The Delaware Seal-A-Smile staff would like to thank all volunteer dentists from the Delaware State Dental Society (DSDS) for donating their valuable time to provide dental screenings to students across Delaware. The Seal-A-Smile program, run by the Division of Public Health (DPH), travels across the state in our Mobile Dental Clinic providing preventive dental services to elementary school students who lack access to regular dental care. The program is targeted toward children who do not have a family dentist, and for some, this represents their first dental experience.

CDC research shows that low-income children are 20 percent less likely to have sealants than higher-income children. Additionally, lack of dental care can have a profound impact on children’s health, development, and self-esteem.

During the 2016-2017 school year, in joint effort with DSDS, the Seal-A-Smile program visited 17 schools statewide, and 304 students were screened. A total of 207 students received one or more sealants, and 661 total sealants were placed. Of the students screened, 112 were diagnosed with untreated caries and 24 of those students, overall, were identified as needing urgent care. The children needing urgent care were referred to one of the five DPH dental clinics for treatment.

We look forward to working with our volunteer dentists in the 2017-2018 school year, and we hope to gain more volunteers while increasing the number of schools participating.
Breaking Down Barriers to Oral Health Care

Contrary to what some may think, it doesn’t always take a lot of money to save a smile. A dental hygienist who is also an oral health care coordinator has the responsibility of reaching out to families and communities to convey the importance of dental health.

One of the largest barriers to dental care that exist for families in underserved communities is transportation, and such was the case for one particular Wilmington mother and her family. She requested that all four of her children be given appointments on the same day for dental check-ups. In the world of dental scheduling, group appointments of two or more (let alone four) are risky, and can result in an entire afternoon of wasted time if the family does not show up for the appointments.

In a move that raised a few eyebrows around the office, the oral health care coordinator scheduled appointments for all four children on a Friday afternoon. The day of their appointments came, and the entire family arrived on time. Upon entering the waiting room, the children and mother were noticeably sweaty, with wet towels around their necks and water bottles in their hands. One of the children announced that his mother had walked to each child’s individual school to pick them up one by one and bring them to their appointments.

The entire family had walked miles in the heat of the day in order to make it to the clinic. Dental exams with X-rays concluded that all of the children had urgent dental needs that were able to be treated right away.

In addition to the dental needs of the children, the mother also required attention. Following advice from the oral health care coordinator, she eventually made an appointment for herself during which she was diagnosed with several pressing health problems. In addition to following up for care for herself, she continued to keep bringing her kids for their follow-up visits as necessary. The entire family was grateful for the opportunity for better dental health, and they deserve credit for their commitment to oral health.

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Healthy Recipes to Satisfy Your Summer Sweet Tooth

Guacamole Chicken Lettuce Wraps
Try this Mexican-inspired recipe for an appetizer rich in flavor and potassium.

**Ingredients:**
- 2 tablespoons lime juice
- ½ teaspoon salt
- 2 ripe avocados
- ½ cup diced tomato

**Instructions:**
After removing the skin and pit, mash the avocado until smooth. Pour in the lime juice, salt, cilantro and cumin, stirring well. Add the chopped tomato. Scoop a heaped tablespoon of the mixture onto each lettuce leaf. Top with shredded chicken.

Banana Ice Cream
This recipe provides the cool, creamy sweetness of ice cream – without any added sugar.

**Instructions:**
Peel bananas and cut them into small slices. Freeze them for one to two hours, then place them in a blender and blend until creamy. Scoop and serve. Once you’ve tried the “original” flavor, experiment with healthy add-ins like peanut butter, strawberries, or dark chocolate.

Chocolate Cupcakes
Soft and sweet, this dessert is sugar and gluten free.

**Ingredients:**

<table>
<thead>
<tr>
<th>Cupcakes</th>
<th>Frosting</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 teaspoons coconut oil</td>
<td>⅓ cup heavy whipping cream</td>
</tr>
<tr>
<td>⅓ cup almond flour</td>
<td>8 oz mascarpone cheese</td>
</tr>
<tr>
<td>¼ baking powder</td>
<td>1 packet stevia</td>
</tr>
<tr>
<td>⅛ teaspoon salt</td>
<td>2–3 ripe strawberries</td>
</tr>
<tr>
<td>2 teaspoons vanilla extract</td>
<td>2 teaspoons vanilla extract</td>
</tr>
<tr>
<td>⅓ unsweetened cocoa</td>
<td>3 packets stevia</td>
</tr>
</tbody>
</table>

**Instructions:**
Preheat oven to 375 degrees. Prepare cupcake tray with liners. Mix coconut oil, applesauce, eggs, and vanilla extract in a large bowl. When thoroughly mixed, add in dry ingredients. Stir until texture is smooth. Pour mixture into cupcake liners. Bake for about 20 minutes or until toothpick comes out clean. To make frosting, use an electric mixer to beat the whipping cream. Add in mascarpone, butter, stevia and minced strawberries. For a smoother texture, run the strawberries through a food processor or blender. Enjoy, and don’t forget to brush after eating!

