

Tooth Talk – A look back at protecting your teeth and the clinic's move

By Mary Ellen Volansky, RDH, MS

Happy New Year! And no New Year's resolutions, I promise.

What is it about waking up one morning, like we do every morning, but this one morning having a sense of renewal? Not a bad way to wake up every morning and not with the proverbial New Year's hangover.

Looking at past years of *Tooth Talk*, I was reminded of the broad range of dental topics we covered.

The first one in 2010 was on *Stem Cells and Oral Health*. This was not the easiest topic I have ever covered, but it was one of the most interesting.

The main idea of this article was that stem cells other than the controversial embryonic ones can be utilized. A second aspect of this topic was the potential for

growing another set of teeth or just one tooth, say if one has a tooth knocked out in sports or loses a whole arch of teeth in an accident.

This reminds me – if anyone gets a tooth knocked loose, leave it in place and go to your dental office/clinic. If the tooth comes out completely, pick it up by the crown. Rinse it off with water, don't scrub it.

If possible, gently insert and hold the tooth in its socket with a clean wash cloth or gauze. If this is not possible, put the tooth in a container of milk, saliva or water. Then go to your dentist. And don't forget to take the tooth with you.¹

Mouth guards

Another topic covered last year, related to the previous topic, was the im-

portance of wearing mouth guards while playing any sport where contact with other players or objects is a possibility.

The concern with mouth guards is not just to prevent knocked-out teeth or broken teeth, but also to prevent what is being called repetitive brain injury. This is injury to one's brain from multiple concussions. A mouth guard would prevent the mandible from slamming against the skull and causing a concussion.

What sports might be excluded from needing a mouth guard? Walking and maybe kite flying, if you're alone on the beach.

New clinic building

Then we, the Dental staff, moved into the "awesome!" dental clinic in May. Digital X-rays continue to be appreciatively received by nearly 100 percent of patients.

The computers have had their moments. But they are wimps in the face of the expertise of Sunshine Keck and Ed Biancone, who come to our rescue quickly and graciously.

Generally, the computers work smoothly. The real awesome aspect of the new dental clinic is the size and the beautiful layout. The size means we can serve more patients than we could at the old clinic. Plus, the view is really awesome from each operatory.

Another aspect that has received 100 percent positive reception is the new dental chairs. If you haven't been in, please schedule an appointment soon and see what you're missing.

Animal teeth

Do you remember *Beavers, Horses and More?* This article arose from

activities and discussions that took place at Culture Camp in July.

We learned about teeth that grow throughout the animal's life or during most of it. Do you remember whether it was horses' or beavers' teeth that really grow throughout their lifetime? Hint, this uncommon aspect of teeth was found in the most common of the two. The other animal's teeth erupt very slowly over a long time of use.

Periodontal disease

2010 came to a close with two articles on periodontal disease, not the light humorous topic of December 2009 – *Tooth: Cartoons to Mouse*. There I covered tattoos for teeth, eye teeth helping someone see and yes, tooth mouse – MI Paste. We carry this paste/mouse in the clinic, too.

The main point of the last two articles of 2010 is that periodontal disease is a common one and is preventable. So if you have questions, be sure to ask your dentist or hygienist the next time you come into the clinic.

We want everyone we work with to know this disease is preventable and we want you to know what is needed for all our patients to have their teeth all their lives, especially since we aren't horses – or beavers.

So if this past year saw you coming to this wonderful new dental clinic, I hope you found it and us up to your standards. We love our work here and look forward to another year and another chance to serve you – OK, here it comes – in your resolutions for health.

Happy New Year!

¹ Handling Your Child's Dental Emergency, American Dental Association, 2008

2-1-1 launches in Lincoln County

The new phone service 2-1-1 is now operating in Lincoln County and in Siletz. This is a one-stop help line for social, behavioral and other life-needs services – <http://211info.org/update/useful-resources-lincoln-county>

Q: How does the Oregon 2-1-1 Network incorporate the needs of each local community?

A: 2-1-1 staff live and work right here in Oregon, so they understand the needs of Oregonians. Our shared software systems make it easy to share resource information and data across counties while preserving local control over the resources and partnerships. This ensures we have the most accurate, up-to-date information.

Q: How is the Oregon 2-1-1 Network and 211info funded?

A: 211info is an independent non-profit that is funded by foundations, local governments and large agencies like United Way. The Oregon 2-1-1 Network is composed of local partnerships that raise funds locally while saving money by utilizing existing 2-1-1 infrastructure.

