



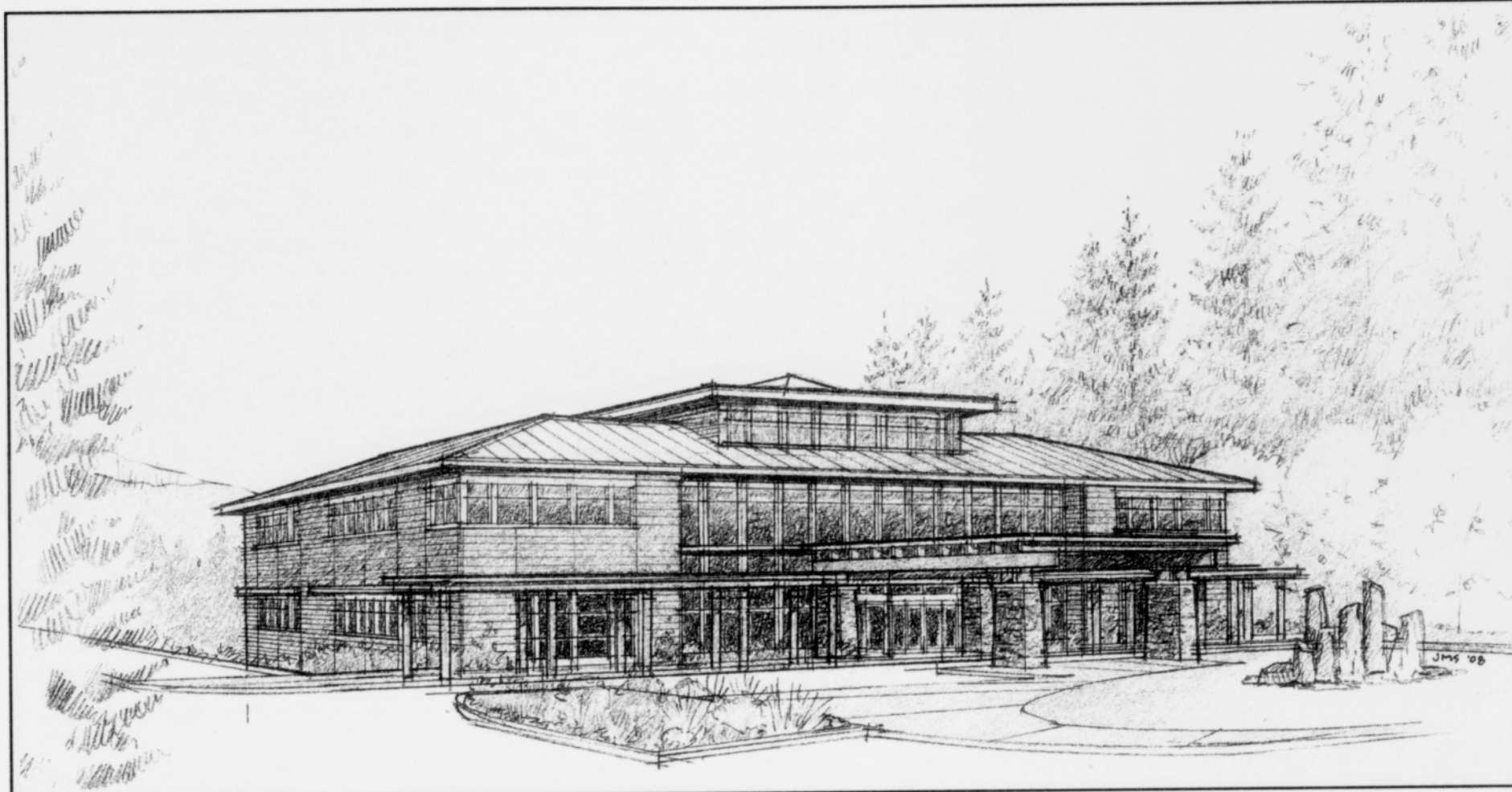
Clinic Construction Contract Approved

by Judy Muschamp, Health Director

On Sept. 29, 2008, the Siletz Tribal Council heard recommendations from the clinic planning team on awarding the construction contract to replace the health clinic. Five qualified firms submitted competitive bids for the project.

Upon review and discussion, Silver Star Construction, based in Salem, Ore., was awarded the contract in the amount of \$7,428,075. Equipment and other allowances make the total estimated cost of the project \$8.765 million. The project is funded by a \$2 million grant from Indian Health Service, plus additional Tribal and clinic resources to meet the total need.

Silver Star Construction is partnering with Anderson Shirley Architects Inc. to design and build the 32,000-square-foot health care facility. An additional 15,000 square feet of basement space will be ready for occupancy in the future as need for expanded health care service grows.



