



# FLUORIDE VARNISH IN MEDICAL OFFICES: TOOTH OR CONSEQUENCES



Steven H. Chapman M.D.

# Why Kids?



**“It Is Easier To Build Strong Children  
Than It Is to Fix Broken Men”**

**--Frederick Douglas**



# The New York Times



Tuesday, March 6, 2012 Last Update: 7:30 AM ET

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CAMPAIGN 2012

## Blue-Collar Votes Courted by Romney and Santorum

By JIM RUTENBERG and JEFF ZELENY

Mitt Romney and Rick Santorum made their final appeals to voters in Ohio before that state and nine others go to the polls on Super Tuesday.

• Super Tuesday, State by State | FiveThirtyEight: Projections

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### Election 2012 App

Follow Super Tuesday on your phone.



Stuart Isett for The New York Times

## A Mouthful of Cavities at an Early Age

By CATHERINE SAINT LOUIS

Dentists nationwide are seeing more preschoolers at all income levels with 6 to 10 cavities or more, like Devon Koester, age 2 1/2, who had cavities in 11 teeth.

## Digital Records May Not Cut Health Costs

By STEVE LOHR

### OPINION »

#### Editorial: Iran, Israel and the United States

President Obama is right that military action should only be the last resort, but Israel should not doubt this president's mettle. Neither should Iran.

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### MARKETS »

At 7:24 AM ET

Britain	Germany	France
FTSE 100	DAX	CAC 40
5,812.48	6,758.82	3,429.56
-82.34	-107.64	-57.98
-1.06%	-1.57%	-1.66%

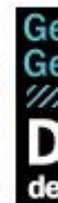
Data delayed at least 15 minutes

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# Silos and Oral Health



# Medical Home Principles

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- Access
- Continuity
- Comprehensive
- Quality
- Compassionate
- Patient and Family Centered

# Frequent Visits

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- 11 Visits in First Two Years of Life
  - Nutrition/Growth/Development
  - Prevention
  - Oral Health Counseling



# Preventive Care Coverage

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- All Insurers, Private and Public, **MUST** cover USPSTF and Bright Futures recommended preventive services **without any patient cost-sharing**

