“Dental caries is...not easily prevented or treated in the most susceptible children”

An interview with Prof. Jill Fernandez and Drs Neal Herman and Lily Lim, New York University, USA

“ECC is a bacterial disease that requires more than just filling up the holes.”

The oral health of children in the US is poor and carries figures are at an all-time high. What are the reasons for this?

Prof. Jill Fernandez: Actually, the oral health of children in the US has improved significantly over the past few decades, when you look at a national sample across all age groups. Today, most American children have excellent oral health, but a significant subset suffers from a high level of oral disease. The most advanced disease is found primarily amongst children living in poverty, some racial/ethnic minority populations, children with special needs, and children with HIV/AIDS infection.

You might be referring to the National Health and Nutrition Examination Survey that demonstrated an increase in dental caries from 24 per cent to 28 per cent in the two to five-year-old group. The reasons for this are presently unclear, but this increase has reignited efforts in the US to improve access to care for this age group and motivate more dentists to treat very young children in our population.

Early Childhood Caries (ECC) has increased not only in the US, but also worldwide. Should this area be considered a new priority in paediatric dentistry?

Prof. Jill Fernandez: ECC, and efforts in the intervention and treatment of early dental decay, has always been a major priority. In order to combat the current national epidemic of ECC in young children effectively, a more comprehensive, collaborative approach to the education of parents by all new-born and paediatric health-care providers, such as nurses, paediatric and general dentists, dental hygienists, paediatricians, paediatric nurse practitioners, obstetricians and gynaecologists, is essential.

The American Academy of Paediatrics (AAP) began a collaborative effort with paediatric dentists to address the issue of ECC. The AAP has made strides in developing educational programmes for paediatricians and family physicians to identify at-risk children and refer them for dental treatment.

However, for many children access to dental care remains a problem and the number with dental caries seems to be growing. Many parents do not have dental insurance; thus, they postpone dental treatments until the problem is so advanced that it preserve a primary tooth rather than extract it (whenever possible). The goals of treatment for primary teeth are not much different to that for permanent teeth; in both cases, diseased portions of the dental pulp are removed in an effort to preserve the hard structure of the tooth for functional or cosmetic purposes.

Anatomical and physiological differences between primary and permanent teeth make a difference to the principle of root-canal treatment. A permanent tooth requires an inert, solid, non-resorbable material that can last a lifetime, and gutta-percha fits that bill. The ideal root-canal filling material for primary teeth should resorb at a similar rate to the primary root in order to permit normal eruption of the successor tooth; not be harmful to the underlying tissues or to

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the filling materials most commonly used for primary pulp canals are non-reinforced zinc oxide-eugenol paste, iodoform-based paste (KRI), and iodoform oxide-eugenol paste, iodoform-calcium hydroxide (Vitapex).

A study in the Netherlands has found that prevention involving the counselling of parents on caries-promoting feeding behaviour is often ineffective in the long term. Is there a lack of quality intervention strategies?

Dr Neal Herman: If we (or the WHO) could answer this question, we’d have found the key to unlocking the mystery of improving or enhancing human motivation. It is probably true that without continual and periodic follow-up, counselling will wear off even amongst highly motivated individuals. We think the key lies with education that begins early and promotes a sound nutritional and sustainable oral-hygiene model for parent and child alike. As you might imagine, this is a task not well suited to the traditional dental-care delivery model, and will require some serious paradigm changes to permit effective implementation.

What preventative measures do you recommend based on your clinical experience in New York?

Dr Neal Herman: Preventive measures and conservative therapies that confront the cause of the disease, rather than treat the symptoms, are the most effective and work the best. Fluoride varnish has proven to be a godsend, although most of the evidence to date is empirical and anecdotal. Good long-term longitudinal studies are needed to prove conclusively what we already know as clinicians—an intensive regimen of fluoride varnish, along with adjunctive measures, can control and often reverse dental decay, as well as prevent it.

Dr Neal Herman. (DTI/Photo courtesy of New York University, USA)

Dr Lily Lim: Starting in infancy, children at-risk for dental decay should be receiving twice-yearly applications of fluoride varnish, whether by a dentist or dental professional, or as part of their well-baby care from their paediatricians. More than 40 states in the US have implemented such programmes, and the outcomes are impressive—as much as 40 per cent fewer children with early signs of ECC.

Prof. Jill Fernandez: Collaboration between other health providers and the dental professions is key to combating the incidence of ECC.

You will be presenting at this year’s PDAA congress in Pasay City. What will the participant be able to take home from your presentation?

Dr Lily Lim: At New York University (NYU) through education, outreach, training and collaboration with other health professionals, we have developed a multi-faceted approach to the many aspects of oral-health problems. Our presentation will describe the coordination of the strategies and programmes that NYU employs, particularly in combating ECC.

Dr Neal Herman: Our presentation will examine and offer solutions to the management of ECC. We will offer a clinical therapeutic protocol that effectively stabilises and/or arrests active caries, and that suggests a disease-intervention model of care that replaces restoration of teeth as the primary approach to the treatment of ECC in infants, toddlers and pre-school children.

Prof. Fernandez: Participants will learn about setting up an infant oral-health programme in their offices using an auxiliary. The auxiliary should be able to conduct a risk assessment, provide anticipatory guidance and prescribe an individualised preventive programme. Our presentation will outline the steps in establishing an infant oral-health programme in the dental office.

Thank you very much for the interview.