Colorado Department of Public Health & Environment
Oral Health Program

Resource Guide

2007
<table>
<thead>
<tr>
<th>Topic Area</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>2-8</td>
</tr>
<tr>
<td>Oral Cancer</td>
<td>9-21</td>
</tr>
<tr>
<td>Seniors</td>
<td>22-29</td>
</tr>
<tr>
<td>Adults</td>
<td>30-40</td>
</tr>
<tr>
<td>High School</td>
<td>41-50</td>
</tr>
<tr>
<td>Middle School</td>
<td>51-61</td>
</tr>
<tr>
<td>Elementary School</td>
<td>62-69</td>
</tr>
<tr>
<td>Infant/Young child</td>
<td>70-81</td>
</tr>
<tr>
<td>Women/Pregnant Women</td>
<td>82-86</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>87-91</td>
</tr>
<tr>
<td>Index</td>
<td>92-95</td>
</tr>
<tr>
<td>Web Resources</td>
<td>96-102</td>
</tr>
</tbody>
</table>
# Diabetes

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes: Dental Tips</td>
<td>3</td>
</tr>
<tr>
<td>Prevent Diabetes Problems</td>
<td>4</td>
</tr>
<tr>
<td>Periodontal (Gum) Disease</td>
<td>5</td>
</tr>
<tr>
<td>Nutrition &amp; Oral Health Fact Sheet</td>
<td>6</td>
</tr>
<tr>
<td>Diabetes and Oral Health</td>
<td>7</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>8</td>
</tr>
</tbody>
</table>
Title: Diabetes: Dental Tips

Media Type: Two-sided fact card

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted September 2005

Audience: For individuals who have diabetes or may be at risk of developing diabetes

Summary: People with diabetes are at risk for mouth infections especially gum disease. And gum disease may make it hard to control blood sugar. This fact card will describe problems diabetics might have with their mouth and ways they can keep from having oral problems due to their diabetes.

Language: English and Spanish

Ordering Information:
This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Prevent Diabetes Problems; Keep Your Teeth and Gums Healthy

Media Type: 8 ½ X 5 ½ in booklet, 14 pages

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: September 2003

Audience: Adults and young people with diabetes or at risk of diabetes

Summary: This booklet discusses the oral health risk factors for people who have diabetes. It also tells the reader how the dental professional can help them in their effort to keep the diabetes risk factors from affecting their oral health. The booklet is full of tips and ideas on ways to keep your mouth healthy if you have diabetes.

Language: English and Spanish

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
**Title:** Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

**Media Type:** 8 ½ X 5 ½ in booklet, 12 pages

**Author:** U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

**Date:** Revised November 2004

**Audience:** Adults who have periodontal disease or may be at risk of periodontal disease

**Summary:** Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors including diabetes and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

**Language:** English and Spanish

**Ordering Information:**
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www.nidcr.nih.gov

Colorado Department of Public Health and Environment, Oral Health Program Resource Guide
Title: Nutrition & Oral Health Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health & Environment Oral Health Program

Date: 2006

Audience: High School and up, general audiences

Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease. Nutrition is important for diabetics to control their blood sugar.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
**Title:** Diabetes and Oral Health

**Media Type:** One-page fact sheet

**Author:** Oral Health Awareness Colorado!

**Date:** 2005

**Audience:** Adults, diabetics and those at risk of diabetes

**Summary:** This tip sheet from Oral Health Awareness Colorado! Details information about the increased risks for gum problems and other oral health problems people with diabetes have. It also discusses tips for keeping your mouth healthy when you have diabetes. Good diabetes control can help prevent mouth problems.

**Language:** English

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**Ordering Information:**
This fact sheet is not copyrighted. Make as many copies as you need.
For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com
Or call 303-692-2470
Title: Be A Smart Mouth, Brush and Floss
Instructions

Media Type: ½ sheet instructions on brushing and flossing properly

Author: Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

Date: 2005

Audience: Middle school and up, general audiences

Summary: In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need.
For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com
Or call 303-692-2470
# Oral Cancer

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Oral Cancer Exam</td>
<td>10</td>
</tr>
<tr>
<td>Oral Cancer</td>
<td>11</td>
</tr>
<tr>
<td>Oral Cancer Concern in Colorado</td>
<td>12</td>
</tr>
<tr>
<td>Detecting Oral Cancer: A Guide for Health Care Professionals</td>
<td>13</td>
</tr>
<tr>
<td>Three Good Reasons to see a Dentist Before Cancer Treatment Booklet</td>
<td>14</td>
</tr>
<tr>
<td>Three Good Reasons to see a Dentist Before Cancer Treatment Brochure</td>
<td>15</td>
</tr>
<tr>
<td>Chemotherapy and Your Mouth</td>
<td>16</td>
</tr>
<tr>
<td>Head and Neck Radiation Treatment and Your Mouth</td>
<td>17</td>
</tr>
<tr>
<td>Oral Complications of Cancer Treatment: What the Oral Health Team Can Do</td>
<td>18</td>
</tr>
<tr>
<td>Oral Complications of Cancer Treatment: What the Oncology Team Can Do</td>
<td>19</td>
</tr>
<tr>
<td>Oral Care Provider's Reference Guide for Oncology Patients</td>
<td>20</td>
</tr>
<tr>
<td>Oncology Reference Guide to Oral Health</td>
<td>21</td>
</tr>
</tbody>
</table>

[BACK TO THE TABLE OF CONTENTS](#)
The Oral Cancer Exam

An oral cancer exam is painless and quick — it takes only a few minutes. Your regular dental checkup is an excellent opportunity to have the exam.

Here’s what to expect:

1. Preparing for the exam. If you wear dentures (false teeth) or retainer, you will be asked to remove them.
2. Your health care provider will inspect your teeth, mouth, and neck to look for any signs of cancer.
3. With both hands, he or she will lift the area under your jaw and the side of your neck, checking for lumps that may suggest cancer.
4. He or she will then look inside the inside of your lip and cheek to check for possible signs of cancer such as redness and/or white patches.
5. Next, your provider will have you stick out your tongue so it can be checked for swelling or abnormal color or texture.
6. Using a gauze, he or she will gently pull your tongue to one side, then the other, to check the sides of your tongue. The underside of your tongue will also be checked.
7. In addition, he or she will look at the roof and floor of your mouth, as well as the back of your throat.
8. Finally, your provider will put one finger on the floor of your mouth while the other hand under your chin, gently press down to check for lumps or swelling.

Ordering Information:
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For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Oral Cancer

Media Type: Tri-fold brochure

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: February 2003

Audience: Adults, general audiences

Summary: This brochure includes information about what oral cancer is, what the possible signs and symptoms are, how you can lower your risk of getting it, and what early detection includes.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
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National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Oral Cancer Concern in Colorado

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This fact sheet explains that oral cancer is something to be concerned about, and that early detection is the key to survival. Included are general facts and figures about who is at risk and what the incidence of the disease is.

Language: English

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com Or call 303-692-2470
Title: Detecting Oral Cancer: A Guide for Health Care Professionals

Media Type: Fold up poster

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Reprinted December 2002

Audience: Adults, Health care professionals

Summary: Instructions of how to conduct a screening for oral cancer including photographs and descriptions of each step and what to look for in risk factors, warning signs and suspicious lesions.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Three Good Reasons to See a Dentist Before Cancer Treatment

Media Type: 8 ½ X 11 ½ in booklet, spiral bound, and 7 pages

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: August 2002

Audience: Young adults and Adults with cancer, low literacy

Summary: This booklet gives information about how to keep your mouth healthy during cancer treatment. Easy to read, uses illustrations for each step along the way and gives the reader ideas on how to deal with side effects of cancer treatment like a sore mouth or throat.

Language: English

Ordering Information:
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National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Three Good Reasons to See a Dentist Before Cancer Treatment

Media Type: Two-panel brochure

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: December 2003

Audience: Young adults and Adults with cancer, low literacy

Summary: Quickly relays information about how to protect your mouth during cancer treatment and when you should call your cancer care team about mouth problems. Written at a low literacy level, easy to read and understand.

