

DDS DENTAL NEWS

A Quarterly Newsletter

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FROM THE DESK OF THE DENTAL COORDINATOR: Spotlight on Oral Health



As a dental hygienist and the dental coordinator for our department, educating people about good oral hygiene and oral health is very close to my heart. I work with staff, individuals who receive services from DDS, and guardians on a regular basis to assist them in obtaining optimal results. When I hear one of our individuals talking about the importance of oral health it makes my job really rewarding! Recently, I met Robert (Bobby) Osborne, an individual who receives services from DDS, who has become an advocate for oral health and it is with his permission that I share this story with you.

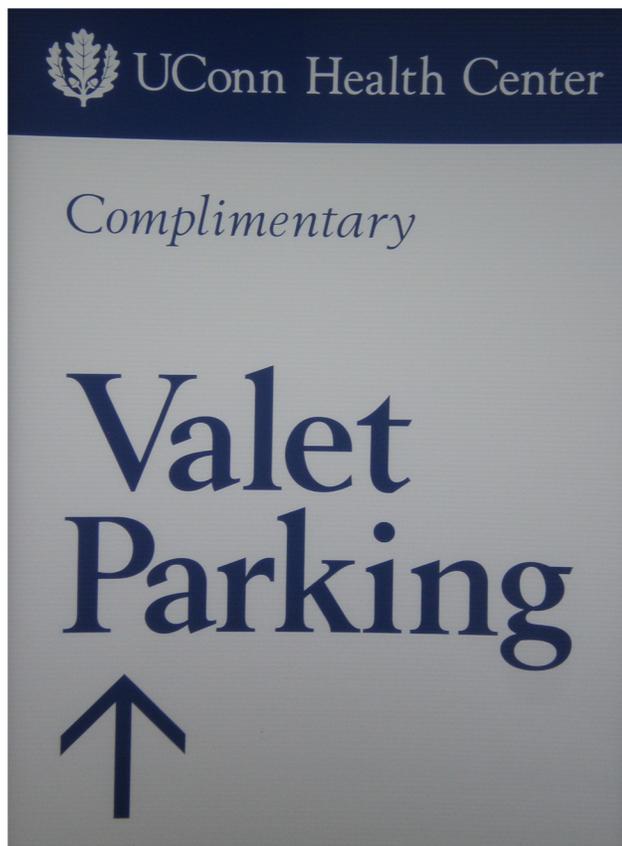
Bobby never liked going to the dentist and only went on an emergency basis because he was in pain. As a result of always dealing with the issues at hand, and not addressing prevention of disease, Bobby had many severely broken teeth and suffered from gum disease. These teeth could not be saved and had to be extracted. While waiting for his mouth to heal, Bobby realized how important it is to have healthy teeth and a healthy mouth. Without teeth he could not talk as well as before and he couldn't eat his favorite food, pizza.

Most people complain about their personal problems, but do little. Bobby has decided that he wants to help his friends to take care of their mouths and to help prevent pain and suffering. Bobby has become an oral health advocate for his friends and the DDS. Bobby wants everyone to know that they need to brush their teeth twice each day, floss regularly, and see their dentist on a regular basis. It is very important to see the dentist or a dental hygienist for preventative care, such as an exam and a dental cleaning. Everyone should also watch their diet, including reducing the intake of sugary drinks, such as soda and juice. A lot of people think that 100% juice is a healthy drink; however, 100% juice contains sugar, which if ingested frequently will cause cavities.

In April, 2012 Bobby had an opportunity to share his experience with his friends during an Oral Health Presentation. Having Bobby talk to his friends brought the importance of oral health home for them. It is much more real when it comes from your peer than from a professional. If anyone is interested in hearing Bobby talk about his experience, or would like an in-service on oral health, please contact Izabella Pulvermacher at Izabella.pulvermacher@ct.gov

UConn Health Center – Parking up-date

UConn Health Center in Farmington has begun their construction and expansion of the building and has eliminated the patient parking. In order to ease the parking situation for their patients, UConn has contracted with LAZ parking to offer complimentary valet parking. Patients or their caregivers can drive up to the front of the building and their car will be parked for them at no cost.



What do you think?????

1. What is better for your teeth?
 - A. A bag of M&M candy consumed all at once.
 - B. Eating a few M&Ms every few hours – enjoying the candy all day.

2. What is better for your teeth?
 - A. Sipping a cup of coffee with milk and natural sugar through the morning.
 - B. Sipping a cup of organic tea with natural honey.
 - C. Drinking 100% apple juice all day long.
 - D. All are good for you.
 - E. All may cause cavities of your teeth



Answers:
1: A 2: E