



Tooth Talk

by Linda Kreutzer RDH

Sealant Project Coming Up

The Siletz Community Health Clinic is offering a very special service to first- and second-graders at Siletz School. To receive sealants, all children need to do is have a their parent or guardian sign a permission form. The children will be routed to the clinic to have sealants placed on their teeth **for free!**

The clinic supports the idea of preventing tooth decay **before** it happens. The Dental Sealant Project will take place on April 16.

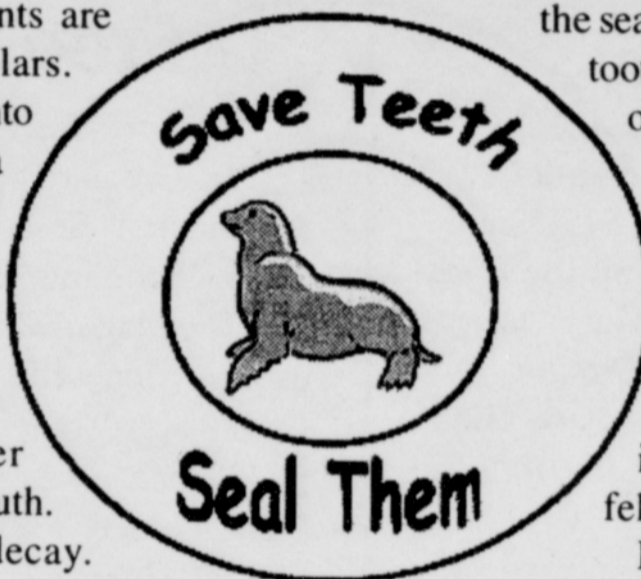
What are dental sealants?

Dental sealants are thin, white-colored plastic coatings that are applied to the chewing surfaces of the back teeth. Most tooth decay in children and teen-agers occurs in these back teeth

(molars). Before decay can begin, sealants are placed to fill in the small grooves in the molars.

Which teeth are suitable for sealants?

The teeth most likely to benefit from sealants are the permanent molars. First molars come into the mouth when a child is about 6 years old. These molars are meant to last a lifetime, but too often begin to decay soon after erupting in the mouth. Sealants prevent decay. After an examination, a dentist will decide which teeth can be sealed.



Does it hurt?

Absolutely not! Receiving a sealant is quick and easy. Application requires no shots or drills. The tooth first is cleaned with a special liquid. Then the sealant is "painted" on the tooth. The material goes on as a liquid (it flows into the cracks of the tooth), then hardens with help from a special fiber optic light. A finished sealant is almost invisible and cannot be felt by the tongue.

How long does it last?

One sealant application can last for as long as five to 10 years. Your

dentist should check your sealants once a year to make sure they're in place. Sealants have been used for more than 20 years. They have proved **very** effective in preventing decay. Ask your dentist if your children can get sealants. With regular brushing and flossing – and sealants – a child may never have a cavity or need a filling.

If your child attends Siletz School, ask the school secretary for a Sealant Parent Permission form. Several permission forms are already in. The school will accept completed and signed forms until April 15. Don't let your child miss out on the lifetime benefits of sealants.

Oregon Health Plan Changes Affect CHS

In January, CHS staff attended an Oregon Health Plan (OHP) meeting that introduced upcoming plan changes. The news was so devastating CHS met to prepare a screening process for all CHS patients who do not have any insurance.

Effective March 1, 2003, the OHP will no longer cover vision, dental, audiological (related to hearing aids), non-emergent transportation, durable medical equipment, A&D, mental health, and pharmacy (durable medical and dental are covered for January and February, but dental has a \$500 maximum).

Premiums and co-pay are mandatory for people in the standard benefit package, \$2 per visit and \$250 per inpatient stay. **Native Americans are exempt from both.**

Coverage will no longer be effective retroactively, paying back to the date stamped on the application. In previous years, CHS saved thousands of dollars using this program by date stamping applications at the time of a medical crisis. This is no longer effective. Because of this change, CHS will seek approval and implement the following policy.

5.1 Mandatory use of alternate resources:

- A. An individual is required to apply for an alternate resource if there is a reasonable indication that the individual may be eligible for the alternate resource **by OHP screening or admitted to the hospital for more than 24 hours without a primary resource and OHP is available.**
 1. Waiving the alternate resource requirement is allowable if the health director has income documentation that clearly indicates a patient is over-income for OHP.
- B. Refusal to apply for alternate resources when there is a reasonable possibility that one exists or refusal to utilize an alternate resource **requires** the denial of eligibility and payment for CHS and will apply as followed below.
 1. The CHS technician will do OHP screening.
 2. If you are under the income guidelines, an OHP application will be mailed to you and stamped for that date.

3. Documentation will be placed in a binder by date of stamp and documented on page 11.
4. After 45 days of the documentation entering the binder, a second notice will be sent to the patient and entered on page 11.
5. After the 46th day from the date of the OHP application, services will be put on **hold** and the patient will not receive a pre-authorization number.
6. 90 days after the documented OHP screen, if there is still no indication of compliance, the visit will be canceled and a letter of denial will be sent for failure to apply for OHP.

If you do not understand this policy or the changes, please contact the CHS office. Remember, the community health advocate in your area is available to help with the application process. **The three most important things to remember when applying for OHP are – enclose a copy of your Social Security card, a copy of your tribal ID, and a copy of your income verification. These are mandatory documents.**

We ask that all programs take a pro-active approach to this change and help clients/patients with the OHP application process. This is so very important to save your CHS program.

Share Your Tobacco Story

The Tobacco Prevention and Education Program wants your story!

This year, the TPEP program is looking for elders, kids and teens, and people of all ages, **anyone** who has ever quit smoking or struggled with quitting smoking to share your story. Many of us have gone through the

process of quitting smoking. It would be a great benefit to have some of those stories shared with the tribal membership and with our young people.

Call DeAnna Pearl, Tobacco Prevention and Education coordinator, at 541-444-9661 or 1-800-648-0449, ext. 661, with any questions. Thank you.