



TOOTH BE TOLD

SJ TEETH NEWSLETTER



IN THIS ISSUE:

ORAL HEALTH ASSETS &
RESOURCES IN SAN
JOAQUIN COUNTY

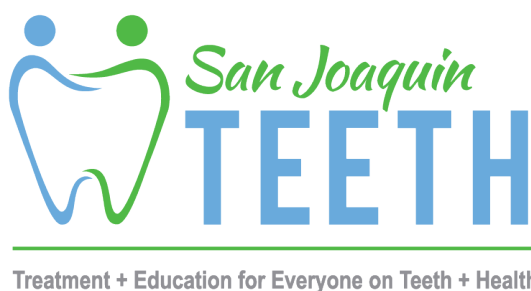
NOVEMBER WAS MOUTH
CANCER AWARENESS MONTH

GREAT AMERICAN
SMOKEOUT

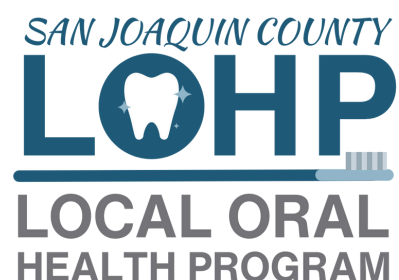
STAFF UPDATES & MORE!

Welcome to **Tooth Be Told** – January 2025

Tooth Be Told returns with its **quarterly updates** on oral health news. Our commitment is to provide valuable **insights and resources** to help you maintain a healthy smile. In this issue, we highlight the essential oral health assets available in our community, ensuring everyone has **access to the care and information** they need. November marked Mouth Cancer Awareness Month, and we are dedicated to raising awareness about this critical health issue. We hope you find this issue both informative and inspiring, and as always, we welcome your feedback and participation in our ongoing efforts to **promote oral health in San Joaquin County**.



Treatment + Education for Everyone on Teeth + Health



Oral Health Prevention and Treatment Resources

SJ TEETH Collaborative: Established in 2017 by First 5 San Joaquin, this collaborative enhances partnerships among schools, community clinics, dental associations, and various organizations to improve county oral health. It features a **care coordination program** funded by First 5 San Joaquin, targeting low-income families with children under five.

Care Coordination Agencies:

<u>APSARA</u> (209) 905-0885 English and Cambodian	<u>Family Resource Network</u> (209) 472-3674 (working with families of children with special needs) English and Spanish
<u>Catholic Charities of the Diocese of Stockton</u> (209) 444-5934 English and Spanish	<u>El Concilio</u> (209) 444-8919 English and Spanish
<u>Family Resource & Referral Center</u> (209) 461-2629 or (209) 461-2732 English and Spanish	

St. Raphael's Free Dental Clinic: Operating under St. Mary's Dining Hall, St. Raphael's Dental Clinic has been providing **free dental services** to San Joaquin County's unhoused and working poor individuals and families for over 60 years. The clinic partners with the San Joaquin Dental Society and other local organizations to deliver essential care to those most in need, including uninsured individuals.

Dental Clinic Contact: **(209) 467-0774**

Virtual Dental Home Program: Established in 2017 by Community Medical Centers, this program offers **preventive and therapeutic dental services** at over 40 community sites, including schools, using mobile dental offices and telehealth technology to create treatment plans for thousands of children and those with special needs.

Dental Clinic Contact: **(209) 373-2829**

Oral Health Prevention and Treatment Resources

School-Linked Dental Program: The Local Oral Health Program and Community Medical Centers provide dental services in schools with **high low-income enrollment, including education, screenings, and referrals**. Currently serving nine districts, with plans to expand through additional MOUs with more schools. If you are interested in having our dental program at your school or have any questions, please contact **Claudia Alonso** at calonso@cmcenter.org.

