

# Oral Disease Prevention Through Evidence Based Interventions

**Ms. Tooka Zokaie, MPH CPH**

**American Dental Association**

**Council on Advocacy for Access and Prevention  
Manager, Fluoridation and Preventive Health  
Activities**

**March 5, 2021**

# Learning Objectives

**Review three themes for evidence-based oral disease prevention**

**1** Community Water Fluoridation

**2** Dental Sealants

**3** Addressing the Youth Vaping Epidemic

# National Toxicology Program

NTP's second draft of Fluoride Exposure and Neurodevelopmental and Cognitive Health classified fluoride as a **“presumed” neurotoxin**

ADA sent a letter in October to the National Academies of Science, Engineering and Medicine (NASEM) asking to change the classification to **“unknown”**

On February 9<sup>th</sup>, 2021 NASEM released their review saying their committee tasked with reviewing the NTP draft report had several concerns, identifying “worrisome” inconsistencies. They advise the NTP to revise their monograph.

The NASEM Committee advised the National Toxicology Program to make it clear that the NTP draft **monograph cannot be used to draw any conclusions regarding low fluoride exposure concentrations**, including those typically associated with drinking-water fluoridation

In 2020, a total of **7 communities** faced challenges to remove water fluoridation

**71%** were able to reaffirm and continue this public health practice

**Reaffirm**

Green Bay, Wisconsin  
Madison, Wisconsin  
Park Hills, Missouri  
Tavares, Florida  
Rangely, Colorado

**Remove**

Lake Delton, Wisconsin  
Rock Springs, Wisconsin

**Spokane, WA voted in approval of a grant to support water fluoridation**


# Fluoridation Resources To Assist with Advocacy

## ALL ABOUT FLUORIDE

one - pager was released: [ada.org/fluoride](http://ada.org/fluoride)


Learn more at: [ADA.org/fluoride](http://ADA.org/fluoride)

### All About Fluoride



Learn more at: [ADA.org/fluoride](http://ADA.org/fluoride)

### How to Take Action on Water Fluoridation



#### Why fluoridate tap water?

- ✔ Continues to reduce cavities by at least 25% in adults and children
- ✔ Decreases missed school days due to dental related pain
- ✔ Cost-effective public health practice
- ✔ Reduces cavities in addition to other fluoride products such as toothpaste, rinses, and varnish

*Water fluoridation is regarded as one of the 10 great public health achievements of the 20th century by the CDC*

#### Where can I learn more?



ADA's [Fluoridation Facts](#) with 114 pages of Q&A format responses to common questions.



[MouthHealthy.org](#) has resources written by dentists for parents.



[Recent JADA articles](#) related to fluoride.



[Fluoridation FAQ's](#)



[Fluoridation videos](#) from our 75th Anniversary of Community Water Fluoridation Webinar Series.

#### Why should dentists advocate for community water fluoridation?

- 1 To improve the oral health of the community
- 2 To promote the best science and evidence related to reducing cavities
- 3 To educate patients and staff on the value of this disease prevention measure
- 4 To positively impact oral health of the public in an equitable manner

#### When can I use this information?



LEARN



SHARE



ADVOCATE

Our ADA Databases include the latest science, networks, and articles to help you learn about community water fluoridation to better share and defend this practice.

#### How can I check if my water is fluoridated?

This locally governed health equitable practice is used within supervised community water systems. Learn about your community at [My Water's Fluoride](#).

OPTIMAL:

0.7 ppm



#### Contact Your State and Component Dental Association

The American Dental Association collaborates with [state and local leaders](#) to keep you informed and prepared for fluoridation changes.



#### Talk About Caries

Share with your community the importance of prevention. This includes dental sealants, routine dental visits (beginning by age 1), and water fluoridation. Review your local Community Needs Assessment to learn about your community's health issues.



#### Ask Experts About the Evidence

The Council on Advocacy for Access and Prevention has a National Fluoridation Advisory Committee prepared to connect with you. [Contact the ADA](#) to have your questions answered.



#### Speak With Your Community

Your local educators, pediatricians, water district, city councilors, and community leaders also care about public health.



#### Share with Decision Makers

Your elected officials often decide if your water is fluoridated. Take time to share with them the best science.