**Source:** Delta Dental, www.deltadentalins.com/oral_health/recipes.html
With the beginning of the summer comes a rush of fun, warm-weather activities. An increase of sunshine and splashes, however, brings an increased risk for injuries that affect the teeth and mouth. Be prepared for some of the most common dental dangers of the summer:

**Sports:** For most kids, summer means a glorious three months of school-free time often used for recreation like physical activities and sports. As always, mouth guards should be worn while participating in these activities to prevent injuries.

Mouth guards cushion impacts that may otherwise cause broken teeth, jaw injuries, or cuts to the lip, tongue, or face. Though commonly associated with high-contact sports like football or field hockey, mouth guards can also prevent injuries from less associated activities, such as skateboarding or gymnastics. A good fitting mouth guard provides the best protection against injuries. A dentist can create a custom guard upon request, or a less expensive version can be found at local retailers. Anyone who wears a mouth guard should be sure to clean it regularly to prevent build-up of bacteria, and store it in a container when not in use.

**Falling/Avulsed Tooth:** Running and falling is a certainty in life, especially in the summer as kids are riding bikes and eager swimmers are rushing to jump in the pool despite the “NO RUNNING” sign. In the unfortunate event that a fall causes a tooth to be knocked out, the tooth should be rinsed with warm water and reinserted back into the gums as soon as possible. A permanent tooth that is placed back into its socket within a half an hour of falling out has the best chance of successfully re-implanting. In the event that the tooth cannot be reinserted, it’s best stored in whole milk until the person is able to get to a dentist or emergency room. Baby teeth should not be reinserted if knocked out, as doing so can interfere with the permanent tooth underneath.

**Chlorine:** Avoid swallowing pool water. In addition to the risk of chlorine poisoning and bacterial infection that come from unintentional ingestion of pool water, improper chemical levels can also result in stained, eroded, and sensitive teeth.

**Lip Protection:** While slathering on the sunscreen to prevent sunburns on your body, don’t forget to protect your lips, too. Time spent in the sun without proper lip protection increases the risk for oral cancer. Apply a lip balm with SPF 15 or above to shield lips from the sun’s harmful rays, and don’t forget to reapply throughout the day as directed.

**Increased Snacking:** As time slows down, the snacking speeds up. A less regimented summer schedule allows for more snacking in between meals, as well as extra snacking out of boredom. Be mindful of what you choose to eat throughout the day. Try to choose snacks that are nutritious, like cheese, yogurt, fruits/vegetables, or nuts. Gummy snacks, hard candies, and potato chips are a few snacks to avoid as they can get stuck in your teeth, and their high sugar content provides fuel for bacteria. Drinks for sipping throughout the day should be limited to water. Save the juice or the milk to consume with breakfast, lunch, or dinner.

With these safety tips in mind, long-lasting summertime memories can be made from happy events – not traumatic ones! For more information, visit [healthysmilesde.com](http://healthysmilesde.com).
Tooth Trivia

Complete the crossword puzzle below and submit to DHSS_DPH_Dental@state.de.us for a chance to win a Phillips Sonicare toothbrush!

**ACROSS**

2. ______ percent of systemic diseases have oral manifestations.
5. The average human produces 25,000 quarts of this in a lifetime
7. Lacking teeth.
9. Nitrous oxide
12. A compound found in toothpaste and tap water that helps fight cavities
14. A type of X-ray that checks for cavities in between the teeth
15. A common material used to fill cavities
16. Children should have their first dental checkup on or around their __________ birthday.
17. The medical term for “bad breath”

**DOWN**

1. A thin, clear, or white material applied to the biting surface of the tooth to help prevent tooth decay
3. The chewing surface of the tooth
4. 50 percent of people say this is the first facial feature they notice on a person
6. The leading cause of tooth loss in people age 35 and older is ________ disease
8. This animal has the largest tongue in the animal kingdom
10. Inflammation of the gums
11. This culture is credited with inventing the modern day toothbrush
13. Children’s Dental Health Month
16. If you don’t do this, you miss cleaning 35 percent of your teeth’s surfaces.