Give Kids A Smile & San Joaquin Dental Society Foundation: The San Joaquin Dental Society Foundation hosts an annual Give Kids a Smile (GKAS) event in February, providing **free dental treatment and hygiene services** to underserved and under-insured children in the San Joaquin County area. **Treatment is provided regardless of insurance.**

SJDS San Joaquin Dental Society
SAN JOAQUIN • CALAVERAS • TUOLUMNE • CITY OF GALT
FOUNDATION

GIVE KIDS A SMILE

SATURDAY, FEBRUARY 8, 2025 | 8AM-12PM
ST. MARY'S COMMUNITY SERVICES
545 W. SONORA ST.
STOCKTON, CA 95203
KIDS 1-17 YRS.

- Dental Screenings
- X-Rays
- Cleanings
- Kids Dental Kit
- Fun Games and Activities
- Face Painting and More
- Fluoride treatment
- Fillings
- Emergency Care

FREE

THANK YOU TO THE GKAS SPONSORS!

Solido Surgery Center

AMY L. SCRIVEN, DDS

HENRY SCHEIN® DENTAL

PATTERSON DENTAL

DELTA ENDODONTICS

OAK VALLEY COMMUNITY BANK

VALLEY STRONG CREDIT UNION

The SJDS Foundation is a 501(c)3 charitable organization. Tax ID: 85-0979247

DENTAL CARE FOR KIDS!

No Appointment Required
No Identification Required

Children must be accompanied by an adult
Services Provided on a First Come, First Serve Basis

Questions?
Email executive@sjds.org

Give Kids A Smile!

ADA American Dental Association

Mouth Cancer Awareness

November was **mouth cancer action month**, a crucial time to raise awareness about the importance of oral health and the risks associated with mouth cancer. Key risk factors include **smoking and excessive alcohol consumption**, both of which significantly **increase the likelihood of developing the disease**. Maintaining oral hygiene, regular dental check-ups, and avoiding tobacco products are crucial steps in prevention. By promoting awareness, we can encourage healthier choices and ultimately save lives.



The Great American Smoke Out Event at Stanislaus State Stockton Campus

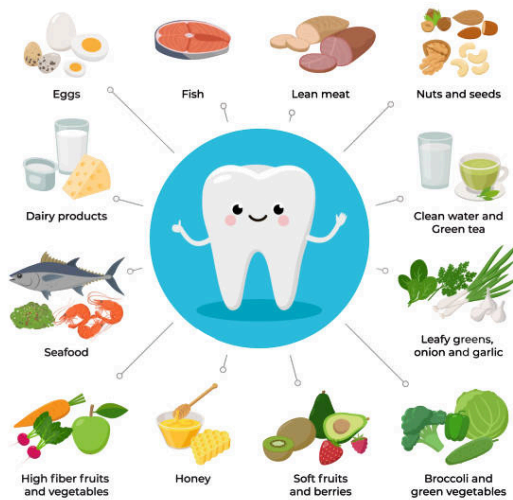
The Smoking and Tobacco Outreach/Prevention Program (STOPP) and Local Oral Health Program (LOHP) collaborated to participate in the great American smoke out event at the Stanislaus State Stockton Campus. There were about fifty participants that learned about Mouth Cancer and Quit information. Smoking is widely recognized as a key factor in numerous dental and oral health issues.

Here's how quitting smoking can significantly benefit your oral health:

- **Reduced Risk of Oral Cancer:** Tobacco use is a leading cause of oral cancer. Quitting smoking can drastically reduce your risk of developing this serious condition.
- **Prevention of Gum Disease:** Smoking is a major risk factor for gum disease, a leading cause of tooth loss in adults. Quitting can help protect your gums from infection, inflammation, and deterioration.
- **Improved Oral Hygiene:** Smoking contributes to plaque and tartar buildup, tooth discoloration, and chronic bad breath. Quitting can lead to a noticeable improvement in overall oral hygiene.

