



Commit to Quit Challenge

A Program to Encourage Smokers and Chewers to Quit!
Weekly and Grand Prize Drawings

The Commit to Quit Challenge is a 12-week program to encourage smokers and chewers to quit.

Weekly drawings will be held, with a grand prize drawing **Sept. 6, 2006**, during the Run to the Rogue sign-up at the Tribal Community Center in Siletz, Ore.

Dates: June 1 – Aug. 31

Grand Prize Drawing: Sept. 6

Contact: DeAnna Pearl, 541-444-9659 or 1-800-648-0449, ext. 1659

- In American Indians, asthma is growing fast.
- American Indians have the highest rate of smokers.
- Secondhand smoke is the No. 1 trigger for asthma.



- The No. 1 prevention of asthma is smoke-free homes.

**Protect Our Children
Honor and Mentor Them
Commit to Quit**

Annual Sealant Clinic, 2006

by Mary Ellen Volansky, RDH, MS

Forty-one children came to the Siletz Dental Clinic on May 9, where each child was screened by one of our dentists to determine which teeth would benefit from sealants.

Dental assistants then placed sealant on 110 teeth. This was all done in five hours! The kids were patient and helpful. There were laughs, prizes and a movie.

This wouldn't have happened without the combined efforts of many professionals in our community. We began organizing this project back in February with Lourdes Jackson at Siletz Valley School. Actually, she taught me a bunch about scheduling students for anything.

I was most amazed when I learned what Lourdes had to accomplish at SVS for this clinic to happen. Sending and collecting parental consent forms are the easy steps.

The next step is much more daunting – she must match up each child's classroom/lunch/reading/physical education schedule with the five one-hour clinic openings. At each opening, we are able to see 10 students. Lourdes, thank you for providing your scheduling expertise!

One student told our staff she wanted to be a dentist. She observed with a dental assistant to see what is involved in dental practice. Robin said she was a good helper. We hope this student

will return to our dental clinic when she completes her college education.

The children received a slip of paper telling their parents or guardians which teeth were sealed. These are all teeth without decay. When visible decay was present, parents received instructions to take their child to a dentist. This will be easiest for children of the Confederated Tribes of Siletz Indians, for they can come back here.

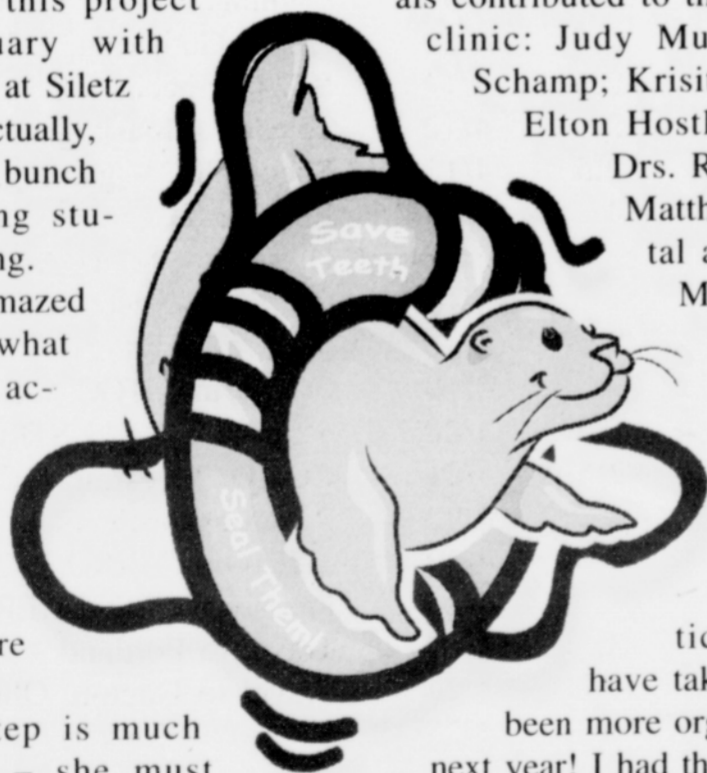
As I said earlier, many professionals contributed to the success of this clinic: Judy Muschamp; Wendi Schamp; Krisiti Martin-Bayya; Elton Hostler – bus driver; Drs. Randall Teich and Matthew Winkle; dental assistants Bonnie McAlpine, Robin Duarte, Alison Noble, and Diane Tripp; and Diane Rodriguez, editor of this newspaper, for this article. She would

have taken pictures had I been more organized – seed for next year! I had the best job of all – working with all of you.