Q: What benefits will regions derive from being a part of the Oregon 2-1-1 Network?

A: 2-1-1 is an efficient way to serve a broad cross-section of the community while reducing the administrative cost of providing referral services – especially for small rural communities. 2-1-1 also makes it easier to track met and unmet needs across counties. This data gives service providers and legislators the information they need to direct services to those areas that need them most.

Ecotrust awards \$40,000 to indigenous leaders in Western US and Canada

PORTLAND, Ore. – Ecotrust has awarded \$40,000 to four innovative indigenous leaders in the western United States and Canada who work to improve conditions in their communities.

The awardees were honored Dec. 2 at an annual ceremony at Ecotrust's Jean Vollum Natural Capital Center in Portland. They were selected by a panel of Tribal leaders and their work spans youth advocacy, cultural restoration, filmmaking, political organizing, scholarship and more.

The awards are granted with the goal of catalyzing further positive change within indigenous communities. The main awardee, Kim Recalma-Clutesi, received \$25,000 and three finalists each received \$5,000.

The Ecotrust Indigenous Leadership Award is one of the pre-eminent programs honoring and supporting Tribal, First Nation and Alaska Native leaders in the western United States and Canada. Tribes and First Nations are more than an ethnic or minority demographic; they are nations and representative governments, major land owners, committed co-managers in natural resources and major drivers of local and regional economies.

Tribes, First Nations and Alaska Natives hold long-range vision, sustainable

societal values and a history of the land and marine and terrestrial ecosystems that provide a sense of place in the growing global economy.

Four Innovative Leaders

Awardee: \$25,000

Kim Recalma-Clutesi, Ogwi'low'gwa (Kwagiulth/Pentlatch – Qualicum Indian Reserve, British Columbia) is honored with the 2010 Ecotrust Indigenous Leadership Award for her work as an activist, political organizer, consultant to government departments and elected leader of the Qualicum Band of Indians of Vancouver Island, British Columbia. She is a cross-cultural interpreter; a prominent teacher, academic researcher and expedition leader in the field of ethnobotany; a recognized expert on intellectual property rights and the repatriation of sacred artifacts and objects; and a reporter, photographer, historian and award-winning videographer and producer. Recalma-Clutesi has worked for decades at every level – Tribal, university, provincial and Canadian federal – in the struggles for indigenous language and ceremony reclamation and the struggles to regain access to Native lands and traditional foods. As a member of the Ninograd Collective, in the

role of potlatch recorder, she has devoted herself to learning, teaching, interpreting and preserving the Kwagiulth/Pentlatch ceremonial heritage for her people.

Finalists: \$5,000 each

Terry L. Cross, Hah-ne-ga-noh (Seneca Nation of Indians/Bear Clan – Portland, Ore.) is honored for his leadership as a steadfast advocate for Indian children and their families. He is the founder and director of the Northwest Indian Child Welfare Association (NICWA), based in Portland. NICWA provides culturally sensitive training for Tribal child welfare workers. Cross works at all levels of government – local, state and national – to implement effective public policy law to protect Indian children. He's a noted teacher and author of books, articles and training manuals for welfare workers. Cross is of Seneca descent, a member of the Bear Clan.

Jessie Housty (Heiltsuk First Nation – Bella Bella, British Columbia) is honored for her leadership and creativity as an outstanding emerging leader working to improve cultural opportunities for youth and the wider community. She is of Heiltsuk First Nation descent. Her tireless efforts to create the Thistalalh Memorial

Library in Bella Bella, on the coast of British Columbia, brought her community its first public access to books and reading programs. A student of medieval literature, researcher of native plants and a volunteer in Haiti after the recent earthquake, her primary work continues to be creating programs to help youth succeed. Her latest initiative is for a First Nations Youth Corp of volunteers.

Sandra Sunrising Osawa (Makah – Seattle, Wash.) is honored for her visionary, award-winning career as an independent filmmaker, writer, producer and director of projects that tell Native stories from the indigenous point of view. She is of Makah descent and has worked tirelessly advocating for the inclusion of American Indian film technicians, writers, actors, producers and directors, literally changing the nature of the film industry. Her numerous documentary films have aired on PBS and commercial television and screened nationally and around the world at film festivals. She co-founded and co-owns Upstream Productions, which explores contemporary images of Indian people, explodes pernicious stereotypes, preserves important unreported history and mentors film students.

For information about Ecotrust, please visit www.ecotrust.org.