Best Foods for healthy teeth

BEST FOOD FOR HEALTHY TEETH



FOODS THAT DAMAGE TEETH



Herbed Vegetable Combo

Makes 4 servings. 1/2 cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

*Recipe provided by Cal Fresh Healthy Living

Ingredients:

- ☐ 2 tablespoons water
- ☐ 1cup thinly sliced zucchini
- ☐ 1 1/4 cups thinly sliced yellow squash
- ☐ 1/2 cup green bell pepper, cut into 2-inch strips
- ☐ 1/4 cup chopped onion
- ☐ 1/2 teaspoon caraway seeds
- ☐ 1/8 teaspoon garlic powder
- ☐ 1 medium tomato, cut into 8 wedges

Preparation:

1. Heat water in a medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender, about 4 minutes.
3. Sprinkle seasonings over vegetables. Top with tomato wedges.
4. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes. Serve warm.



Note: Make this dish a main meal simply by adding cooked slices of chicken breast

Nutrition information per serving: Calories 24, Carbohydrates 5g, Dietary Fiber 2g, protein 1g, Total Fat 0g, Saturated Fat 0g, Trans fat 0g, Cholesterol 0mg, Sodium 11mg

Staff Updates

Local Oral Health Program Coordinator

Samantha Hernandez has joined the Local Oral Health Program at San Joaquin Public Health Services. She holds a B.A. in Molecular and Cellular Biology and has experience as a lab manager in a public health research laboratory focused on infectious diseases. Additionally, she earned her master's in public health from UC Davis. With a strong passion for helping others, she is eager to engage with the community by offering essential education that empowers individuals to succeed in life.



School-Linked Oral Health Program Success

Oakview Elementary School:

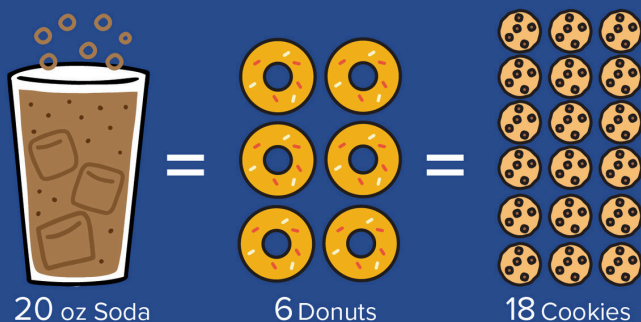
Community Medical Center (CMC) has gathered many success stories, but one that truly shines is the LOHP screening held at Oakview School. During this event, Cathy, our hygienist, screened and interviewed a young Hispanic child. She discovered a significant abscess along with pain and several cavities. Claudia, our Navigator, asked the child in Spanish if she was experiencing any tooth pain, to which the child confirmed. Claudia quickly reached out to the child's mother and scheduled a timely treatment appointment at one of CMC's dental clinics. Both the nurse and the parents expressed heartfelt gratitude for the support and access to care provided by CMC and LOHP. Several schools have highlighted the need for improved person-to-person outreach to effectively gather consent forms, as the current response rates are inadequate. To address this challenge, we suggest that our team participate in parent meetings, back-to-school nights, kindergarten camps, and after-school programs. This initiative would enable us to introduce our program to parents, explain the registration process, and work towards obtaining additional signed consent forms. Additionally, we can use this opportunity to address any questions parents may have about our Carelink Dental program and the enrollment process.



DID YOU KNOW?

- The Third Grade Smile California Survey found that 75.9% of students in San Joaquin County exhibited caries experience, 29.7% had untreated decay, and 33.2% had sealants applied to their permanent molars.
- Students with a toothache are 4x more likely to have a low-grade point average.
- The average person only brushes for 45 to 70 seconds a day, when the recommended amount of time is 2-3 minutes
- More than 300 types of bacteria make up dental plaque.
- There are 10-12 teaspoons of sugar in a single can of soda.

Can one soda at dinner make a difference?



#RethinkYourDrink

Indy Kids Are Sweet Enough



Tooth Be Told shares success stories, challenges, and oral health related news.

If you have comments or want to update your email preferences, contact SJTEETH@sjcphs.org.

For more program information, visit www.sjteeth.org

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