Language: English & Spanish

Ordering Information:
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National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Head and Neck Radiation Treatment and Your Mouth

Media Type: 12-page brochure

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Reprinted November 2005

Audience: Young adults and Adults going through radiation treatment, low literacy

Summary: This patient brochure discusses how radiation affects the mouth and the importance of seeing a dentist before, during, and after cancer treatment. Also included are self-care tips for patients to keep their mouth healthy during treatment.

Language: English & Spanish

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National Oral Health Information Clearinghouse
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Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

Colorado Department of Public Health and Environment, Oral Health Program Resource Guide
Title: Oral Complications of Cancer Treatment: What the Oral Health Team Can Do

Media Type: 8-page booklet

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Revised June 2002

Audience: Adults, Oral Health Providers

Summary: This fact sheet for oral health professionals discusses preventing and managing complications common to a patient's cancer treatment. Also included is the role of dental professionals before, during, and after treatment.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact: National Institute of Dental and Craniofacial Research National Oral Health Information Clearinghouse 1 NOHIC Way Bethesda, MD 20892-3500 (301) 402-7364 www.nidcr.nih.gov
Oral Complications of Cancer Treatment: What the Oncology Team Can Do

Title: Oral Complication of Cancer Treatment: What the Oncology Team Can Do

Media Type: 6-page fold out booklet

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date: Revised June 2002

Audience: Adults, Cancer team for patients

Summary: This fact sheet for oncology professionals discusses the importance of dental treatment before a patient's cancer treatment and steps to prevent and manage oral complications. It includes management strategies specific to chemotherapy, radiation treatment, and bone marrow transplantation.

Language: English

Ordering Information:
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National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Oral Care Provider's Reference Guide for Oncology Patients

Media Type: Fold up reference card, laminated

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date:

Audience: Adults, Oral Health Providers

Summary: This guide for the oral health professional provides quick reference for treating patients before, during, and after cancer treatment. It includes questions to ask the patient's oncology team before cancer treatment begins.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Oncology Reference Guide to Oral Health

Media Type: Fold up reference card, laminated

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research, National Cancer Institute

Date:

Audience: Adults, Oncology providers

Summary: This guide for the oncology professional provides quick reference for preventing and managing oral complications before, during, and after cancer treatment. Includes steps specific to chemotherapy, radiation treatment, and blood and marrow transplantation.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
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National Oral Health Information Clearinghouse
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Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
## Seniors

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seniors and Oral Health: A Fact Sheet</td>
<td>23</td>
</tr>
<tr>
<td>Dry Mouth</td>
<td>24</td>
</tr>
<tr>
<td>Periodontal (Gum) Disease</td>
<td>25</td>
</tr>
<tr>
<td>Study Links Heart Disease to Dental Problems</td>
<td>26</td>
</tr>
<tr>
<td>Oral Health Tips for Seniors</td>
<td>27</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>28</td>
</tr>
<tr>
<td>Medications that Cause Dry Mouth</td>
<td>29</td>
</tr>
</tbody>
</table>

[BACK TO THE TABLE OF CONTENTS](#)
**Title:** Seniors and Oral Health: A Fact Sheet

**Media Type:** A two-page fact sheet

**Author:** Colorado Department of Public Health & Environment Oral Health Program

**Date:** July 2006

**Audience:** Adults, specifically seniors and caregivers of seniors

**Summary:** This fact sheet discusses the problems that many seniors face with regard to their mouth and teeth as they age. It includes many facts for seniors about dry mouth, gum disease, tooth decay and oral cancer. Also it includes tips for seniors to follow if they have a difficult time brushing and flossing.

**Language:** English

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**Seniors and Oral Health: A Fact Sheet**

<table>
<thead>
<tr>
<th>Problems That Many Seniors Face</th>
<th>Tips for Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry Mouth</td>
<td>60% of Colorado seniors will have their natural teeth.</td>
</tr>
<tr>
<td>Gum Disease</td>
<td>While Americans paid out-of-pocket for approximately one half of all dental care expenses in 2006, people age 65 and older paid more than 10 percent of their dental expenses.</td>
</tr>
<tr>
<td>Tooth Decay</td>
<td>Medicaid, the primary source of medical coverage for seniors, does not include dental benefits, and Colorado Medicaid covers only those dental procedures that are directly related to a concurrent medical condition.</td>
</tr>
<tr>
<td>Oral Cancer</td>
<td>Few low-income seniors taking part of their own health may be on one probability that is retained, quality of life as they choose not to address their oral health needs.</td>
</tr>
</tbody>
</table>

"Those who suffer from oral health are found among the poor of all ages, with poor children and poor older Americans particularly vulnerable." Oral Health: A Focus of the Surgeon General, 2005.

**Dry Mouth**

As people age the chance of having chronic disease increases. Many older Americans take multiple prescriptions and over-the-counter medications. Often these medications will cause side effects to occur in the mouth. The most common side effect is dry mouth.

Some of the medications that can cause dry mouth are antidepressants, diuretics, immunosuppressant and anti-infectives. These medications can reduce the saliva flow in the mouth.

Dry mouth can cause difficulty chewing, speaking and swallowing. It can lead to cavities and can cause breathing mouth syndrome and other oral care problems.

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Title: Dry Mouth

Media Type: 5-page booklet style brochure

Author: National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: January 2002

Audience: Adults, general audiences

Summary: This patient brochure discusses the causes of dry mouth, the importance of saliva to oral health, and steps to follow to relieve dryness.

Language: English

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

Media Type: 8 ½ X 5 ½ in booklet, 12 pages

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Revised November 2004

Audience: Adults who have periodontal disease or may be at risk of periodontal disease

Summary: Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

Language: English and Spanish

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National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Study Links Heart Disease to Dental Problems

Media Type: One-page information sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, seniors, general audiences

Summary: This information sheet describes the connection that researchers from the University of Helsinki and Kuopio University Hospital found between severe heart disease and dental problems. Research is ongoing to determine what the association is between the two, but the information contained in this sheet gives the reader some ideas on how to prevent possible dental problems.

Language: English

Ordering Information:
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Title: Oral Health Tips for Seniors

Media Type: Two-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Seniors, general audiences

Summary: This fact sheet describes some of the issues senior adults face as they age regarding their teeth and gums. There are some facts about oral cancer in Colorado, which is a significant concern to seniors, and information about gum disease. There are also tips for seniors to follow to help keep their teeth and gums healthy.

Language: English

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
**Title:** Be A Smart Mouth, Brush and Floss

**Instructions**

**Media Type:** ½ sheet instructions on brushing and flossing properly

**Author:** Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

**Date:** 2005

**Audience:** Middle school up, general audiences

**Summary:** In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

**Language:** English

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Ordering Information:
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Colorado Department of Public Health and Environment, Oral Health Program Resource Guide
# Medications that Cause Dry Mouth

<table>
<thead>
<tr>
<th>Medication</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alyxe</td>
<td>Naxos</td>
</tr>
<tr>
<td>Audience</td>
<td>Seniors and adults, general audiences</td>
</tr>
<tr>
<td>Date</td>
<td></td>
</tr>
<tr>
<td>Language</td>
<td>English</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma &amp; Oral Health: A Fact Sheet</td>
<td>31</td>
</tr>
<tr>
<td>Nutrition &amp; Oral Health Fact Sheet</td>
<td>32</td>
</tr>
<tr>
<td>Oral Disease &amp; Tobacco Use in Colorado: A Fact Sheet</td>
<td>33</td>
</tr>
<tr>
<td>The Next Time You Reach for a Smoke or a Dip, Reach for the Phone Instead</td>
<td>34</td>
</tr>
<tr>
<td>Six Steps to a Healthier You… You Can Quit!</td>
<td>35</td>
</tr>
<tr>
<td>Nature's Way to Prevent Tooth Decay, Water Fluoridation</td>
<td>36</td>
</tr>
<tr>
<td>Periodontal (Gum) Disease</td>
<td>37</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>38</td>
</tr>
<tr>
<td>Healthy Mouth/Healthy Body</td>
<td>39</td>
</tr>
<tr>
<td>Fluoridation Praised as a Great Public Health Achievement</td>
<td>40</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
Asthma & Oral Health: A Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Young adults and adults with asthma or adult caregivers of those with asthma

Summary: This fact sheet explains that many medications used to treat asthma have side effects on the mouth, teeth and throat. It explains some of the common oral problems due to these medications as well as some ways to lessen the chances of oral problems and what you should do at the dental office to avoid having problems with your asthma.

