**Womb to Grow:**
Great Beginnings: Prenatal to Preschool

**Interdisciplinary Care**—Vital for overall wellness management of prenatal patient—key for optimal growth and development of fetus

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**Preterm Birth** < 37 weeks gestation
- Extremely Preterm < 28 weeks
- Very Preterm 28 - <32 weeks
- Moderate to Late Preterm 32—<37 weeks

**Low Birth Weight** < 5lbs 8oz

**Smoking** - Less oxygen for fetal development

**Alcohol** - No safe amount

**Emerging Research**

**Kangaroo Care:**
- Maintains babies body warmth
- Promotes mothers milk production
- Regulates heart rate and breathing

**Pre Natal Risk : Assessing for Abuse**
- 300,000/yr abused while pregnant
- Screening may be a key intervention

**It is not our job to prove abuse happened, it is our job to recognize there may be a problem and report it. You can report anonymously. Remember, you may be saving a life.**

The patients records should include:
- Clinical findings
- Description of injury
- Radiographs of areas
- Photographs of injury

**What to look for:**
- Trouble swallowing
- Voice change
- Evasive
- Contusions, abrasions, lacerations
- TMJ Discomfort
- Chronic pain, headaches
- Depression
- Substance abuse

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“Comprehensive dental care is considered both safe and necessary during pregnancy and can be crucial to the well-being of pregnant women and their offspring.”

Dimensions of Dental Hygiene: February 2017

Theory of Adverse Outcomes

- 2013 review reported association between GCF inflammatory mediator levels and adverse pregnancy outcomes
- Mediators enter systemic circulation and raise C-Reactive Protein levels
- Increased CRP levels induce production of PgE2

Bi-directional Relationship

- Studies reveal pregnancy influenced periodontal status
- Pre-pregnancy periodontitis could lead to increased severity during pregnancy
- Hormonal changes exacerbate gingival inflammation
- Induces a selective growth of periodontal pathogens

Effect of Periodontal Treatment - 2015 Study

- Statistical reduction of CRP
- Greater Risk of preterm birth
- Studies suggest that treatment is safe and beneficial
Impact of Oral Disease with Children

Early tooth loss—failure to thrive—impaired speech—low self esteem—
poor school performance—absences from school—inability to concentrate—
 systemic consequences

Establishing a Dental Home

Impact of oral disease
Early Childhood Caries
Sippy cups and snacks
Research updates
Solutions

Collaborate/Refer

Parent Interview

Examination of Child

Re-evaluation

Establish a Dental Home

Assign Risk Level

Individualized Treatment Based on Risk

Anticipatory Guidance

Individualized Home Care Recommendations

How to Perform a “Knee to Knee” Exam: After Parent Interview

- Laps become the examination area
- Don’t need to be in a traditional clinical area
- Child remains comfortable with caregiver close
- Lay child forward into clinician’s lap
- Caregiver supports hands/feet
- Quiet, confident, comforting parent without actual interaction
- “Calm assertive”
- Clinician uses lift the lip to observe

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Risk Assessment:

- Mom / sibling dental history (biggest influencer on risk; active decay in parent/caregiver automatically places as high risk)
- Low health literacy of primary caregiver
- Low socioeconomic levels
- Clinically observe OH compliance issues
- Poor plaque control, biological presence of *S. mutans*, gingival bleeding present
- Frequent exposure to cariogenic agents

Accessing for Abuse

- Dental Professionals—mandated reporters
- Head and neck injuries occur in >50% of child abuse
- 34% of abuse victims under age 4, highest under age 1

Etiology: Candida Albicans

- Contributing:
  - Antibiotics/immature immune system
- Transmittable:
  - Baby to nipple - nipple to baby
- Symptoms:
  - Drowsiness, dilated pupils; increased irritability while feeding
- Clinical Presentation:
  - White velvety patches, do not rub off
- Affected areas:
  - Tongue, palate, buccal mucosa

Pacifiers

- 1-12 months helps reduce ear infections
- Over 12 months increased risk of ear infections
- Stop pacifier habit before age 2.5-3 for orthognathic reasons

Thumb/finger Sucking

- Most common sucking habit in children
- Increased Risk for malocclusion
- Time, intensity, direction and degree of forces dictates character and degree of malocclusion
Bottles and Sippy Cup—Exposure Risk
- Bottle recommendations from AAPD/CAPD: All babies weaned from bottle by age one
- Sippy cups are transitional, temporary, training devices
- Recommended to transition to traditional cup as soon as possible

Tidbits on Tooth brushing
- Under age 7—most need supervision
- “Can she/he color perfectly in the lines?”

How much toothpaste to apply?
- Grain of rice or “smear” kids under age 3
- 1/2 pea for kids age 3-5
- Pea size for kid over age 5

Fluoride
- 5,000 ppm products contraindicated
- Fluoride supplements as required, only when NO other fluoride exposure
- Fluoride varnish applied every six months is effective in preventing caries in primary and permanent dentition
- Two or more annual applications of varnish effective in high-risk populations

New Paradigm treating childhood caries
- Silver Diamine Fluoride (38%)
- Caries arrest and prevention, low cost and no drill
- Cons: bad taste, black stains, mouth sore

Pediatric Sleep Disordered Breathing

Resources:
Pre Natal
www.who.int/mediacentre/factsheets/fs363/en/index.html
Moore, ER; Bergman, N; Anderson, GC; Medley, N (25 November 2016). "Early skin-to-skin contact for mothers and their healthy newborn infants.". The Cochrane database of systematic reviews. 11: CD003519. i:10.1002/14651858.CD003519.pub4. PMID 27885658
http://domesticviolencestatistics.org/domestic-violence-statistics
www.cdc.gov/reproductivehealth/violence/IntimatePartnerViolence/sld001.htm
Oral Health / Pregnancy / Effect of Periodontal Treatment
Establishing a Dental Home
www.aapd.org/advocacy/dentalhome
Knee to Knee Exam
www.youtube.com/watch?v=HCKyR-z57J0
Risk Assessment & Impact of Oral Disease
Abuse
http://www.cdc.gov

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Pregnancy is the one of the most motivating times in a women’s life. She is open to making changes to improve her health and ultimately the health of her baby. This provides us, as dental professionals, with a unique opportunity to provide guidance on the most effective way to achieve and maintain good oral health. We can start the conversation with a simple question: “What are you currently using, on a daily basis, to keep your mouth healthy?”

**Interproximal Cleaning - AirFloss Pro**
- Great option during pregnancy
- Prevents stimulation of gag reflex
- Added microbial support for treatment and reduction of pregnancy gingivitis

**Sonicare For Kids**

- **Bluetooth Handle, App Connected**
- **Two Size Brush Heads, Easy Grip Handle**
- **Customization Stickers**
- **Two Settings, Kidtimer®, Kidpacer®**