

# 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?!*

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

Heart Disease & Stroke

Cancer Treatment

Diabetes

Medical Surgery Clearance

Auto-Immune Disease

Dementia

Pneumonia & Lung Conditions

Sepsis and Infection

## Let's Talk Numbers

- Iowa
  - Roughly 1 in 10 Iowans report being told they have diabetes<sup>1</sup>
  - 1 in 3 report being told they have diabetes and NOT having an annual dental visit<sup>1</sup>
  - 4 in 5 Medicaid recipients did NOT receive a preventive dental service<sup>2</sup>

<sup>1</sup>Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2018

<sup>2</sup>Iowa Medicaid Paid Claims, SFY2019

# 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 disease<sup>1</sup>

vs. 35% of the general population

<sup>1</sup>Iowa Behavioral Risk Factor Surveillance System (BRFSS), 2018



## 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

# **How Can We Help Our Patients Better Manage their Disease?**

**Ask**  
**Assess**  
**Refer**

**Ask**  
**Assess**  
**Refer**













### Oral Health Self-Assessment

	Yes	No
Has it been <b>longer than 12 months</b> 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"/>
<p>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.</p>		



1.2020

Ask  
Assess  
Refer

Category	Healthy	Unhealthy	
Lips			
Tongue			
Gums and tissues			
Saliva			

**Ask  
Assess  
Refer**

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

Category	Healthy	Unhealthy
<b>Frequency of Dental Visits</b>	Dental cleaning within the last year Dental exam within the last year if edentulous	No dental cleaning in the last year No dental exam in the last year if edentulous
<b>Lips</b>	Pink, smooth, moist	Swelling or lump(s), white or red ulcerated patch(s), bleeding or ulcerations at corners
<b>Tongue</b>	Pink, rough, moist	Red or white patch(s), ulceration(s), swelling, dryness
<b>Gums and Tissues</b>	Pink, stippled, moist, no bleeding	Swollen, bleeding, ulcers, white or red patches, If patient has dentures, generalized redness underneath
<b>Oral Cleanliness</b>	No food particles, no tartar on teeth or on dentures, no or limited plaque buildup	Moderate presence of food particles, tartar, and/or plaque on teeth or dentures, severe bad breath
<b>Saliva</b>	Watery and free flowing, oral tissues are moist	Thick or little to no saliva present, oral tissues parched and red, patient thinks they have a dry mouth
<b>Dental Pain</b>	No reported or identified signs of dental pain	Swelling of cheek(s) or gums, broken teeth, ulcers, reported and/or behavioral signs of pain (pulling at face, not eating, aggression towards caregivers during oral hygiene care)

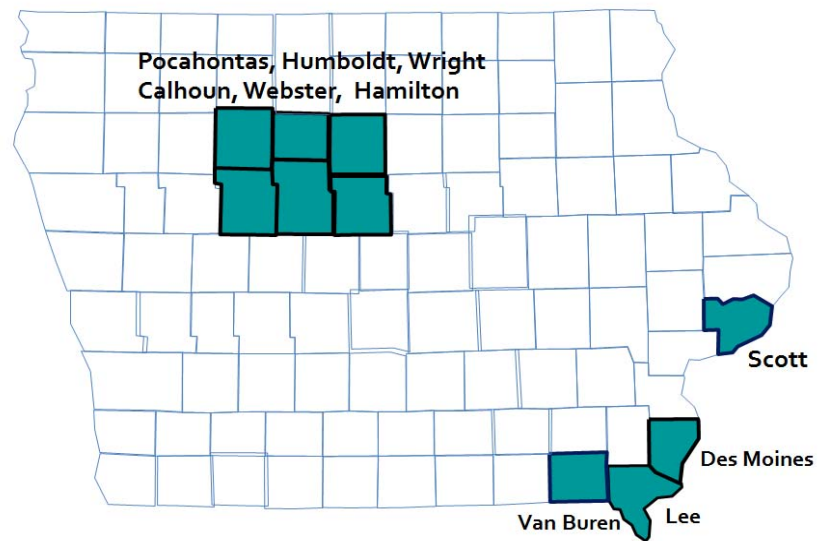
Ask  
Assess  
Refer

## RESOURCES FOR DENTAL CARE

<b>Dental Clinics</b>	
<p><b>Community Health Center Dental Clinics:</b> Offer dental services to people of all ages, regardless of their ability to pay or health insurance status. Website: <a href="http://www.iowapca.org/why-chc/chc-locations">www.iowapca.org/why-chc/chc-locations</a></p>	
<ul style="list-style-type: none"> <li>• Cedar Rapids (319) 730-7300</li> <li>• Centerville (641) 856-4400</li> <li>• Clarksville (319) 278-9020</li> <li>• Clinton (563) 336-3000</li> <li>• Columbus Junction (319) 728-7400</li> <li>• Council Bluffs (712) 325-1990</li> <li>• Davenport (563) 336-3000</li> <li>• Des Moines (515) 248-1470 or (515) 248-1888</li> <li>• Dubuque (563) 690-2850</li> <li>• Fort Dodge (515) 576-6500</li> <li>• Keokuk (319) 524-5734</li> </ul>	<ul style="list-style-type: none"> <li>• Leon (641) 446-2383</li> <li>• Sioux City (712) 252-2477</li> <li>• Marshalltown (641) 844-6230</li> <li>• Mason City (641) 450-0601</li> <li>• Ottumwa (641) 683-5773</li> <li>• Richland (319) 456-2045</li> <li>• Sioux Center (712) 722-1700</li> <li>• Storm Lake (712) 213-0109</li> <li>• Waterloo (319) 874-3000</li> <li>• West Burlington (319) 768-5858</li> </ul>
<p><b>University of Iowa College of Dentistry &amp; Dental Clinics:</b> Offers comprehensive dental care and referral for dental specialty services. Treatment may be provided by dental students, residents, or faculty. Website: <a href="http://www.dentistry.uiowa.edu/patient-care-contacts">www.dentistry.uiowa.edu/patient-care-contacts</a></p> <ul style="list-style-type: none"> <li>• Iowa City (319) 335-7499</li> </ul>	
<p><b>Community College Dental Hygiene Clinics:</b> Offer low-cost preventive dental services to the public (cleanings, x-rays, fluoride treatments). Services are provided by dental hygiene students.</p> <ul style="list-style-type: none"> <li>• Ankeny- Des Moines Area Community College (515) 964-6280</li> <li>• Fort Dodge- Iowa Central Community College (515) 574-1327</li> <li>• Ottumwa- Indian Hills Community College (641) 683-5209</li> <li>• Waterloo- Hawkeye Community College (319) 296-1030</li> </ul>	

Ask  
Assess  
Refer

### I-Smile Silver pilot project





# 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



## I-Smile™ Silver Pilot Projects



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



## 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)

# Questions?

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

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