Language: English

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Summary: When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease.

Language: English
Title: Oral Disease & Tobacco Use in Colorado: A Fact Sheet

Media Type: One-page fact sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: August 2006

Audience: Adults, general audiences and tobacco users

Summary: This fact sheet describes how tobacco use is a risk factor for gum disease, oral cancer, and tooth loss. It specifically focuses on chewing tobacco, and gum disease. There are statistics about use in Colorado and information about what the oral health program is doing to address the issue of tobacco use.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact the Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Also available online at http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html
**Title:** The Next Time You Reach for a Smoke or a Dip, Reach for the Phone Instead

**Media Type:** Half-fold brochure

**Author:** State Tobacco Education and Prevention Partnership

**Date:** 2006

**Audience:** Adult tobacco users

**Summary:** Information for tobacco users who want to quit about the QuitLine, free support from a quit coach and free nicotine patches. Included are reasons to quit, information about how the QuitLine works and hours of operation.

**Language:** English

**Ordering Information:** QuitLine brochures and posters for various age groups, ethnicities, genders and disparate populations are available free to individuals in Colorado. Order from the following website: [http://www.steppitems.com/](http://www.steppitems.com/)
Title: Six Steps to a Healthier You... You Can Quit!

Media Type: Tri-fold Brochure

Author: Oral Health America’s National Spit Tobacco Education Program

Date:

Audience: Adult spit tobacco users

Summary: This brochure gives the tobacco user who is ready to quit 6 steps to quitting spit tobacco as well as reasons to quit and tips on how to quit.

Language: English

Ordering Information:
Oral Health America
410 North Michigan Avenue, Suite 352
Chicago, Illinois 60611-4211
312-836-9900
http://www.nstep.org/
Title: Nature's Way to Prevent Tooth Decay, Water Fluoridation

Media Type: ½ sheet folded brochure

Author: Centers for Disease Control and Prevention

Date: 2005

Audience: Adults, general audiences

Summary: This brochure discusses community water fluoridation and why fluoride helps prevent tooth decay. It addresses fluoride safety, the fact that it benefits everyone and that it is cost-effective.

Language: English and Spanish

Ordering Information: Can be downloaded free of charge from http://www.cdc.gov/fluoridation/index.htm This brochure is not copyrighted. Make as many copies as you need.
Title: Periodontal (Gum) Disease: Causes, Symptoms, and Treatments

Media Type: 8 ½ X 5 ½ in booklet, 12 pages

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Revised November 2004

Audience: Adults who have periodontal disease or may be at risk of periodontal disease

Summary: Discusses the causes of gum disease and the progression from gingivitis to periodontitis. The risk factors and who is at risk for the disease and what can be done to prevent the disease are also presented. Finally, medications, treatments by dental professionals and other health problems that can result are presented.

Language: English and Spanish

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact: National Institute of Dental and Craniofacial Research National Oral Health Information Clearinghouse 1 NOHIC Way Bethesda, MD 20892-3500 (301) 402-7364 www.nidcr.nih.gov
Title: Be A Smart Mouth, Brush and Floss

Instructions

Media Type: ½ sheet

instructions on brushing and flossing properly

Author: Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

Date: 2005

Audience: Middle school up, general audiences

Summary: In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

Language: English

Ordering Information:

This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: Healthy Mouth/Healthy Body

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This oral health tip sheet describes the connection between oral health and general health and relays the message; a healthy mouth helps achieve a healthy body. There is information about the connection between gum disease and other health problems, the bacteria that cause gum disease and the connection to diabetes as well.

Language: English

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: Fluoridation Praised as a Great Public Health Achievement

Media Type: Two-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, general audiences

Summary: This tip sheet describes water fluoridation as one of the 10 greatest public health achievements of the 20th century and details the safety and effectiveness of it. It also describes the cost effectiveness of this public health strategy.

Language: English

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
# High School

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating Disorders &amp; Oral Health: A Fact Sheet</td>
<td>42</td>
</tr>
<tr>
<td>Nutrition &amp; Oral Health Fact Sheet</td>
<td>43</td>
</tr>
<tr>
<td>Oral Piercing: A Fact Sheet</td>
<td>44</td>
</tr>
<tr>
<td>Tobacco Facts</td>
<td>45</td>
</tr>
<tr>
<td>Medical Hazards of Smokeless Tobacco</td>
<td>46</td>
</tr>
<tr>
<td>Warning! What the Tobacco Companies Don't Tell You...</td>
<td>47</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>48</td>
</tr>
<tr>
<td>Who Uses Spit Tobacco</td>
<td>49</td>
</tr>
<tr>
<td>Here's a Pitch No One Can Handle</td>
<td>50</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
Eating Disorders & Oral Health

A Fact Sheet

- The main effects of an eating disorder are hard to hide from a dental professional.
- Telltale signs appear early in the course and despite the secretive nature of the disease, a dental professional may be the first to notice and encourage a patient to seek help.
- The most common eating disorders that cause problems in the mouth are bulimia nervosa and anorexia nervosa. Although there are other types of eating disorders, these tend to cause the most damage to the teeth and mouth.

Bulimia & Oral Health

Bulimia is an eating disorder that involves eating uncontrollable amounts of food and then purging oneself of food by vomiting, taking laxatives, diuretics, enemas, or by over exercising. Bulimia is dangerous to your overall health and especially harmful to your teeth.

- When repeated vomiting is used to purge food from the body, the strong acids in the digestive system erode teeth enamel and weaken fillings and teeth Crowns and roots can become weak and translucent.
- Your mouth, throat, and esophagus become inflamed and irritated.
- Excessive vomiting can cause more in the corners of the mouth and on teeth.

Anorexia Nervosa

Anorexia Nervosa is a psychological disorder that involves a distortion of body image, an intense fear of weight gain, and the desire to be thin. Anorexia often involves self-induced starvation, purging, and over exercising to keep weight down. Nervosa may predict some of the health risks of obesity.

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need.
Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
When you eat and what you eat affects your general health including your teeth and gums. This fact sheet discusses the importance of good nutrition and proper oral health care in preventing oral disease.

Ordering Information: This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Oral Piercing: A Fact Sheet

Piercing the tongue, lip, cheek or other areas around the mouth can cause harm. Defects in the tongue can affect speech and eating. A defect in the cheek can affect eating.

If you already have an oral piercing, read on below for some facts about caring for your oral piercing.

Jewelry Related Risks
- Damage to the tissue. The jewelry can cut, irritate, or cause damage to the tissues.
- Damage to the nerve. The jewelry can cause the nerve to become infected and/or damaged.

Problem with oral function - oral function can cause problems with the teeth, including increased salivation, problems with speech, chewing, and swallowing.

Challenges oral piercing can come from and become a hindrance. It also could be the result of a genetic issue. If the piercing is not done properly or in the wrong location, it could cause permanent damage.

Taking Care of Oral Piercings
- Avoid wearing any type of jewelry or contact lenses.
- Avoid chewing hard foods.
- Flossing and cleaning the area is recommended.

An oral piercing can interfere with speech, chewing, swallowing, or eating.

Piercing Related Risks
- Protruding jewelry, piercing to the tongue's hard palate during speech can cause pain and interfere with eating.
- Embarrassment and influence on social behavior can be very detrimental.
- Nerve damage can result in oral piercing, which can cause permanent damage.

Infection can occur in the skin or under the tongue. The damage can range from minor to very harmful to the body. It’s possible to prevent a more dangerous infection by wearing proper care and taking care of the piercing.

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Title: Tobacco Facts

Media Type: Two-sided half sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Middle school and high school youth

Summary: Facts about tobacco use and the dangers that its use brings. Also, ideas for the user on how to quit and tips for quitting are included.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need.

Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Title: Medical Hazards of Smokeless Tobacco

Media Type: Tri-fold brochure

Author: HEALTH EDCO

Date:

Audience: High school and up, general audiences

Summary: This brochure has illustrations and descriptions of many of the side effects of smokeless tobacco use including diseases like stomach ulcers and cancers of the lip and cheek.

Language: English

Ordering Information: Permission is granted to reproduce the brochure for group use. For an additional copy contact the Colorado Department of Public Health and Environment Oral Health Program at 303-692-2470 or email at cdphe.psdrequests@state.co.us
Title: Warning! What the Tobacco Companies Don’t Tell You...

Media Type: Tri-fold brochure

Author: Colorado Department of Public Health and Environment Oral Health Program

Date:

Audience: Middle school and high school youth

Summary: This brochure includes information about the dangers of using smokeless tobacco as well as a glossary of tobacco related terms. There is also a word search puzzle.

Language: English

Ordering Information: This brochure is not copyrighted. Make as many copies as you need. For an additional copy contact the Colorado Department of Public Health and Environment Oral Health Program at 303-692-2470 or email at cdphe.psdrequests@state.co.us
Title: Be A Smart Mouth, Brush and Floss

Instructions

Media Type: ½ sheet instructions on brushing and flossing properly

Author: Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

Date: 2005

Audience: Middle school up, general audiences

Summary: In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: Who Uses Spit Tobacco?

Media Type: 8-page booklet

Author: Oral Health America’s National Spit Tobacco Education Program (NSTEP)

Date:

Audience: Adults, parents

Summary: This booklet gives parents information about spit tobacco and the possibilities that their children may be at risk of using it. It describes the smokeless tobacco industries’ targeting of children and the dangers that smokeless tobacco poses to its users.

Language: English

Ordering Information:
Oral Health America
410 North Michigan Avenue,
Suite 352
Chicago, Illinois 60611-4211
312-836-9900
http://www.nstep.org/
Title: Here's a Pitch No One Can Handle

Media Type: Half-fold brochure

Author: Oral Health America's National Spit Tobacco Education Program

Date:

Audience: Middle and high school youth

Summary: Baseball themed brochure with quotes from famous baseball players, information about the negative aspects of spit tobacco use and the dangers its use causes.

Language: English

Ordering Information:
Oral Health America
410 North Michigan Avenue, Suite 352
Chicago, Illinois 60611-4211
312-836-9900
http://www.nstep.org/
### Middle School

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>52</td>
</tr>
<tr>
<td>Word Search</td>
<td>53</td>
</tr>
<tr>
<td>Tooth Model</td>
<td>54</td>
</tr>
<tr>
<td>Tobacco Facts</td>
<td>55</td>
</tr>
<tr>
<td>Warning! What the Tobacco Companies Don't Tell You...</td>
<td>56</td>
</tr>
<tr>
<td>Nutrition &amp; Oral Health Fact Sheet</td>
<td>57</td>
</tr>
<tr>
<td>Dental Sealants</td>
<td>58</td>
</tr>
<tr>
<td>Seal Out Tooth Decay A Booklet for Parents</td>
<td>59</td>
</tr>
<tr>
<td>Preventing Tooth Decay and Saving Teeth with Dental Sealants</td>
<td>60</td>
</tr>
<tr>
<td>Oral Health and Learning</td>
<td>61</td>
</tr>
</tbody>
</table>

**BACK TO THE TABLE OF CONTENTS**
Title: Be A Smart Mouth, Brush and Floss

Instructions

Media Type: ½ sheet instructions on brushing and flossing properly

Author: Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

Date: 2005

Audience: Middle school up, general audiences

Summary: In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: Word Search

Media Type: One-page handout

Author:

Date:

Audience: High elementary grades and middle school

Summary: Word search puzzle using dental and oral health terms

Language: English

Ordering Information:
Contact the Colorado Department of Public Health and Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Title: Tooth model

Media Type: One-page handout

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Middle school

Summary: Includes a chart of the teeth with terms and explanations of what the types of teeth are used for and some general facts about teeth.

Language: English

Ordering Information:
Contact the Colorado Department of Public Health and Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Tobacco Facts

- Tobacco use is addictive. Cigarettes contain over 2,500 chemicals and chew contains over 2,000, many of them cause cancer.
- Tobacco use increases blood pressure and heart rate.
- Tobacco users suffer from loss of taste and smell.
- Tobacco, like that found in cigarettes and chew, stains teeth, causes bad breath and cavities.
- Tobacco use also causes mouth, skin and gum disease.
- Tooth loss can occur because of tobacco use.

If you already use tobacco...

QUIT!
Here are some tips:
- Set a quit date and tell everyone when it is so they can support you.
- On your quit day throw away all your tobacco, lighters, ashtrays, igniter boxes etc.
- Carry things to put in your mouth like gum, sugarless gum, sugarless hard candy or toothpicks.
- Sleep early or get some exercise.
- Keep out of places where tobacco use isn't allowed.
- Call the Quitline for help.

1-800-QUIT_NOW

Ordering Information:
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Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
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Media Type: Tri-fold brochure

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Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Dental Sealants

What is the problem?
Dental decay, although preventable, is a chronic disease affecting children's ability to communicate and learn, as well as their speech development, eating habits, daily living skills and self-esteem. In fact, it is the most common chronic illness of childhood.

Nationally, dental decay is the most common chronic illness among children.

An estimated 7.8 million hours of school are lost annually in Colorado due to acute oral pain and infection.

What about dental sealants?
Dental sealants, a thin layer bonded onto the top surface of teeth, can prevent dental decay. Properly placed and maintained, dental sealants are an effective primary prevention measure. Sealants prevent tooth decay by creating a barrier between the tooth and disease-causing bacteria. Sealants also stop cavities from growing and can prevent the need for expensive fillings. Sealants are 100 percent effective if they are fully trained in the mouth. According to the Oregon General 2003 report on oral health, sealants have been shown to reduce decay by more than 50 percent.

Why are school-based dental sealant programs recommended?
In 2002, the Task Force on Community Preventive Services, a national independent, nonpartisan task force appointed by the director of the Centers for Disease Control and Prevention (CDC), strongly recommended school sealant programs as an effective strategy in preventing tooth decay. CDC further estimates that 50 percent of children at high risk participating in school sealant programs, can have access to sealants and their treatment costs.

Healthy People 2010 Objective: Increase the proportion of children who have received dental sealants on their main teeth.

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from: http://www.cdphe.state.co.us/ pp/oralhealth/dentalsealants. html
Title: Seal Out Tooth Decay
A Booklet for Parents

Media Type: 8-page booklet

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted January 2005

Audience: Parents of elementary and middle school children

Summary: An easy to read booklet with illustrations and explanations about what sealants are, how they are applied and why and what they do. Just about any question parents might have about sealants is answered in this booklet.

Language: English and Spanish

Ordering Information: This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Preventing Tooth Decay and Saving Teeth with Dental Sealants

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: 2003

Audience: Parents of elementary and middle school children

Summary: This fact sheet discusses what dental sealants are and how they prevent tooth decay. It also addresses the need to improve awareness of the use of dental sealants and the costs associated with placing sealants compared to the benefits. Finally there is information regarding access to care and programs that work to improve the access issue.

Language: English

Ordering Information: Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/ And click on materials.
Title: Oral Health and Learning

Media Type: Two-page Fact Sheet

Author: National Center for Education in Maternal and Child Health

Date: 2003

Audience: Adults, parents of elementary and middle school children

Summary: This fact sheet gives information about the connection between oral health and learning, oral disease and restricted activity days, how nutrition affects learning and programs for improving oral health.

Language: English
<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seal Out Tooth Decay A Booklet for Parents</td>
<td>63</td>
</tr>
<tr>
<td>Preventing Tooth Decay and Saving Teeth with Dental Sealants</td>
<td>64</td>
</tr>
<tr>
<td>Oral Health and Learning</td>
<td>65</td>
</tr>
<tr>
<td>Oral Disease: A Crisis Among Children of Poverty</td>
<td>66</td>
</tr>
<tr>
<td>Dudley the Dinosaur Fun Sheet</td>
<td>67</td>
</tr>
<tr>
<td>A Healthy Smile is a Treasure Coloring Sheet</td>
<td>68</td>
</tr>
<tr>
<td>Fun Time Activities by Crest</td>
<td>69</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
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Ordering Information:
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Language: English

Preventing Tooth Decay and Saving Teeth with Dental Sealants

What Are Dental Sealants?

