

## August 2024

### Pearly Whites: School-Ready Smiles!

#### ROHS Report

Regional Oral Health Specialist  
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#### Welcome to Your Monthly Smile!

Your Regional Oral Health Specialist, alongside Community Health Services Inc. and Garfield County, is here to guide you and your community toward brighter, healthier smiles. From Aspen to Parachute, we're your partners in providing preventive dental care, especially for the underinsured and uninsured. Together, let's build a community of health, one smile at a time.



#### Medicaid Dental Providers

If you are a Medicaid and/or CHP+ dental provider and would like to be added to our list, please let us know.



#### Charitable donations

Community Health Services, Inc.(CHS) is a private, non-profit providing preventive health services to residents, workers & visitors of Pitkin County and the Roaring Fork Valley.



#### Minimally Invasive Dentistry

SDF (Silver Diamine Fluoride) is a painless treatment that halts tooth decay and prevents new cavities, effectively killing cavity-causing bacteria with fluoride and silver ions.

### Importance of Dental Check-ups

As we gear up for the new school year, it's the perfect time to schedule you and your child's dental check-up! Here's why it's key:

**Prevent Problems:** Catch any little issues before they become big problems during the school year and cause missed school or work time. Dental pain also makes it hard to focus.

**Stay on Track:** Regular check-ups keep your child's oral health on track. Let's start the school year cavity-free!

**Beat the Rush:** Beat the end of year rush by booking your appointment early.

<https://coloradooralhealth.org/>

### Oral Health in Colorado by the numbers

## Oral Health and Children

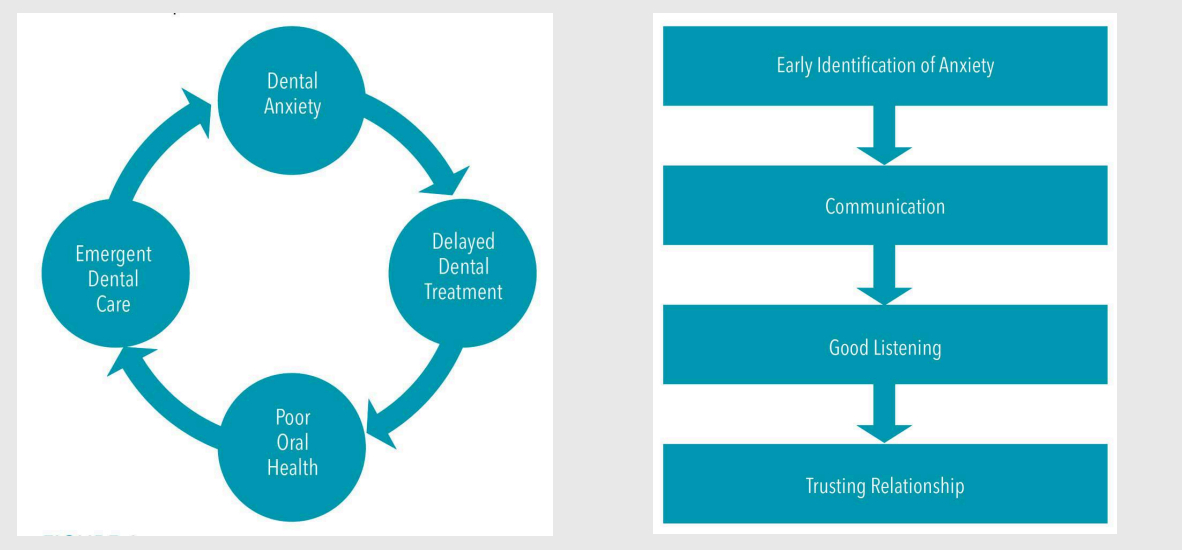
The inequities in social determinants of health impact and shape the lives of Colorado's children and are barriers in accessing oral health care in the state.

# #1

Cavities remain the number one chronic disease in children, with potential developmental, economic, and social ramifications.

**3 in 10** children have tooth decay by kindergarten

### Managing Dental Anxiety



A trip to the dentist can be daunting for some children (and grown-ups!).

