Say AHHH!
Lessons on Oral Health
Michelle DiBaise, DHSc, PA-C, DFAAPA

HEENOT? I Say Why Not?

- Why HEENT?
- Why not, HEENOT?
  - Head
  - Eyes
  - Ears
  - Nose
  - Oral cavity
  - Throat
The Oral Exam

Lips
- Shape, color, texture
- Vermillion border
  - “wet/dry line”

Lesions
- Angular cheilitis
- Herpes labialis
- Oral leukoplakia
Lips

- Lesions
  - HPV
  - Filiform wart
  - Hemangioma

- Venous lake
- Lentigines (Peutz Jegher)
- Squamous cell carcinoma

- Bidigital palpation
  - Firm but pliable
  - Slightly nodular
Labial mucosa
- Labial frenum
- Maxillary
- Mandibular
- Mucosa
  - Smooth, glistening
  - Vascular

Labial mucosa
- Ectopic sebaceous glands
- Fordyce granules
- Lesions
  - Aphthous ulcers
  - Traumatic ulcers

Buccal mucosa
- Color, texture
  - Smooth, pink, moist
- Lesions
  - Linea alba
  - cheek biting
Buccal mucosa

• Parotid gland
  • Tenderness
  • Enlargement
  • Firm nodules
  • Stones

• Stensen's duct
  • Opposite maxillary 2nd molar
  • Stones

Buccal mucosa

• Lichen planus
• Candidiasis
• Erythema multiforme

Hard and Soft Palate

• Hard palate
  • Pink, firm
  • Ridges or rugae
• Soft palate
  • Thin
  • Vascular
  • Movable
- Smoker's stomatitis
- Palatal torus
- Cleft palate

- Candidiasis
- Hand, foot and mouth
- Kaposi's sarcoma

- Melanoma
- Burns
- Pemphigus vulgaris/Bullous pemphigoid
Pharynx
- Uvula
- Malleus
- Rises symmetrically when say AHHH
- Gag reflex
- Tonsillar pillars

Floor of mouth
- Very vascular
- Thin mucosa
- Lingual frenum
- Submandibular gland
  - Wharton’s duct
  - Sialadenitis
  - Sublingual glands

Ventral Tongue
- Lingual varicosities
- Lingual frenum
- Ankyloglossia
Lateral Tongue
- Lateral
- Oral hairy leukoplakia (OHL)
- SCC
- Candidiasis

Dorsal tongue
- Fissured tongue
- Median rhomboid glossitis
Dorsal tongue
• Candida
• Geographic tongue

Dorsal tongue
• Black Hairy Tongue
• Large aphthae

Gingiva
• Pink, firm, stippled
• Pointed interdental papillae
• Normal melanotic pigmentation
• Brown to bluish-purple
Gingiva

• “Gum disease”
  • Gingivitis
  • Periodontitis

Teeth

• 32 adult permanent
• Variations in color
  • White, yellow, grey

Teeth

• Plaque, calculus
Teeth
- Decayed
- Missing teeth
- Loose teeth

Teeth
- Malalignment

Fluoride Varnish
AHCCCS Payment

- Fluoride varnish by a PCP during an Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) visit reimbursed separately when:
  1. The child is six months of age with at least one tooth erupted
  2. Application of the varnish is performed by a physician, physician assistant or nurse practitioner who has completed the appropriate training
  3. The varnish is billed separately from the EPSDT visit using CDT code D1206 and ICD-9 code V07.31.
  4. Recurrent applications may occur and be billed every six months up to two years of age.
  5. Application of fluoride varnish by the PCP does not take the place of an oral health visit. Members should be referred for routine dental visits starting at age 1.

Smiles for Life


NAU’s Oral Health Outreach

- Oral Health Champions
  - Tiffany Haynie
  - Michelle DiBaise
Education

- Education through craft play
- How much sugar?
- Germ puppet play
- Everyday foods and party foods
- And more…

Project Box

- Build your own Oral Health Project Box for under $200
- Use it at school events
- Community outreach
- In the office waiting room
- PDF of activities and supply list available on request

Oral Health Supplies

- Fluoride varnish
  - Individual packet of varnish ≤ $1 a packet
- Toothpaste, toothbrush, and floss
  - Individual price about $1.50
- Education materials
  - Available for purchase or download from AZDHS
  - http://www.azdhs.gov/dph/health/programs/brochures/brochure-
    children.pdf
Oral Health Outreach

• Wesley Health Center After School Program

Tonopah Smiles
Student Health Outreach for Wellness
S.H.O.W.

Summary

- Arizona has 30% untreated tooth decay in children ages 2-4, compared to 16% nationally.
- Four of 10 four-year-olds have early or urgent treatment needs.
- 50% of children 0-4 have never visited a dentist.
- Tooth decay (dental caries) and gum disease (periodontal disease) are the most common oral diseases.
- Tooth decay is a significant problem for Arizona children.
- Low-income children, Hispanic children, and children of racial minorities have more dental treatment needs and visit the dentist less frequently.
- In Arizona, the burden of oral and dental disease has an economic, social, and personal cost to society and its citizens.
- Early intervention aims to reduce the burden of oral disease to patients and the community.

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