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OFFICE OF ORAL HEALTH



TRIVIA OF THE MONTH:

It takes 17 muscles to smile. How many muscles does it take to frown?

- A) 2 muscles
- B) 17 muscles
- C) 43 muscles
- D) 77 muscles

Answer on back cover.

MISSION

To identify community oral health needs, recognize the social determinants of oral health as a basis to develop policy, design effective and culturally competent preventative programs, and promote oral health as part of over-all health through the integration of medicine and dentistry.

VISION

To achieve health equity for all residents of Maricopa County with Access to appropriate and quality oral health services.

'INSTAGRAM FOR DOCTORS'

Think of Instagram.

Then take away smiling selfies and grumpy cats, and replace them with oozing sores and bloody limbs.

That's the idea behind Figure 1, a Toronto-based free app for healthcare professionals to share photos of medical marvels or anomalies.

Doctors, dentists, nurses, medical residents and interns primarily use the app. But it's open access, meaning anyone can see the stream of images that range from x-rays and CT scans to snapshots of large growths on a patient and open cavities on a surgical table.

The creator of the app hopes the photo will then generate lots of discussion, whether its treatment options or differential diagnosis.

But because it's a public network, the creator admits there is no guarantee the photos won't end up elsewhere on the internet in a sensationalist manner.

One safeguard the app employs is a verification process for licensed physicians. Once their credentials are confirmed by accessing databases or publicly-available information, a checkmark icon is added next to the username, similar to the verification system used on Twitter.

According to the creator, any user

who posts an image must use the in-app tools to blur or black-out features that identify the patient, like faces or tattoos. Then a medical officer and team of moderators review those images before they're made public.

Today, the site has more than 125,000 users. Earlier this month, it secured \$4 million in funding led by Union Square Ventures.

Figure 1 is available in North America, the United Kingdom, Ireland, Australia and New Zealand, and plans to expand to other countries.

GOVERNOR APPROVES VIRTUAL DENTAL HOMES IN CALIFORNIA

On September 26, 2014, Governor Jerry Brown signed AB 1174 authorizing the Virtual Dental Home (VDH).

AB 1174 is a bill that has the potential to bring immediate preventive dental care to large numbers of California children and other underserved populations who currently go without needed dental care.

The Virtual Dental Home (VDH) is an innovative and cost-effective system for providing dental care to California's most vulnerable children and adults. Through the VDH, dental hygienists and assistants examine and collect dental information from patients in community settings—such as schools, Head Start sites, and nursing homes. They then send that information elec-

tronically via a secure Web-based system (called store-and-forward teledentistry) to the supervising dentist at a clinic or dental office. The dentist uses that information to create a dental treatment plan for the hygienist or assistant to carry out.

Medi-Cal reformation has been a highly debated topic. One such point of debate is one in which almost two-thirds of kids in Medi-Cal did not have a dental visit in 2012.

Good dental health is critical to children's ability to grow up healthy and ready to learn so that they can succeed in school and life. Yet, tooth decay is the most common chronic disease and unmet health care need of children in California.

4 WAYS TO FRESHEN YOUR BREATHE

Forget fancy mouthwashes and mini-mints. Keep your mouth clean with a healthy diet that will reduce bacteria and plaque—the culprits of bad breath.

Worried that your breath isn't as fresh as you'd like? These foods can help you fix that.

1. Have Yogurt

Yogurt reduces plaque and gingivitis and stinky hydrogen sulphide. Choose sugar-free to keep your caloric intake at a moderate level.

2. Eat Pineapples

Pineapples contain bromelain, a digestive enzyme that acts as a natural cleanser



3. And Cranberries, too

Cranberries prevent plaque and bacteria from sticking to the surface of teeth.

4. Snack on Veggies

Munch on raw vegetables often as this increases saliva production, which helps wash food particles and acid from teeth



FAITH-BASED COMMUNITY ROUNDTABLE IN SOUTHWEST REGION

The First Teeth First program participated in the quarterly Faith Base Community Roundtable hosted in Goodyear City Hall, AZ. The First Teeth First program are donating over 200 toothbrushes, toothpaste, and floss for their Christmas event, aptly named “A Christmas Cause” (food/clothing/ and toy drive). The

roundtable also included discussion of having a Faith Community Roundtable Facebook Group. The roundtable is interested in soliciting the community’s opinion concerning having a Faith Community Roundtable Facebook Group. FTF thought it was a great idea considering many of the Maricopa County, depart-

ments, and programs are starting Facebook pages as well. Having the Faith-Based Community Roundtable Facebook group will aid in informing agencies about upcoming events and finding agencies to collaborate together for events in the Southwest Region. Interested in learning more about the Faith-Based Community Roundtable?

FTF is donating over 200 toothbrushes, toothpaste, and floss for their Christmas event.

MARICOPA COUNTY

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STAFF SPOTLIGHT

This month we are highlighting our newest addition to the Office of Oral Health.

Gustavo "Gus" Galindo has been working with Maricopa County for 7 years and brings a lot of experience to OOH.

Welcome Gus!

Interesting fact: Everyone LOVES Gus!
And Gus loves everyone!



TRIVIA ANSWER :

C) 43 muscles

Frowning is hard work! It takes so many more muscles. Be happy today and smile more.

UPCOMING EVENTS FOR FTF

First Teeth First has many exciting events on the calendar:

Wednesday, October 15, 2014 930AM-12:00PM

Care1st Gila Bend Resource Center Readiness Basket is an innovative bilingual (English/Spanish) parent and child learning workshop series offered to parents, caregivers and their young children ages 0 - 5. During the series, FTF will be providing free dental screenings and fluoride varnish treatment for children 0-5 to ensure school readiness.