Dental sealants are thin, plastic covering that are applied to the chewing surfaces of the teeth to prevent cavities. By sealing the pits and grooves on the teeth, sealants help prevent decay.

Preventing Tooth Decay

If all children and adolescents received appropriate fluoride and had dental sealants applied to approximal tooth surfaces, more tooth decay in children and adolescents could be prevented. The primary benefit of treating a tooth early is the long-term benefit of the tooth and dental system prevent the need for procedures.

About 90 percent of tooth decay in children is preventable. A ten-year-old child who is denied sealants is ten times more likely to need a filling.

Only 25 percent of 2 - 9 year-olds and 30 percent of 12 - 19 year-olds have dental sealants on their teeth, compared with the national objective of 70 percent in both age groups.

National’re not producing teeth decay and are preventing progression of tooth decay.

Improving Awareness

Increased public awareness of dental sealants, and improved communication between parents and health professionals, will help parents and health professionals share dental sealants information and promote the use of dental sealants. Dental sealants and other preventive care treatments can be promoted at community events and through school programs.

Cost

In the United States, 25 percent of children and adolescents—especially those from the most vulnerable groups—experience 60 percent of all tooth decay occurring in permanent teeth. In 2000, the average cost of applying one dental sealant was $35.00, compared with the same age cost of $97.00 for fillings.

In 1996, 32 states had dental sealant programs, that is, access to comprehensive and affordable programs.

Ordering Information:
Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/ And click on materials.
Title: Oral Disease: A Crisis Among Children of Poverty

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: May 1998

Audience: Adults, parents of young children

Summary: A fact sheet that details the oral health status of America's children, the pain and personal suffering children go through with oral health problems and the access issues for vulnerable populations of children.

Language: English

Oral Disease: A Crisis Among Children of Poverty

A crisis. Tooth decay, cavities, untreated infections, and gum disease...Children can sleep with this...The pain from inside of untreated cavities causes extensive behavior problems.

Proper oral care is essential for healthy children. Children who do not receive adequate dental care have more difficulty learning and are at risk for other health problems.

Children who go untreated have a lifetime risk of visiting the emergency room or hospital to treat dental problems.

Oral Health Status

- 20% of children younger than 18 have cavities.
- 1 in 3 children younger than 18 have decay.
- 1 in 5 children younger than 18 have gum disease.
- 1 in 25 children younger than 18 have been hospitalized for a dental problem.

Pain and Personal Suffering

- Children who go untreated are more likely to experience pain.
- Children who go untreated have a higher risk of developing infections in other parts of the body.
- Children who go untreated may experience difficulties with eating and speaking.

Access

- Children who go untreated are more likely to have difficulty accessing dental care.
- Children who go untreated are more likely to have difficulty paying for dental care.

Ordering Information:
Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/ And click on materials.
Ordering Information:
Permission is given to photocopy this fact sheet.
To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/
And click on materials.
Title: Dudley the Dinosaur fun sheet

Media Type: One-page fun sheet

Author:

Date:

Audience: Elementary age children

Summary: Dudley the Dinosaur teaches kids to take care of their teeth. This fun sheet lets kids write out what they will do to take care of their teeth and what they won’t do to hurt their mouth and teeth. Some areas to color are included as well.

Language: English and Spanish

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Title: A Healthy Smile is a Treasure

Media Type: One-page coloring sheet

Author: 

Date: 

Audience: Elementary and younger aged children

Summary: This is a coloring sheet with Dudley the Dinosaur and friends. There are simple oral health messages included.

Language: English and Spanish

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
**Title:** Fun Time Activities by Crest

**Media Type:** Four pages of activity sheets

**Author:** Crest

**Date:**

**Audience:** Elementary and younger aged children

**Summary:** Tracing numbers, color by number; find the different picture and a fun coloring sheet for kids with an oral health focus.

**Language:** English

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**Ordering Information:**
This fact sheet is not copyrighted. Make as many copies as you need.
Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
## Infant & Young Child Resource Guide

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventing Early Childhood Caries</td>
<td>71</td>
</tr>
<tr>
<td>Oral Disease: A Crisis Among Children of Poverty</td>
<td>72</td>
</tr>
<tr>
<td>Promoting Awareness, Preventing Pain: Facts on Early Childhood Caries</td>
<td>73</td>
</tr>
<tr>
<td>Early Childhood Caries</td>
<td>74</td>
</tr>
<tr>
<td>Brush up on Healthy Teeth Quiz</td>
<td>75</td>
</tr>
<tr>
<td>Brush up on Healthy Teeth Fact Sheet</td>
<td>76</td>
</tr>
<tr>
<td>A Healthy Mouth for Your Baby</td>
<td>77</td>
</tr>
<tr>
<td>Protect Your Baby's Smile (0-6 months old)</td>
<td>78</td>
</tr>
<tr>
<td>Protect Your Baby's Smile (6-18 months old)</td>
<td>79</td>
</tr>
<tr>
<td>Protect Your Toddler's Smile (18-24 months old)</td>
<td>80</td>
</tr>
<tr>
<td>Baby’s First Teeth – Tooth Eruption Patterns</td>
<td>81</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
Title: Preventing Early Childhood Caries

Media Type: Tri-fold brochure

Author: Colorado Department of Public Health & Environment Oral Health Program

Date:

Audience: Adults, parents of young children and infants

Summary: This brochure explains what early childhood caries is, how it happens and how to prevent it. There are several tips on keeping your baby's teeth healthy.

Language: English

Ordering Information:
This brochure is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Title: Oral Disease: A Crisis Among Children of Poverty

Media Type: Two-page fact sheet

Author: National Maternal and Child Oral Health Resource Center

Date: May 1998

Audience: Adults, parents of young children

Summary: A fact sheet that details the oral health status of America's children, the pain and personal suffering children go through with oral health problems and the access issues for vulnerable populations of children.

Language: English

Ordering Information:
Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/ And click on materials.
Title: Promoting Awareness, Preventing Pain: Facts on Early Childhood Caries (ECC)

Media Type: Two-page fact sheet

Author: The National Maternal and Child Oral Health Resource Center

Date: 2004

Audience: Adults, parents of young children and health care providers

Summary: This fact sheet shows what early childhood caries (ECC) look like, discusses the statistics on who has it and what the costs are. There is also information on how ECC can be prevented and what health professionals can do to help prevent it.

Language: English

Ordering Information:
Permission is given to photocopy this fact sheet. To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/ And click on materials.
Title: Early Childhood Caries

Media Type: One-page fact sheet

Author: Colorado Department of Public Health and Environment Oral Health Program

Date: 2006

Audience: Adults, parents of young children and infants

Summary: This fact sheet explains what early childhood caries is and how it is caused. There is information for pregnant women to help them get a good start with their new baby and tips on how to keep the baby's teeth healthy.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need.
Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from:
http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html
Brush Up on Healthy Teeth
A Quiz for Parents About Simple Steps for Kids' Smiles

Learn more about keeping your child's teeth healthy with this True or False quiz.

1. All children older than 6 months should receive a fluoride supplement every day.
2. Parents should start brushing their child's teeth as soon as the first tooth appears.
3. Parents should start brushing their child's teeth with toothpaste that contains fluoride at age 3.
4. Children younger than 5 years should use enough toothpaste with fluoride to cover the toothbrush.
5. Parents should brush their child's teeth twice a day until the child can handle the toothbrush alone.
6. Young children should always use fluoride mouth rinses after brushing.

Answers:
1. True. Check with your child's dentist or a nurse about your child's specific fluoride needs. Beneath a child's tooth is enamel, which should be covered with the correct amount of fluoride to prevent cavities when the tooth erupts. Fluoride supplements are an easy way to ensure proper fluoride intake. Parents should talk to their child's dentist about the right amount of fluoride for their child.
2. True. Parents should start brushing their child's teeth as soon as they appear. It is important to start early, so parents should take care of their child's teeth and gums, even before their teeth are visible.
Title: Brush up on Health Teeth Fact Sheet

Media Type: One-page fact sheet

Author: Centers for Disease Control, Department of Health and Human Services

Date:

Audience: Adults, parents of young children

Summary: This fact sheet gives parents easy tips on how to keep children's teeth and mouth healthy.

