

A Coordinated Approach Including the Mouth in Diabetes Management

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We have no financial relationships to disclose.

If You **Always Do** What You've **Always Done**,
You'll **Always Get** What You've **Always Got**.

Thinking Differently



Dental Clinic Routine Dental Care/Cleaning Broken Tooth Dental Pain	Medical Clinic Wellness Annual Exams Sick/Illness Disease Management Immunizations
	



Wait a Minute!
It's All Connected?!

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What Would Happen if Disease in the Mouth Impacted Health Outcomes?

Heart Disease & Stroke	Cancer Treatment	
Medical Surgery Clearance	Diabetes	Auto-Immune Disease
Dementia	Pneumonia & Lung Conditions	Sepsis and Infection

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Let's Talk Numbers

- Iowa
 - Roughly 1 in 10 Iowans report being told they have diabetes¹
 - 1 in 3 report being told they have diabetes and NOT having an annual dental visit¹
 - 4 in 5 Medicaid recipients did NOT receive a preventive dental service²

¹Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2018
²Iowa Medicaid Paid Claims, 3P/2018

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Poor Oral Health Impacts Diabetes

Ability to eat nutritious foods

- Loose teeth, ill-fitting dentures, mouth pain, dry mouth

Inflammation impacts blood sugar levels

- Inflammation and oral infection impact blood sugar levels and increase insulin resistance and hyperglycemia
- 61% of patients reported being told they had diabetes and lost a tooth due to oral disease¹

vs. 35% of the general population

¹Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2018

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What Makes it So Hard to Work Together?

- Physical Separation
 - Location
- Communication between providers
 - Electronic Health Records
- Reimbursement
 - Separate Insurance Coverage
 - Lack of Medicare Dental Coverage

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How Can We Help Our Patients Better Manage their Disease?

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Ask Assess Refer

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Ask
Assess
Refer

Oral Health Self-Assessment

	Yes	No
Has it been longer than 12 months since your last dental cleaning?	<input type="radio"/>	<input type="radio"/>
Do your gums bleed when you brush your teeth?	<input type="radio"/>	<input type="radio"/>
Are your gums red or swollen?	<input type="radio"/>	<input type="radio"/>
Do you often have bad breath?	<input type="radio"/>	<input type="radio"/>
Have you noticed any loose teeth or changes when you bite down?	<input type="radio"/>	<input type="radio"/>

If you have answered "Yes" to any of these questions, you may be at risk for gum disease and should see your dentist for a check-up. Gum disease is often found in people with diabetes and needs to be treated to stay healthy.



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Ask Assess Refer

Category	Healthy	Unhealthy
Lips		
Tongue		
Gums and tissues		
Saliva		

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Ask Assess Refer

For any areas considered to be "unhealthy", a referral to a dentist is recommended.

Category	Healthy	Unhealthy
Frequency of Dental Visits	Annual (twice within the last year) Dental exam within the last year if absentee	No dental cleaning in the last year No dental exam in the last year if absentee
Lips	Pink, smooth, moist	Swelling or bumps, white or red abnormal patches, swelling or abrasions at corners
Tongue	Pink, smooth, moist	Red or white patch(es), abnormality, swelling, dryness
Gums and Tissues	Pink, slightly inflamed, no bleeding	Swollen, bleeding, white, yellow or red patches, no bleeding
Oral Cleanliness	No food particles, no tartar or build-up on dentures, use or dental plaque buildup	Multiple presence of food particles, tartar, and/or plaque on teeth or dentures, severe bad breath
Saliva	Watery and free-flowing, and tissues are moist	Thick or sticky to the saliva present, and tissues parched and red, patient thinks they have a dry mouth
Dental Pain	No reported or identified signs of dental pain	Swelling of cheeks or gums, broken teeth, white, reported and/or isolated signs of pain (aching, throbbing, sharp, dull, or burning), aggression (towards caregivers during and between care)

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Ask Assess Refer

RESOURCES FOR DENTAL CARE

Dental Clinics
Community Health Center Dental Clinics Offer dental services to people of all ages, regardless of their ability to pay or health insurance status. Services are provided at the following locations:
<ul style="list-style-type: none"> • Cedar Rapids (319) 730-7000 • Des Moines (515) 281-4600 • Dubuque (319) 279-8000 • Clinton (319) 266-4000 • Columbus Junction (319) 338-7000 • Council Bluffs (712) 331-4000 • Des Moines (515) 281-4600 • Des Moines (515) 281-4600 or (515) 348-1800 • Dubuque (319) 279-8000 • East Jordan (319) 678-8000 • Harlan (319) 334-3100
<ul style="list-style-type: none"> • Iowa City (319) 336-1800 • Keokuk (319) 488-2388 • Sioux (515) 732-5300 • Waukegan (319) 488-4200 • Mount Pleasant (319) 488-4200 • Muscatine (319) 488-4200 • Mount Pleasant (319) 488-4200 • Ottumwa (319) 488-4200 • Shenandoah (319) 488-4200 • Storm Lake (712) 332-1300 • Storm Lake (712) 332-1300 • Waverly (319) 474-8000 • West Des Moines (515) 281-4600
University of Iowa College of Dentistry & Dental Clinics Offer comprehensive dental care and referral for dental specialty services. Treatment may be provided by dental students, residents, or faculty. Location: 1920 Hawkins Drive (515) 281-5200
<ul style="list-style-type: none"> • Iowa City (319) 336-1800 • Community College Dental Hygiene Clinics Offer basic preventive dental services to the public (dentures, x-rays, fluoride treatments, etc.) and are provided by dental hygiene students. • Ankeny - Des Moines Area Community College (515) 964-4200 • Fort Dodge - Iowa Central Community College (515) 576-1207 • Ottumwa - Jackson Mills Community College (319) 483-2200 • Waterloo - Hawkeye Community College (319) 286-4000

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**Ask
Assess
Refer**

I-Smile Silver pilot project

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Iowa Story

- A 50 year-old woman from northern Iowa
- Poor Dental Health
- Eating solid food was impossible due to pain and loose teeth
- A referral from her dialysis center linked her with Donated Dental Services where she received treatment and can now eat solid food

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I-Smile Silver

I-Smile™ Silver Pilot Projects

Connecting at-risk adults with dental, medical and community resources to ensure a lifetime of health

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How I-Smile Silver Can Help

- Assist with patients needing dental referral for surgical clearance
- Assist with referrals for patients with dental needs using Emergency Department
- Provide education for patients with chronic disease
- Provide newsletter articles
- Provide staff training
- Help develop protocols regarding oral health (e.g. ED discharge plan, dental referrals for high-risk patients, periodontal risk assessment)

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Questions?

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Thank You for helping us put the mouth back in the body!

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