

# Nevada Academy of Family Physicians

## 2023 Winter Meeting

Wednesday January 25, 2023



### Roundtable Discussion

- 1) Use of topical fluoride in the primary care office.
  - Introduction of Dr. Keith Benson DMD Nevada Dental Officer and Jannette Gomez Public Health Endorsed State Hygienist
  - Importance of application of topical fluoride for our patients: CDC has a called water fluoridation one of 10 great public health achievements of the 20<sup>th</sup> century, US Preventative Task Force: apply 2-4 x/year 37%-63% reduction in caries
  - Demonstration of application of topical fluoride on 6-year-old patient
  - Medicaid reimbursement 99188/\$12.30
  - Eligibility to apply topical F- include Physicians, Advance Practice Registered Nurses, Physician Assistants, PHE Nurses/Hygienists, Dentists, Dental Hygienists and Dental Assistants (under supervision)
  - MSM Section 603 pg. 1 Services must be performed by the provider or by a licensed professional working under the personal supervision of the provider- Does a medical assistant meet the “licensed professional” qualification?
  - Other barriers, comments, and questions regarding topical fluoride varnish?
- 2) Other oral health topics of interest and Medicaid programs rolling out
  - Periodontal disease and diabetes: 1115 waiver: ID waiver program, HRSA grant, Tonopah clinic, and school nurse training
  - Issues regarding bisphosphonate use for osteoporosis or multiple myeloma and referral
  - Any other issues regarding dental that we would like to discuss

***A recent CDC report<sup>1</sup> provides the following data related to prevalence of periodontitis in the U.S.:***  
47.2% of adults aged 30 years and older have some form of periodontal disease.

Periodontal disease increases with age, 70.1% of adults 65 years and older have periodontal disease.

- **Diabetes-** Periodontal disease is often considered a complication of diabetes. Those who don't have their diabetes under control are especially at risk. Research has suggested that the relationship between diabetes and periodontal disease goes both ways.
  - ⇒ Diabetics are more susceptible to gum disease due to poor blood glucose control
  - ⇐ Periodontal disease further decreases blood glucose control and increases insulin resistance and hyperglycemia
  - ⇒ High blood glucose levels make fighting infections more difficult and cause more severe gum disease
  - ⇐ Severe gum disease can then increase blood glucose levels, contributing to increased periods of time with high blood sugar
- **Heart Disease-** Inflammation caused by periodontal disease may be responsible for the association. Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures.
- Research has found that bacteria associated with periodontal disease can be aspirated into the lungs and contribute to respiratory diseases such as pneumonia.
- **Cancer-** Researchers found that men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers (CDC).
- **Alzheimer's Disease-** Studies have shown a connection between bacteria associated with periodontal disease and the progression of Alzheimer's disease.

**Fluoride: The Family Physician's Role:** Hugh Silk, Wendy McCallum download available at [www.aafp.org/afp](http://www.aafp.org/afp)

[Caries Risk Assessment, Fluoride Varnish, and Counseling | Smiles for Life Oral Health](#)

Keith Benson DMD, State Dental Officer: [k.benson@dncfp.nv.gov](mailto:k.benson@dncfp.nv.gov)

Jannette Gomez, Public Health Endorsed State Hygienist: [Jannettegomez@health.nv.gov](mailto:Jannettegomez@health.nv.gov)