Here are some tips to ease dental anxiety:

**Bring Comforts:** Allow your child to bring their favorite toy or listen to music during the visit. [More](#)

**Scheduling Matters:** Make appointments during the day when your child feels their best. Don't schedule during nap time or come to the dentist when sick and feeling stressed already. [More](#)

**Talk It Through:** Discuss what will happen at the dentist in a positive, gentle manner. Avoid scary words like needles and "it won't hurt". [More](#)

**Role Play:** Pretend play the dentist visit at home to make the actual visit more familiar and less scary.

### Protecting Teeth during Sports

For all our young athletes, protecting your smile while playing sports is a must. Here's how:

**Mouthguards Are a Must:** Always wear a mouthguard during sports activities to protect against injuries.

**Custom Fits:** Ask your dentist about custom-fitted mouthguards for the best protection and comfort.

**Replace Regularly:** Replace the mouthguard as recommended or if it becomes worn out to ensure maximum protection.

[American Dental Association](#)

### Mouthguards

		PROS	CONS
Stock Mouthguard	Pre-formed and ready to wear. Available at most sporting goods stores.	Inexpensive and readily available.	Bulky, fit poorly, can make breathing and talking difficult; minimal protection.
Boil-and-Bite Mouthguard	Made from thermoplastic material. Placed in hot water to soften, then shaped around the teeth.	Better fit than stock mouthguards, relatively inexpensive.	Fit might not be perfect, effectiveness depends on correct shaping.
Custom Fit Mouthguard	Made by a dentist from a mold of your teeth. Tailored specifically for the individual.	Best fit and protection, more comfortable, less interference with speaking and breathing.	More expensive, requires a dentist visit.
Lip and Cheek Protectors	Includes extra protections to shield the lips, cheeks, and sometimes the tongue.	Useful in sports where facial injuries are common, providing additional coverage.	Bulkier and more expensive.
Double Mouthguard	Covers both the upper and lower teeth. Used in high-impact sports like boxing.	Offers protection to both sets of teeth and the jaw.	Bulkier, can make breathing and talking more challenging.
Orthodontic Mouthguard	Designed for athletes with braces or other fixed dental appliances.	Protects the braces and prevents cuts inside the mouth from brace components.	More expensive, may need frequent replacing as teeth move.

### Myth-Busting: Oral Health in College

Busting common myths to keep your smile bright during college!

**Myth: Sugar-Free = Safe for Teeth**  
**Truth:** Sugar-free doesn't mean acid-free. Opt for low-acid options! Water is always the best!

**Myth: Chewing Gum = Brushing**  
**Truth:** Gum helps, but can't replace brushing and flossing. Keep up the routine!

**Myth: Energy Drinks are Harmless**  
**Truth:** Watch out! These are often acidic and sugary. Try healthier boosts like a short nap or a snack!

**Myth: Bleeding Gums Are Normal**  
**Truth:** Bleeding can signal gum disease. Don't skip flossing, and see a dental hygienist and dentist if it continues.

**Myth: No Pain = No Dentist Needed**  
**Truth:** Stay ahead of pain with regular check-ups to catch issues long before you feel them.

**Myth: Only Little Kids Get Cavities**  
**Truth:** Diet and habit changes in college can lead to new dental issues even if you've had few dental problems lately. Check-ups and good habits matter!

**Myth: Vaping is Safer than Cigarettes**  
**Truth:** Vaping and Cigarettes are both addictive and contain lots of chemicals that cause cancers. Vaping may not smell as bad but don't be fooled!

**Tip:** Set reminders for dental visits every 6 months and change your toothbrush every 3-4 months. Your smile will thank you!

**IF VAPING IS AFFECTING YOUR LIFE,**

Are your mouth, teeth, health, school, or other situations being affected? We provide help and support to quit vaping.

**FINO HELP & SUPPORT**

**VAPE AEROSOL ISN'T 'HARMLESS' WATER VAPOR.**

It's not just water vapor. It's a complex mixture of chemicals that can harm your lungs and overall health.

### Dental Prevention Across County Lines

Healthy Smiles - DONATE Today!

Dental Prevention Programs > click here

**COMMUNITY HEALTH SERVICES**

**DENTAL CUIDADO PREVENTIVO**

INFORMACION DE CONTACTO

www.aspencommunityhealth.org  
www.roaringforkcommunityhealth.org  
www.pitkincommunityhealth.org  
www.roaringforkvalleycommunityhealth.org

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**COMMUNITY HEALTH SERVICES**

**SMILES FOR SENIORS**

BRIGHT SMILE SMILES

TELEORALHEALTH

**SMILES FOR STUDENTS**