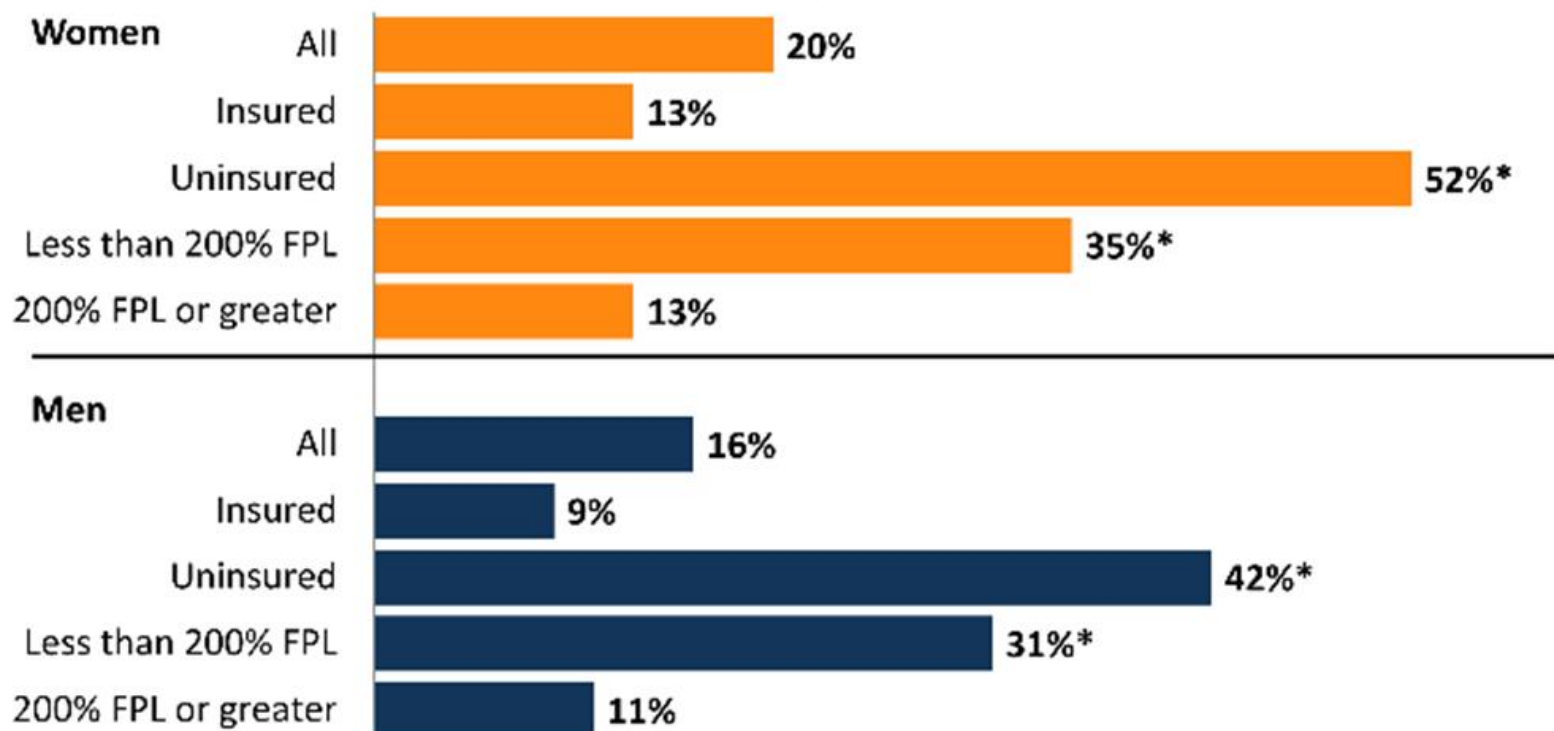


Figure 1



## Cost barriers to use of preventive services for women and men

Share of women and men reporting they put off or postponed preventive services in past year due to cost



NOTE: Among women and men ages 18-64. Federal Poverty Level (FPL) was \$19,530 for a family of three in 2013. \*Indicates a statistically significant difference from Insured and 200% FPL or greater,  $p < .05$ .

SOURCE: Kaiser Family Foundation, 2013 *Kaiser Women's Health Survey*.

# USPSTF: May 2014

## Recommendation Summary

### *Summary of Recommendations and Evidence*

Population	Recommendation	Grade (What's This?)
Children From Birth Through Age 5 Years	The USPSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride.	<b>B</b>
Children From Birth Through Age 5 Years	The USPSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.	<b>B</b>
Children From Birth Through Age 5 Years	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of routine screening examinations for dental caries performed by primary care clinicians in children from birth to age 5 years.	<b>I</b>

# New in 2015: CPT Code 99188

- Covers application of Fluoride Varnish in Medical Offices
- Old Code: D1206
  - ▣ Dental Code

# CHaD Lebanon General Pediatrics

- Caries Risk Assessment, particular focus on first two years of life
- Fluoride Varnish to at-risk children since 2011
- Routinely offered at 18 and 24 month visits
- Referral to Dental Home

# Early Childhood Caries



# Early Childhood Caries

## Why This Topic?

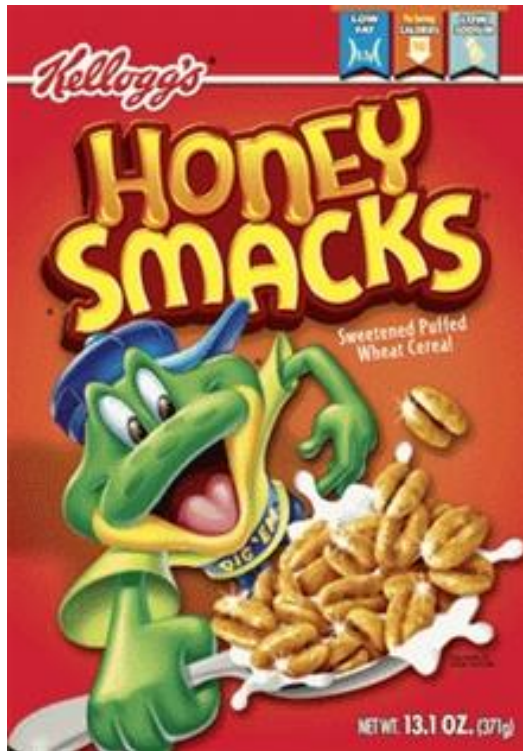
- Prevalence:
  - ▣ 30-50% of low income children
  - ▣ As high as 70% in Native American populations
- 80% of decay occurs in 20% of children
- Most common chronic disease in children
  - ▣ 5 times more common than asthma
  - ▣ 7 times more common than hay fever
  - ▣ 51 Million School Hours Lost/Year