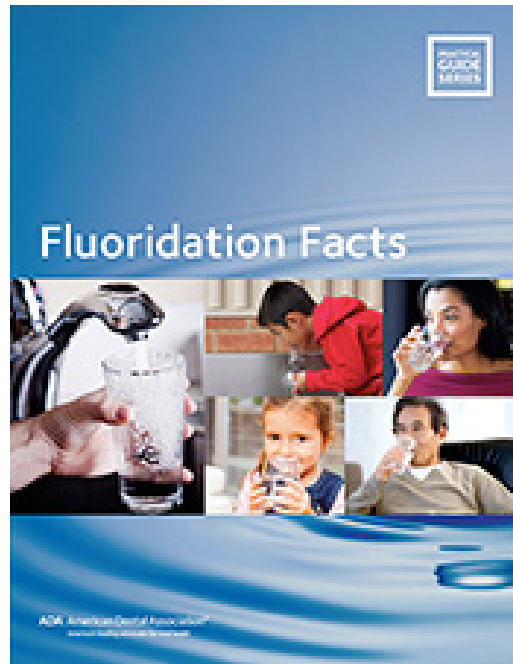


#### Prepare for a City Council Vote or Ballot Initiative

The best way to take action is to initiate community water fluoridation to reduce cavities.

# ADA's Fluoridation Facts

The book assists policy makers and the general public in making informed decisions about fluoridation. With an easy-to-use question-and-answer format that draws on more than 400 references, the book answers queries about fluoridation's effectiveness, safety, practice and cost-effectiveness

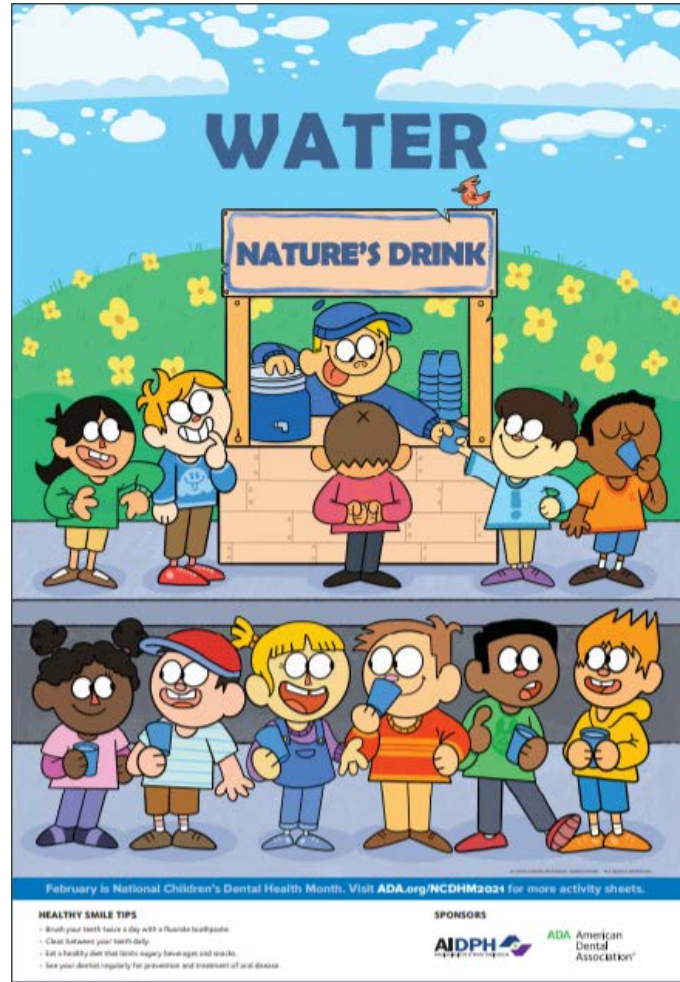


# National Children's Dental Health Month

Free posters and activity sheets are available at [ada.org/ncdhm2021](http://ada.org/ncdhm2021)

2021

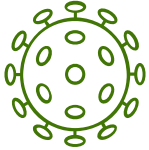
Theme:  
"Water: Nature's Drink"  
Orders are available  
until  
May 10, 2021



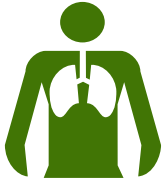


# Advisory Committee on Dental Sealants

## Oral Disease Prevention and Dental Sealants



COVID -19 has alerted dental professionals that disease prevention is of utmost importance



Preventing future dental disease and decay keeps patients' entire bodies healthier and could prevent future procedures with higher aerosol generation



Dental sealants and optimal fluoride exposure are the two most evidence -based preventive interventions in dentistry

# Dental Sealants during COVID-19

## Low -Aerosol Generation



### Safety

Conducting low-aerosol generating procedures is safer for dentists, staff, and patients.



### Glass Ionomer Sealants

Glass ionomer dental sealants can be placed in a manner that minimizes aerosol generation.



### Caries Prevention

Sealants are effective in preventing and arresting caries in primary and permanent molars.