Language: English and Spanish

Ordering Information: This information is not copyrighted. Make as many copies as you need. Download directly from the Centers for Disease Control Oral Health Page at http://www.cdc.gov/OralHealth/
Title: A Healthy Mouth for your Baby

Media Type: 8-page booklet

Author: U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Dental and Craniofacial Research

Date: Reprinted September 2005

Audience: Adults, parents of young children and infants

Summary: This easy-to-read brochure is for parents with infants or toddlers. It highlights the importance of using fluoride to protect teeth, cleaning your baby's teeth, and preventing baby bottle tooth decay.

Language: English and Spanish

Ordering Information:
This publication is not copyrighted. Make as many photocopies as you need. For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov
Title: Protect your Baby’s Smile (0-6 months old)

Media Type: Half-sheet folded brochure

Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of children 0-6 months old

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes information on three easy steps to follow to keep your new baby’s mouth healthy, including cleaning baby’s mouth and gums daily, using fluoridated water, and avoiding putting baby to bed with a bottle.

Language: English and Spanish

Ordering Information: This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.
Title: Protect your Baby’s Smile (6-18 months)

Media Type: Half-sheet folded brochure

Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of children 6-18 months old

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes information on five easy steps to keep your young child’s mouth healthy. Information ranges from beginning to use a sippee cup to visiting the dentist for the first time.

Language: English and Spanish

Ordering Information: This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp
You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.
Title: Protect your Toddler’s Smile (18-24 months)

Media Type: Half-sheet folded brochure

Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, parents of toddlers aged 18-24 months

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes two ways to protect a child’s smile, information about the dentist and a snack list for healthy teeth.

Language: English and Spanish

Ordering Information: This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp

You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.
**Title:** Baby's First Teeth – Tooth Eruption Patterns

**Media Type:** One-page Fact Sheet

**Author:** Unknown

**Date:** 2006

**Audience:** Parents, caregivers, professionals, students

**Summary:** This fact sheet gives information about when the baby teeth come in and when to expect the permanent teeth to come in. It also gives information about the importance of baby teeth and a good diet to help keep teeth healthy.

**Language:** English

**Ordering Information:** This fact sheet is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or by email at cdphe.psdrequests@state.co.us
Women and Pregnant Women

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>For a Healthy Baby Practice Good Oral Health</td>
<td>83</td>
</tr>
<tr>
<td>For Pregnant Women</td>
<td>84</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>85</td>
</tr>
<tr>
<td>Oral health and Health in Women: A Two-Way Relationship</td>
<td>86</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
Title: For a Healthy Baby
       Practice Good Oral Health

Media Type: One-page fact sheet

Author: Oral Health Awareness Colorado!

Date: 2005

Audience: Adults, pregnant women

Summary: This fact sheet explains that there may be a connection between poor oral health in pregnant women and pre-term deliveries and low birth-weight babies. There are guidelines included for pregnant women to follow for good oral health during their pregnancy.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: For Pregnant Women

Media Type: Half-sheet folded brochure

Author: Colgate Palmolive Company

Date: 1995, 2001

Audience: Adults, women trying to get pregnant and pregnant women

Summary: This brochure is part of a series of informative brochures for expectant moms and new parents. It includes six ways for a woman to keep her mouth healthy for good pregnancy outcomes.

Language: English and Spanish

Ordering Information: This brochure is copyrighted, but it is available to download for free from the Colgate Bright Smiles, Bright Futures website at http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/OHE/HomePage.cvsp You must register on the site, and then click on Oral Health from Pregnancy through the Toddler Years.
Title: Be A Smart Mouth, Brush and Floss

Instructions

Media Type: ½ sheet instructions on brushing and flossing properly

Author: Adapted from illustrations courtesy of the John O. Butler Company provided by Oral Health Awareness Colorado!

Date: 2005

Audience: Middle school up, general audiences

Summary: In 5 illustrations and steps the fact sheet shows the reader how to brush their teeth properly. On the backside are 4 illustrations and steps that show the reader how to floss their teeth properly.

Language: English

Ordering Information:
This fact sheet is not copyrighted. Make as many copies as you need. For additional copies contact “Coalition Coordinator” at info@beasmartmouth.com or call 303-692-2470
Title: Oral Health and Health in Women: A Two-way Relationship

Media Type: Two-page fact sheet

Author: The National Maternal and Child Oral Health Resource Center

Date: 2004

Audience: Adults, women

Summary: This fact sheet discusses the oral health status of women and the connection between oral health and general health. It also provides information on oral health care and strategies for improving oral health in women.

Language: English

Ordering Information:
Permission is given to photocopy this fact sheet.
To download a PDF version of the fact sheet go to http://www.mchoralhealth.org/
And click on materials.
<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Dental Flip Chart</td>
<td>88</td>
</tr>
<tr>
<td>Child Abuse and Neglect: An Introductory Manual for Professionals and Paraprofessionals</td>
<td>89</td>
</tr>
<tr>
<td>Smile Smarts! An Oral Health Curriculum for preschool - grade 8</td>
<td>90</td>
</tr>
<tr>
<td>Practical Oral Care for People with Developmental Disabilities</td>
<td>91</td>
</tr>
</tbody>
</table>
Title: Emergency Dental Flip Chart

Media Type: Information flip chart, 15 pages

Author: Colorado Department of Public Health & Environment Oral Health Program

Date:

Audience: All ages, General audiences

Summary: This manual will come in handy for just about any type of dental emergency. From a broken tooth to a canker sore, it includes simple directions on what to do.

Language: English

Ordering Information: This flip chart is not copyrighted. Make as many copies as you need. Contact the Colorado Department of Public Health & Environment Oral Health Program at 303-692-2470 or download directly from: http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html
Title: Child Abuse and Neglect: An Introductory Manual for Professionals and Paraprofessionals

Media Type: An online resource guide and some print copies of the manual are available

Author: The Colorado Children's Trust Fund and the CDPHE Child Health Program

Date: Revised 2006

Audience: Adults, health care providers

Summary: The manual consists of six sections:
Section 1: Introduction to Child Abuse and Neglect
Section 2: Prevention of Child Abuse and Neglect
Section 3: Child Abuse and Neglect Overview
Section 4: Process for Reporting Child Abuse and Neglect
Section 5: Current Topics in Child Maltreatment
Section 6: Appendices

Language: English

Ordering Information:
Download directly from the web at http://www.cdphe.state.co.us/ps/cctf/canmanual/index.html
Title: Smile Smarts! An Oral Health Curriculum for preschool – grade 8

Media Type: 81-page curriculum

Author: American Dental Hygiene Association

Date: 2005

Audience: Adults, educators

Summary: Flexible modular lesson plans, support materials, hands-on classroom demonstrations, student activity sheet, and suggestions for further oral health activities.

Language: English

Ordering Information:
Download directly from the web at http://www.ada.org/public/education/teachers/smilesmarts/smilesmarts_curriculum.pdf
Title: Practical Oral Care for People with Developmental Disabilities

Media Type: Packet with fact sheets and a brochure

Author: U. S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research

Date: 2004

Audience: Adults, Health care providers

Summary: This folder contains a single copy of each publication in the Practical Oral Care series, which gives information about caring for people with developmental disabilities.

Language: English

Ordering Information:
This publication is not copyrighted. Make as many photocopies as you need.
For additional copies contact:
National Institute of Dental and Craniofacial Research
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda, MD 20892-3500
(301) 402-7364
www.nidcr.nih.gov

This is one of the fact sheets in the folder.
Click on the link to the Resource or click on the link to the section for a list of additional resources in that topic area.

