them about the symptoms and risks of oral cancer. With improved communication about the signs and risk factors of oral cancer, patients can make healthier lifestyle choices and may be able to detect any problems early on. For full article, click [here](#).

## Launch of Integrated Wellness Program

### **Focuses on Link Between Oral Health and Total Health**

The launch the Total Health™ Beyond the Mouth program was announced at the end of last month. Henry Schein, Inc., the largest provider of health care products and services to office-based practitioners, is collaborating with the American Academy for Oral Systemic Health to start this program as a way to inform patients of the link between oral health and overall health. The program includes a Total Health Checklist, which will assist dental professionals in uncovering potential health problems, and a Total Health Brochure, which is an educational tool given to patients. For more information on the program, click [here](#).

#### Staff

**Karlene Ketola**  
*Executive Director*

**Alexandra Yeadon**  
*Healthcare  
Communications  
Intern*

## CHIP Dental Coverage Examined

### **Informative Brief Compiled By Policy Center**

A brief recently put out by the National Maternal and Child Oral Health Policy Center looks at the Children's Health Insurance Program (CHIP) benefits under the Children's Health Insurance Program Reauthorization Act of 2009 (CHIPRA). Under CHIPRA, all children in the CHIP have a base level of dental coverage and this brief examines the states that have voluntarily sought federal approval of current benefits, or made changes to their CHIP benefits this year. For the full brief, click [here](#).

The Michigan Oral Health Coalition's mission is to improve oral health in Michigan by focusing on prevention, health promotion, oral health data, access and the link between oral health and overall health.

#### ***Michigan Oral Health Coalition***

7215 Westshire Drive  
Lansing, MI 48917  
Phone: 517.827.0466  
Fax: 517.381.8008  
[www.mohc.org](http://www.mohc.org)

#### **[Forward email](#)**



Try it FREE today.

This email was sent to kketola@mohc.org by [kketola@mohc.org](mailto:kketola@mohc.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Michigan Oral Health Coalition | 7215 Westshire Drive | Lansing | MI | 48861