# Early Childhood Caries

## Why This Topic?

- Most Common Disease of Childhood
  - 8% of 1-yr-olds
  - 22% of 2-yr-olds
  - 35% of 3-yr-olds
- 1 in 5 2<sup>nd</sup> graders have current or past rampant decay
- Significant adult complications

# More than 50% Sugar



Cliffy the Clown 1953  
Smaxey the Seal 1957  
Quick Draw McGraw 1961  
The Smackin' Bandit 1965  
The Smackin' Brothers 1966  
Indian Chief 1970  
Dig'em Frog 1972  
Love Smack's  
Wally the Bear 1986  
Dig'em Frog (redux) 1990



# Knee To Knee Exam

1: Child is held facing caregiver in a straddle position



2: Child leans back onto examiner **while** caregiver holds child's hands

3: Provider performs exam while caregiver holds child's hands and legs



# White Spots: First Sign of Caries



# Fluoride Varnish

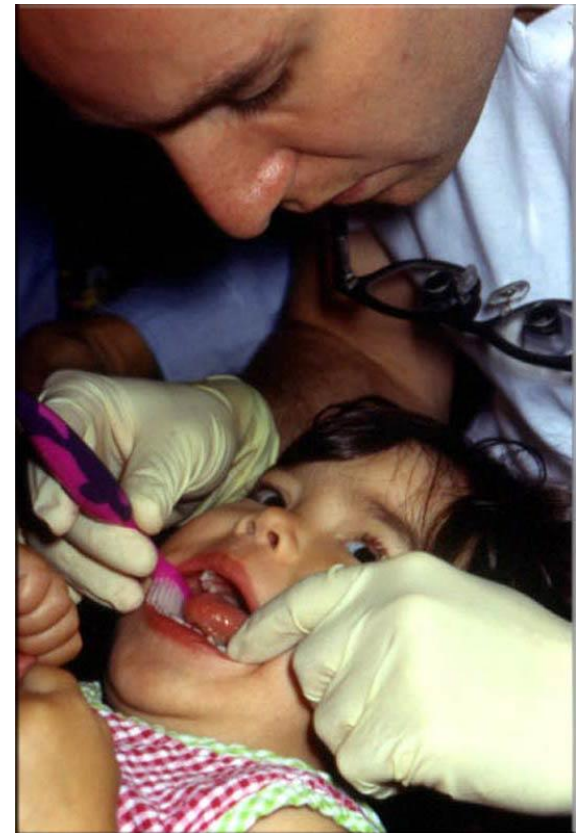
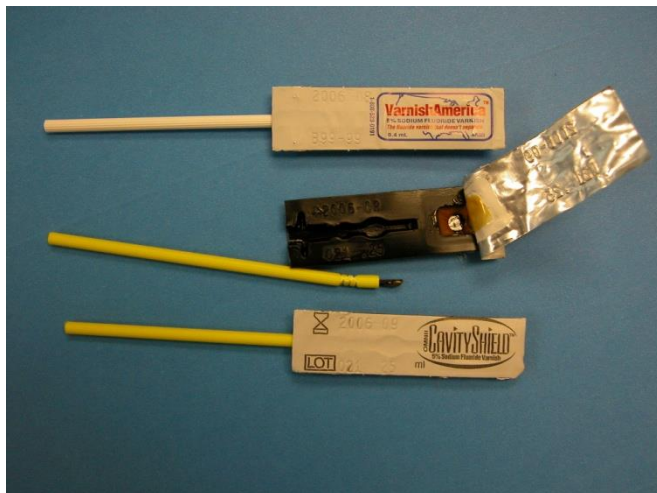
Safe