<table>
<thead>
<tr>
<th>Name of Resource</th>
<th>Section</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Healthy Mouth for Your Baby</td>
<td>Infant &amp; Young Child</td>
<td>77</td>
</tr>
<tr>
<td>A Healthy Smile is a Treasure Coloring Sheet</td>
<td>Elementary School</td>
<td>68</td>
</tr>
<tr>
<td>Asthma &amp; Oral Health: A Fact Sheet</td>
<td>Adults</td>
<td>31</td>
</tr>
<tr>
<td>Baby's First Teeth – Tooth Eruption Patterns</td>
<td>Infant &amp; Young Child</td>
<td>81</td>
</tr>
<tr>
<td>Be A Smart Mouth, Brush and Floss</td>
<td>Diabetes/ Seniors/ Adults/ High School/ Middle School/ Women</td>
<td>8, 28, 38, 48, 52, 85</td>
</tr>
<tr>
<td>Brush up on Healthy Teeth Fact Sheet</td>
<td>Infant &amp; Young Child</td>
<td>76</td>
</tr>
<tr>
<td>Brush up on Healthy Teeth Quiz</td>
<td>Infant &amp; Young Child</td>
<td>75</td>
</tr>
<tr>
<td>Chemotherapy and Your Mouth</td>
<td>Cancer</td>
<td>16</td>
</tr>
<tr>
<td>Child Abuse and Neglect: An Introductory Manual for Professionals and Paraprofessionals</td>
<td>Miscellaneous</td>
<td>89</td>
</tr>
<tr>
<td>Dental Sealants</td>
<td>Middle School</td>
<td>58</td>
</tr>
<tr>
<td>Detecting Oral Cancer: A Guide for Health Care Professionals</td>
<td>Cancer</td>
<td>13</td>
</tr>
<tr>
<td>Title</td>
<td>Target Audience</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>----------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Diabetes and Oral Health</td>
<td>Diabetes</td>
<td>7</td>
</tr>
<tr>
<td>Diabetes: Dental Tips</td>
<td>Diabetes</td>
<td>3</td>
</tr>
<tr>
<td>Dry Mouth</td>
<td>Seniors</td>
<td>24</td>
</tr>
<tr>
<td>Dudley the Dinosaur Fun Sheet</td>
<td>Elementary School</td>
<td>67</td>
</tr>
<tr>
<td>Early Childhood Caries</td>
<td>Infant &amp; Young Child</td>
<td>74</td>
</tr>
<tr>
<td>Eating Disorders &amp; Oral Health: A Fact Sheet</td>
<td>High School</td>
<td>42</td>
</tr>
<tr>
<td>Emergency Dental Flip Chart</td>
<td>Miscellaneous</td>
<td>88</td>
</tr>
<tr>
<td>Fluoridation Praised as a Great Public Health Achievement</td>
<td>Adults</td>
<td>40</td>
</tr>
<tr>
<td>For a Healthy Baby Practice Good Oral Health</td>
<td>Women &amp; Pregnant Women</td>
<td>83</td>
</tr>
<tr>
<td>For Pregnant Women</td>
<td>Women &amp; Pregnant Women</td>
<td>84</td>
</tr>
<tr>
<td>Fun Time Activities by Crest</td>
<td>Elementary School</td>
<td>69</td>
</tr>
<tr>
<td>Head and Neck Radiation Treatment and Your Mouth</td>
<td>Cancer</td>
<td>17</td>
</tr>
<tr>
<td>Healthy Mouth/Healthy Body</td>
<td>Adults</td>
<td>39</td>
</tr>
<tr>
<td>Here's a Pitch No One Can Handle</td>
<td>High School</td>
<td>50</td>
</tr>
<tr>
<td>Medical Hazards of Smokeless Tobacco</td>
<td>High School</td>
<td>46</td>
</tr>
<tr>
<td>Medications that Cause Dry Mouth</td>
<td>Seniors</td>
<td>29</td>
</tr>
<tr>
<td>Nature's Way to Prevent Tooth Decay, Water Fluoridation</td>
<td>Adults</td>
<td>36</td>
</tr>
<tr>
<td>Title</td>
<td>Audience</td>
<td>Pages</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>--------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Nutrition &amp; Oral Health Fact Sheet</td>
<td>Diabetes/ Adults/ High School/ Middle School</td>
<td>6, 32, 43, 57</td>
</tr>
<tr>
<td>Oncology Reference Guide to Oral Health</td>
<td>Cancer</td>
<td>21</td>
</tr>
<tr>
<td>Oral Cancer</td>
<td>Cancer</td>
<td>11</td>
</tr>
<tr>
<td>Oral Cancer Concern in Colorado</td>
<td>Cancer</td>
<td>12</td>
</tr>
<tr>
<td>Oral Care Provider's Reference Guide for Oncology Patients</td>
<td>Cancer</td>
<td>20</td>
</tr>
<tr>
<td>Oral Complications of Cancer Treatment: What the Oncology Team Can Do</td>
<td>Cancer</td>
<td>19</td>
</tr>
<tr>
<td>Oral Complications of Cancer Treatment: What the Oral Health Team Can Do</td>
<td>Cancer</td>
<td>18</td>
</tr>
<tr>
<td>Oral Disease &amp; Tobacco Use in Colorado: A Fact Sheet</td>
<td>Adults</td>
<td>33</td>
</tr>
<tr>
<td>Oral Disease: A Crisis Among Children of Poverty</td>
<td>Elementary School/ Infant &amp; Young Child</td>
<td>66, 72</td>
</tr>
<tr>
<td>Oral Health and Learning</td>
<td>Middle School/ Elementary School</td>
<td>61, 65</td>
</tr>
<tr>
<td>Oral Health Tips for Seniors</td>
<td>Seniors</td>
<td>27</td>
</tr>
<tr>
<td>Oral Piercing: A Fact Sheet</td>
<td>High School</td>
<td>44</td>
</tr>
<tr>
<td>Periodontal (Gum) Disease</td>
<td>Diabetes/ Seniors/ Adults</td>
<td>5, 25, 37</td>
</tr>
<tr>
<td>Practical Oral Care for People with Developmental Disabilities</td>
<td>Miscellaneous</td>
<td>91</td>
</tr>
<tr>
<td>Title</td>
<td>Category</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>------------------</td>
<td>------</td>
</tr>
<tr>
<td>Prevent Diabetes Problems</td>
<td>Diabetes</td>
<td>4</td>
</tr>
<tr>
<td>Preventing Early Childhood Caries</td>
<td>Infant &amp; Young Child</td>
<td>71</td>
</tr>
<tr>
<td>Preventing Tooth Decay and Saving Teeth with Dental Sealants</td>
<td>Middle School/ Elementary School</td>
<td>60, 64</td>
</tr>
<tr>
<td>Promoting Awareness, Preventing Pain: Facts on Early Childhood Caries</td>
<td>Infant &amp; Young Child</td>
<td>73</td>
</tr>
<tr>
<td>Protect Your Baby's Smile (0-6 months old)</td>
<td>Infant &amp; Young Child</td>
<td>78</td>
</tr>
<tr>
<td>Protect Your Baby's Smile (6-18 months old)</td>
<td>Infant &amp; Young Child</td>
<td>79</td>
</tr>
<tr>
<td>Protect Your Toddler's Smile (18-24 months old)</td>
<td>Infant &amp; Young Child</td>
<td>80</td>
</tr>
<tr>
<td>Seal Out Tooth Decay A Booklet for Parents</td>
<td>Middle School/ Elementary School</td>
<td>59, 63</td>
</tr>
<tr>
<td>Seniors and Oral Health: A Fact Sheet</td>
<td>Seniors</td>
<td>23</td>
</tr>
<tr>
<td>Six Steps to a Healthier You... You Can Quit!</td>
<td>Adults</td>
<td>35</td>
</tr>
<tr>
<td>Smile Smarts! An Oral Health Curriculum for preschool – grade 8</td>
<td>Miscellaneous</td>
<td>90</td>
</tr>
<tr>
<td>Study Links Heart Disease to Dental Problems</td>
<td>Seniors</td>
<td>26</td>
</tr>
<tr>
<td>The Next Time You Reach for a Smoke or a Dip, Reach for the Phone Instead</td>
<td>Adults</td>
<td>34</td>
</tr>
<tr>
<td>The Oral Cancer Exam</td>
<td>Cancer</td>
<td>10</td>
</tr>
<tr>
<td>Title</td>
<td>Grade</td>
<td>Page</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>----------------------</td>
<td>------</td>
</tr>
<tr>
<td>Three Good Reasons to see a Dentist Before Cancer Treatment Booklet</td>
<td>Cancer</td>
<td>14</td>
</tr>
<tr>
<td>Three Good Reasons to see a Dentist Before Cancer Treatment Brochure</td>
<td>Cancer</td>
<td>15</td>
</tr>
<tr>
<td>Tobacco Facts</td>
<td>High School/ Middle School</td>
<td>45, 55</td>
</tr>
<tr>
<td>Tooth Model</td>
<td>Middle School</td>
<td>54</td>
</tr>
<tr>
<td>Warning! What the Tobacco Companies Don't Tell You...</td>
<td>High School/ Middle School</td>
<td>47, 56</td>
</tr>
<tr>
<td>Who Uses Spit Tobacco</td>
<td>High School</td>
<td>49</td>
</tr>
<tr>
<td>Word Search</td>
<td>Middle School</td>
<td>53</td>
</tr>
</tbody>
</table>

