



## Tooth Talk

by Linda Kreutzer RDH

### Tongue Piercing

Most dental professionals will tell you it's not the healthiest thing for your mouth, but let's face it, lots of people have chosen to do this. Here are some things to think about if you already have your tongue pierced, are thinking about it, or know someone who has done it.

Never try tongue piercing on your own. Many blood vessels are located in the area. Serious bleeding problems or infection can occur if this is done without knowing what you are doing.

Have your tongue pierced by a professional. Trained "piercers" have studied and practiced for two years and have done 6,000 piercings under the supervision of a trained piercer. Regulation of piercers falls under the jurisdiction of the Dept. of Public Health. Make sure the piercer has proper credentials.

To date, the state of Oregon gives no licensure for this. That means it's important to be **very** careful when deciding to go through with something like this. Look around. Are the instruments autoclaved and taken out of sterilized bags? Is the room spotless? If not, go somewhere else.

### Important Things to Know

Healing time is six to eight weeks. That's a long time to keep the area clean. The mouth should be rinsed 12 times per

day with an antibacterial mouthwash for the first four to six weeks.

The tongue will usually swell two to three times its normal size for the first two or three days. After the swelling goes down, it's important to be re-fitted for a shortened bar post. If the original longer one is left in the mouth, teeth may become chipped or the tongue bitten.

It's a good idea to use acrylic balls (tongue jewelry). They do not cause as much trauma on the gums and teeth.

If the tongue becomes infected, it's important to leave the barbell in. It's important for the wound to be able to drain. If the barbell is removed and the wound closes, an abscess could occur.

Plan on leaving the jewelry in at all times. Even healed piercings can shrink or close in minutes after having been there for years.

Since tongue piercing has been around for only about 10 years, dentistry hasn't had much time to look at long-term effects on the mouth. What has been noted, however, is that people with pierced tongues have more problems with chipped front teeth, bone loss, and distortion of the hard palate.

On the other hand, many people have no problems with their pierced tongues. One should think long and hard before getting this done and be ready to take immaculate care of the piercing site while it is healing.



## Self-Esteem Pledge

*I can do anything I believe I can do!*

*I have talent, skills, and ability.*

*I set goals and I reach them.*

*I know what I want out of life.*

*I go after it and I get it.*

*People like me and I feel good about myself.*

*I have confidence in who I am.*

*I believe in myself!*

*Nothing seems to stop me.*

*I have a lot of determination.*

*I turn problems into advantages.*

*I find possibilities in things that other people never give a chance.*

*I keep myself up, looking ahead and liking it!*

*I know that I can accomplish anything I choose.*

*I refuse to let anything negative hold me back or stand in my way.*

*I've got myself together and I'm getting more together every day.*

*And today, look out world - here I come!*

*I can recognize my weaknesses and learn from my mistakes.*

*I will not demand perfection of myself, but*

*I expect the very best of what I have to give*

*and that's what I get.*

*I am an exceptional human being.*

*I am intelligent, responsible and educated.*

*I have power to live my dreams.*

*I believe in them like I believe in myself,*

*where nothing can diminish my undefeatable SPIRIT!*



Sandra Hahn (l) and Danelle Zosel-Sanderson congratulate DeAnn Brown on her award from the Lincoln County Tobacco Prevention Coalition for her non-smoking restaurant, Sweet River Corner.

## Employee Awards Highlight Meeting

Janet Dair, director of the tribe's Alcohol and Drug Program, was named Employee of the Year at an all-staff meeting in December.

Dair was singled out for her dedication to her job and to tribal members.

Mari Kramer was named Employee of the Quarter for her work on the tribal Forest Management Plan.

Rena Philbrook, Kelli Brugh, Shari Bennett, Carole Gardner, Robin Limbert, Jayne Albrecht, Willie Metcalf, Angela Ramirez, Trevor Trachsel, and Lori Jay received Outstanding Service awards.

Marlene Van Noy, Kelley Ellis, and Laura Bremner received Superior Accomplishment awards.

Length of service awards were given to Charlie Butler, Darlene Carkhuff, Judy Muschamp, and Yvonne Vanlandingham for 15 years; Shannon Case for 10 years; and Laurie Brown-Godfrey, Reggie Butler Jr., and Robert Kentta for five years.

Special awards went to Selene Rilatos for her cultural contributions to the housing program, Connie Hoffman for her service as SIHA executive director, and DeAnn Brown (see photo).