OK for infants/ toddlers

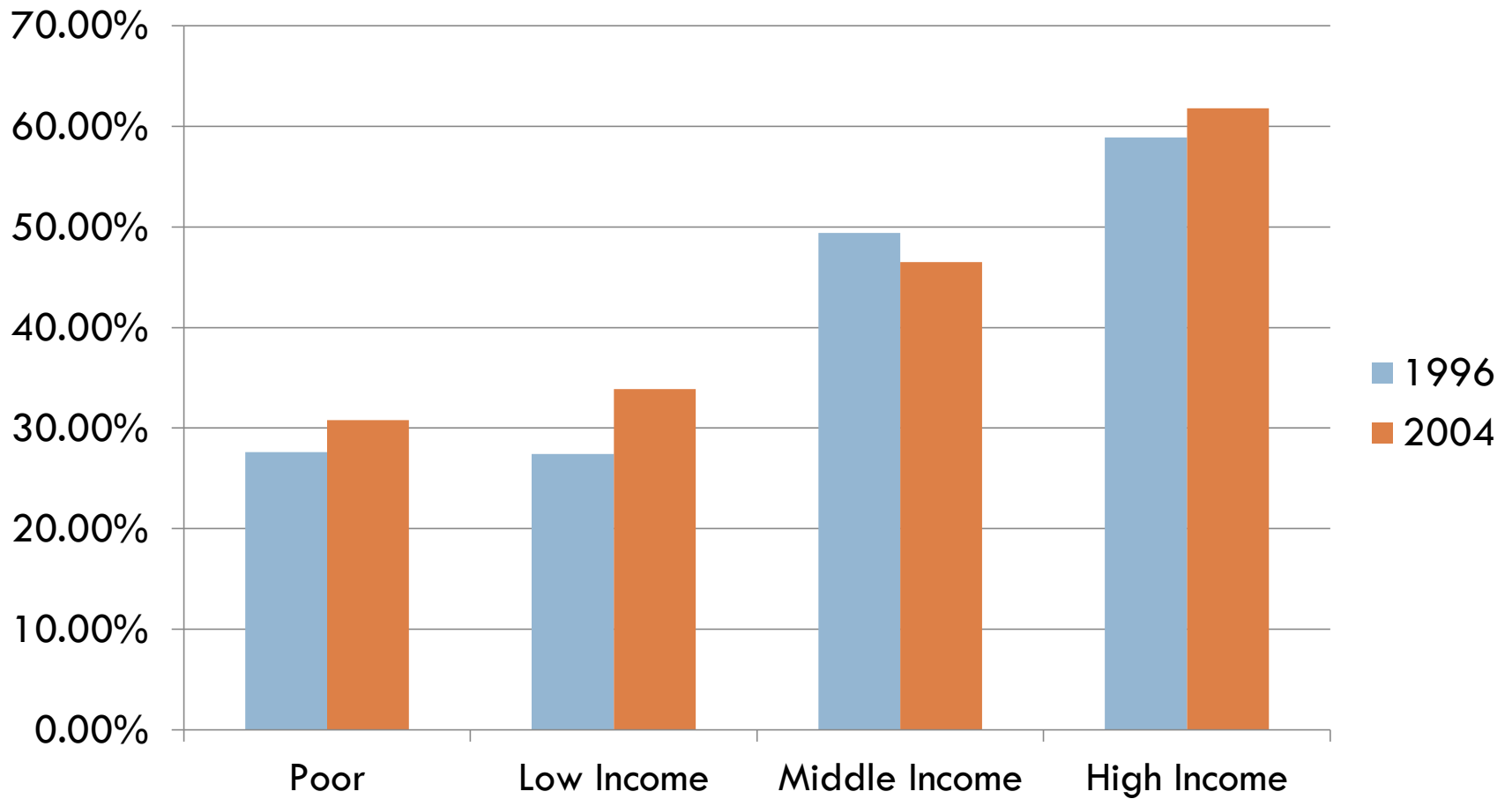
Easy to use

Effective

Now Reimbursed in Medical Settings



# US Children With a Dental Visit By Income

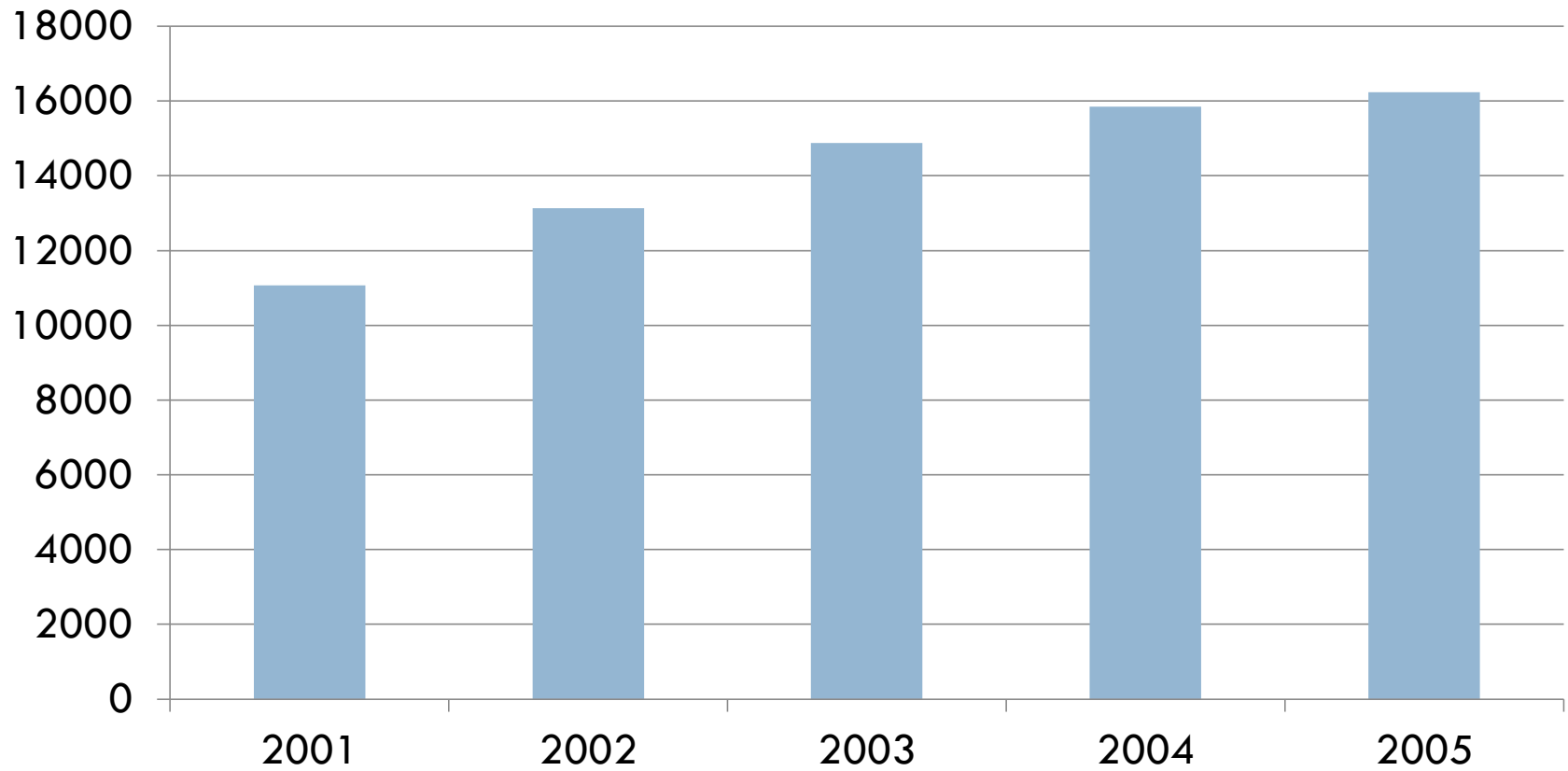




What About NH, Baby?

# Ambulatory Care Sensitive ED Visits For Dental Care

## New Hampshire



# New Hampshire 2015

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- 9 out of 155 Medical Settings Apply Varnish
- “Lack of Awareness” #1 Reason cited.

# Integrate Early Oral Health Care

- Risk Assessment
- Systemic Fluoride
- Fluoride Varnish routinely offered at 18 and 24 months -- can give at other visits
- Referral to Dental Home
- WORK FLOW IMPORTANT!!



# From Silos to Medical Neighborhood

- Break down?
- Communicate and Integrate!
- AND improve access to preventive measures that work!



Dartmouth-Hitchcock  
CHILDREN'S HOSPITAL  
AT DARTMOUTH