BACK TO THE TABLE OF CONTENTS
<table>
<thead>
<tr>
<th><strong>Web Resources</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>American Academy of General Dentists</strong> - The core purpose of the Academy of General Dentistry is to advance the value and excellence of general dentistry.</td>
</tr>
<tr>
<td><strong>American Academy of Pediatric Dentists</strong> - The American Academy of Pediatric Dentistry (AAPD) is the membership organization representing the specialty of pediatric dentistry.</td>
</tr>
<tr>
<td><strong>American Association of Public Health Dentists</strong> – Founded in 1937, the American Association of Public Health Dentistry (AAPHD) provides a focus for meeting the challenge to improve oral health. AAPHD membership is open to all individuals concerned with improving the oral health of the public.</td>
</tr>
<tr>
<td><strong>American Dental Association</strong> – The ADA is the professional association of dentists committed to the public’s oral health, ethics, science and professional advancement.</td>
</tr>
<tr>
<td><strong>American Dental Hygienists’ Association</strong> – ADHA is the largest professional organization representing the interests of dental hygienists.</td>
</tr>
<tr>
<td><strong>Association of State and Territorial Dental Directors</strong> – ASTDD provides leadership to advocate a governmental oral health presence in each state and territory, to formulate and promote sound oral health policy, to increase awareness of oral health issues, and to assist in the development of</td>
</tr>
<tr>
<td>Initiatives for prevention and control of oral diseases.</td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
</tr>
<tr>
<td>Be A Smart Mouth, OHAC! - Be a Smart Mouth is an information resource for consumers and health professionals, and is sponsored by Oral Health Awareness Colorado! <a href="http://www.beasmartmouth.com/">http://www.beasmartmouth.com/</a></td>
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<td>Centers for Disease Control, Oral Health - The Centers for Disease Control and Prevention (CDC) is the federal agency with primary responsibility for supporting state- and community-based programs to prevent oral disease, promoting oral health nationwide, and fostering applied research to enhance oral disease prevention in community settings. <a href="http://www.cdc.gov/OralHealth/">http://www.cdc.gov/OralHealth/</a></td>
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<td>Children's Dental Health Project - The Children's Dental Health Project forges research-driven policies and innovative solutions by engaging a broad base of partners committed to children and oral health. <a href="http://www.cdhp.org/">http://www.cdhp.org/</a></td>
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<td>Colorado Dental Association - The Colorado Dental Association provides member services that promote the highest standards of care for the public and inspires members in the pursuit of professional excellence and personal fulfillment through education, leadership and communication. <a href="http://www.cdaonline.org/">http://www.cdaonline.org/</a></td>
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<td>Colorado Dental Hygienists' Association - The mission of this Association is in agreement with the ADHA is to advance the art and science of dental hygiene by ensuring access to quality oral health care, increasing awareness of the cost effective benefits of prevention, promoting the highest standards of dental hygiene education, <a href="http://www.codha.org/home.htm">http://www.codha.org/home.htm</a></td>
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<td><strong>licensure, practice and research, and representing and promoting the interest of dental hygienists.</strong></td>
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| **Colorado Department of Public Health & Environment, Oral Health Program** – The Oral Health Program for the state of Colorado is a program in the Prevention Services Division of the Colorado Department of Public Health and Environment. |
| **http://www.cdphe.state.co.us/pp/oralhealth/OralHealth.html** |

| **Dental, Oral and Craniofacial Data Resource Center** – The Dental, Oral, and Craniofacial Data Resource Center (DRC), cosponsored by the National Institute of Dental and Craniofacial Research (NIDCR) and the Centers for Disease Control and Prevention's (CDC) Division of Oral Health, serves as a resource on dental, oral, and craniofacial data for the oral health research community, clinical practitioners, public health planners and policy makers, advocates, and the general public. |
| **http://drc.hhs.gov/** |

| **Health Resources and Services Administration Oral Health Information Center** – HRSA's oral health programs promote improved dental health and access to dental care for low-income children, individuals with special health care needs, and people living in medically underserved areas. You can view information about any publication by clicking on the publication title. |
| **http://www.ask.hrsa.gov/OralHealth.cfm** |

<p>| <strong>Metro Denver Dental Society</strong> – MDDS has been serving the profession of dentistry since 1897. Its fourteen-hundred plus members, representing approximately 86% of all the licensed dentists in the Denver metropolitan area, collectively exemplify the MDDS |
| <strong><a href="http://www.mddsdentist.com/">http://www.mddsdentist.com/</a></strong> |</p>
<table>
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<tr>
<th><strong>National Institutes of Dental and Craniofacial Research</strong></th>
<th><a href="http://www.nidcr.nih.gov/HealthInformation/SpecialCareResources/default.htm">http://www.nidcr.nih.gov/HealthInformation/SpecialCareResources/default.htm</a></th>
</tr>
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<tr>
<td>The mission of the National Institute of Dental and Craniofacial Research (NIDCR) is to improve oral, dental and craniofacial health through research, research training, and the dissemination of health information.</td>
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<td>The purpose of the National Maternal and Child Oral Health Resource Center (OHRC) is to respond to the needs of states and communities in addressing current and emerging public oral health issues. OHRC supports health professionals, program administrators, educators, policymakers, and others with the goal of improving oral health services for infants, children, adolescents, and their families.</td>
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<th><strong>National Spit Tobacco Education Program</strong></th>
<th><a href="http://www.nstep.org/">http://www.nstep.org/</a></th>
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<tr>
<td>The National Spit Tobacco Education Program's mission is to prevent people, especially young people, from starting to use spit tobacco, and to help all users quit. NSTEP is funded in part by The Robert Wood Johnson Foundation.</td>
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<th><strong>Oral Health America</strong></th>
<th><a href="http://www.oralhealthamerica.org/index.html">http://www.oralhealthamerica.org/index.html</a></th>
</tr>
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<tbody>
<tr>
<td>Oral Health America was founded in 1955 as the &quot;American Fund for Dental Health&quot; by members of the American Dental Association, American Dental Education Association, the American Dental Trade Association, and the Wm. Wrigley Jr.</td>
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</table>
Company to raise funds for the improvement of dental education. In 1994, Oral Health America broke away from its founding institutions to follow a path of broad-based public advocacy through targeted programs and communications efforts to improve oral health for all Americans.

**Seal America, The Prevention Invention**
- The purpose of this manual and accompanying video is to assist those who would like to start a school-based sealant program. It is a project of the [American Association of Community Dental Programs](http://www.mchoralhealth.org/Seal/) in cooperation with the [Association of State and Territorial Dental Directors](http://www.mchoralhealth.org/Seal/); the [Maternal and Child Health Bureau](http://www.mchoralhealth.org/Seal/) of the Health Resources and Services Administration, United States Public Health Service; and the [Division of Oral Health](http://www.mchoralhealth.org/Seal/), Centers for Disease Control and Prevention, United States Public Health Service.

[BACK TO THE TABLE OF CONTENTS](http://www.mchoralhealth.org/Seal/)