The new Siletz Community Health Clinic

The construction site on Gwee Shut Road offers a variety of challenges and opportunities. Space for adequate parking is available; however, we will have to accommodate some wetlands during the planning process.

A preliminary architectural rendering of the facility was included with the bid package and closely resembles the Willamette Orthopedic facility in Salem that the two companies recently completed. A team of Tribal clinic personnel had an opportunity to take a behind-the-scenes tour

of that facility and was very impressed with the layout.

We anticipate completion of the project in the winter of 2010. We'll keep you updated throughout the project. Any questions regarding the project can be directed to Tracy Bailey or Judy Muschamp.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

What Does That Mean?

Prophy ... Recall ... Continuing Care ... Teeth Cleaning ... Debridement ... Scaling and Root Planing ... Periodontal Maintenance.

Are all these words different ways of saying the same thing? No. Do some words describe a process that takes longer to complete? Yes.

Why would it take four hours to clean anyone's teeth? Other people get their teeth cleaned in just one one-hour appointment, don't they?

Is this all just dental babble for wasting my time? Maybe it's a way of pumping up dental statistics. What is going on?

Prophy: Children and young adults are dental patients who would have a prophy. Older adults could too.

A prophy is cleaning plaque and light calculus from teeth, mostly above the gum line. Teeth are polished. Coaching is provided for thorough home care and for over-the-counter products and tools. The gums generally are healthy or only mildly inflamed. Home care is generally good. Adults would have periodontal measurements, which I'll explain further along.

Generally, children under age 10 are provided a prophy by dental assistants, sometimes by the hygienist or dentist. Older persons see a dental hygienist, sometimes a dentist.

What is a recall or continuing care appointment? Both are names for a prophy provided three to six months after an initial prophy or cleaning.

At a recall appointment, your health history is reviewed for changes or additions. Annually, we request you fill out a new health history form – it's not our choice, it's a requirement.

You are asked if you have any dental problems or concerns. If you do have concerns, you will be referred to a dentist. At chair-side, you will be provided an oral cancer screen, periodontal health will be measured and logged (annually), home care instructions and your teeth cleaned.

That leaves me to explain debridement, scaling and root planing, and periodontal maintenance. Oh, and periodontal probing.

Periodontal Probing: This is done to measure gum and bone health. The bone of our jaw holds our teeth in place, so it's very important have gum and bone health. Normal measurements are 3 millimeters or less. Measurements deeper than 4mm are called pockets and are caused by deposits that build up above and below the gum line.

Deposits are plaque that has calcified onto teeth. They build up gradually, layer upon layer. These deposits cause the gum and the bone to recede. Receding gums expose the root of a tooth.

The roots of a tooth are not a good insulator for the nerve living inside. Gum and bone help the root insulate the nerve inside the root. Receding gums/bone exposes the root/nerve with the likelihood of sensitivity to hot, cold and touch.

When these hard-calcified deposits are removed, the gum and bone resume their health. But they do not grow back to cover the exposed root(s). This health, your health, can be maintained with good home care, regular cleanings and regular examinations with a dentist.

Debridement: This is the removal of hard-calcified deposits. These deposits are easily visible on teeth with one's eyes – yellow, brown or black bands at the gum line or above it. Sometimes your tongue can feel the buildup.

Usually a debridement is done with an Ultra Sonic scaler. The Sonicare toothbrush utilizes the same mechanism to clean teeth at home as the Ultra Sonic scaler – sound. For people with stains – coffee, tea, smoking, chew – an Ultra Sonic scaler can make removal quicker and easier.

Scaling and root planing: This is a finer cleaning of teeth and usually done following a debridement appointment. Sometimes this is the first step, depending on the amount of deposits. Scaling and root planing are done to remove hard deposits that form on the crowns and roots of teeth.

As in planing wood, the process also is done to smooth the surface. Deposits on many teeth require more time to remove, as in two to four one-hour appointments.

Sometimes the area worked on for scaling and root planing is numbed. One method uses a topical numbing solution that is washed over the teeth and gums. It generally has a strong medicinal taste. This topical method of numbing is not as strong nor does it last as long (10-20 minutes). It's the method used to reduce tooth sensitivity (though not always strong enough) or gum tenderness during a prophy or periodontal maintenance appointment.

Another method is local anesthesia involving one or more injections to a specific area. These patients can relax after the injections because the numbing is complete.

Once debridement, scaling and root planing are completed, periodontal maintenance or recall comes next. The interval is usually every three to four months.

If you have questions, please contact me at 541-444-1030 or 800-648-0449; or at Toothtalk@ctsi.nsn.us.

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Jamie Mason at 541-444-9659 or 800-648-0449, ext. 1659, or

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