## The American Dental Association's 2016 Clinical Practice Guideline Takeaways:

Sealants prevent cavities in permanent & primary molars

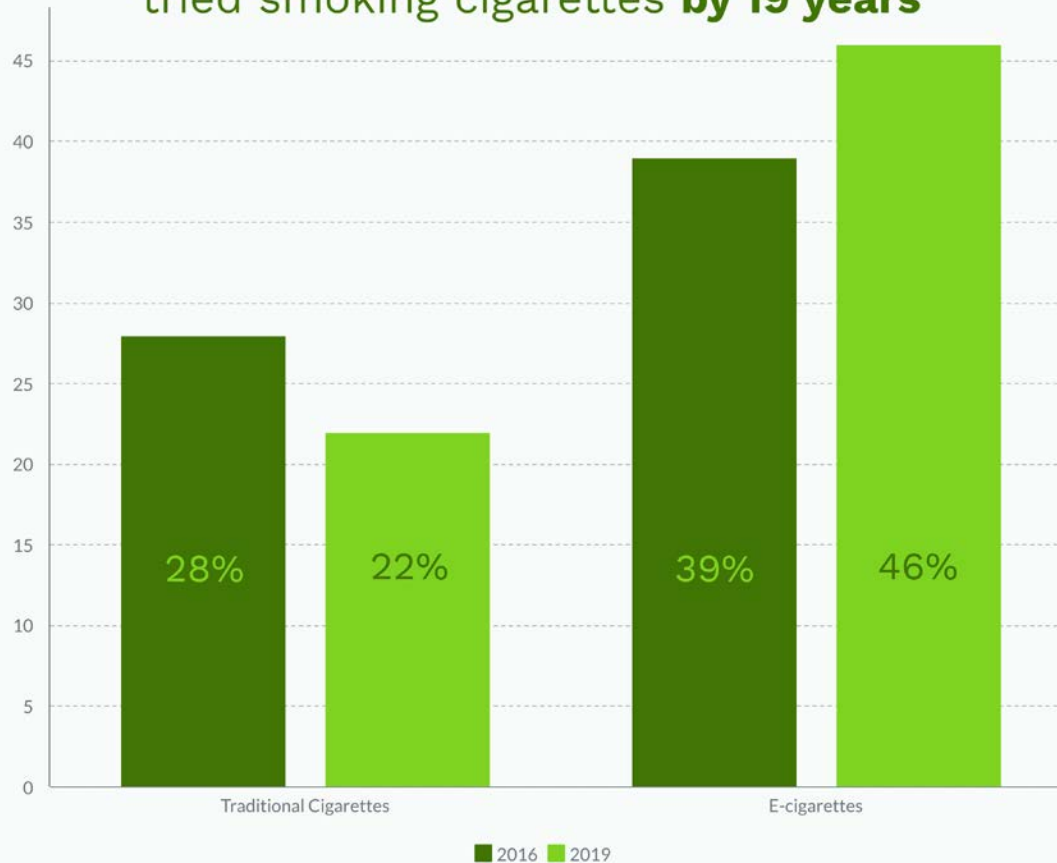
Sealants can prevent the progression of early non-cavitated carious lesions

Both resin or glass ionomer materials are appropriate

# 1965 to 2000, combustible tobacco use declined by half

Preventing youth exposure is of upmost importance

Nearly **90%** of adults who smoke cigarettes daily tried smoking cigarettes **by 19 years**



# E-Cigarette Nicotine Impact on the Oral Cavity



**45%** of the nicotine released from e-cigarettes is deposited in the oral cavity regardless of how deeply or frequently one inhales



Nicotine concentrations in saliva are **10.5 times higher** than those in plasma



Nicotine concentrations within the range typically delivered from e-cigarettes have been shown to affect the rate of **cariogenic** and **periodontopathic biofilm formation**

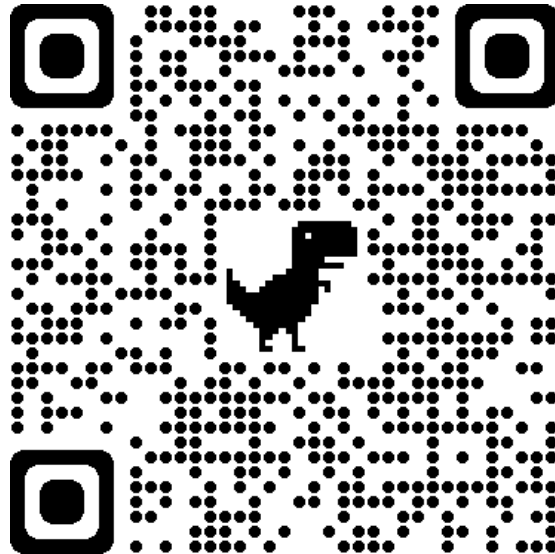


There are also reports of **e-cigarette-associated dry mouth**, increased E-cigarette use might worsen periodontal disease and caries

# Resources for e-cigarette use

American Dental Association has a free recorded webinar on vaping and an event on **March 25, 2021** from 12-1pm CST

Vaping and Oral Health:  
Seeing Through Clouds



Thank you for your attention!

Contact:  
Tooka Zokaie

[zokaie@ada.org](mailto:zokaie@ada.org)