Out of a possible 117 students in grades 1-6, only 46 parents signed consent forms to allow their children to participate in this annual clinic. Of those students, four were absent. If your friends don't know about this clinic, tell them about it for next year.

If you have ideas about how we can improve next year's Sealant Clinic, write to me at SiletzOralHealth@yahoo.com.

Till next year, thank you!



Tooth Talk

by Mary Ellen Volansky, RDH, MS

Regular Dental Visits are Part of Growing Up and Growing Old: Your Child's First Dental Visit

Are you afraid of going to the dentist? Concerned you'll pass your fear along to your children?

Well, just don't! Don't let your child know you're scared. Pretend that going to the dentist is just like going to grandma's. You don't warn them about Grandma, do you?

Don't use dentist visits as punishment, even if it does reign in those errant behaviors. Such use of this preventive dental health care sets up the perception of dental treatment that we, and hopefully you, don't want building inside your child's head.

Also, don't let anyone else tell your child that going to the dentist is a horror story out of yet another movie version of Friday, the 13th. Just spend time monitoring what other people tell your child, intercept the "disinformation," and replace it with the truth.

What is the truth? At least, what is the truth about visiting a dental office for the first time?

When you bring your child in for the first time at age 6 months, **it won't hurt**. Yes, I said 6 months of age. Their teeth are so new that decay is highly unlikely, so no injections or drilling. Phew, one fear down.

What will we do at that first visit? We will place your child in your lap facing you, then you will lower your child's head back onto our knees. We will look at your child's teeth and check for positioning of teeth, discolorations, and plaque.

We will place fluoride, a cherry-favored film with a reasonably pleasant favor. This type of examination for toddlers is called a "knee-to-knee" exam.

Now, about that little itty-bitty fear you might have. It will not be easy to hide, mostly because of all the things you may say, like "It won't hurt" or "There is nothing to be scared of." When was the last time you said any of those things about going to Disneyland?

You also might let your children know what you feel by what you don't say, such as, "You'll like Dr. Hacker." Well, I never thought to not like Dr. Hacker or dentists in general. Or, "Going to Dr. Payne's doesn't hurt. My next thought would be, "Pain? In my mouth?"

So telling kids you're taking them to the park, beach, or Disneyland will roll sweetly off your tongue. Even telling your children you're taking them to school or grandpa's will slide off easily. How about the physician's office? This might stick some, yet kids go to the doctor from birth.

When you start your conversation with your child at 6 months, it will be short and simple, such as, "The dentist will gently lift your lip and count your teeth." If there are no questions, stop here.

Or you could talk about us using a toothbrush to clean your child's teeth.

You could stop here, or add that we will use a small paintbrush to apply a cherry-tasting medicine. You might add that we will answer all your and your child's questions. Done.

Research supports the idea that the more someone comes to a dental office, the less anxious they are about coming the next time. Once the needed (or dreaded) treatment is done, the unknowns becomes familiar. Once you brush/floss/toothpaste daily and have regular checkups, the likelihood of needing future treatment diminishes.

If your child starts coming in as a 6-month-old, he/she sees that going to the dental clinic is safe, easy, and maybe even fun. We'll have a prize for each child and a sack of home-care supplies appropriate to the child's age. We take pictures of each child who is cavity-free that are posted outside the dental clinic for friends and family to see.

So your child is going to the dentist and you know there is decay (a complaint of a toothache, a doctor told you). What do you tell your child? The truth, in terms they understand.

Tell your child the **day of the visit** that they are going to the dentist. Tell them the tooth that hurts will not hurt when the work is done. The soft spot causing the pain will be replaced with hard materials for chewing. Answer the questions they ask.

We will explain more when they are in the chair and will tell them everything we are doing before we do it. We will be gentle and caring.

What if they ask about a shot? If you know for sure they are going to have an injection, say yes. Is it painful? Yes. You might say it's like an immunization only less painful because once the medicine enters the cheek, it numbs or put the tooth to sleep immediately.

We don't want your child or anyone to have a scary experience with us. Scared people don't come back – not at least until the pain is huge again.

Waiting until pain is huge confirms that going to the dentist continues to be scary. Catching treatment needs when they are small or preventing the need for treatment is the long-term answer to fear of the dental office. So please tell us you are scared and ask us what we can do to ease your concerns.

In other words, answer your child's questions. Answer them simply and in terms they are familiar with. Remember, when kids come in at age 6 months they will learn about prevention and comfortable dentistry, and gain a solid start on oral health habits for a healthy life.

Check out the Siletz Dental Clinic's Web page, with links to fun Web sites. Questions or comments? Write to me at SiletzOralHealth@yahoo.com.