



# TOOTH TALK

*El Dorado Smiles - Local Oral Health Program*



## JUNE - ORAL HEALTH MONTH

June is Oral Health Awareness Month! It's time to acknowledge the power of healthy smiles and learn how we can keep our pearly whites shining bright.

Did you know that cavities can be prevented with a simple superhero called fluoride? Yes, you heard it right! Fluoride has the magical ability to reduce cavities by up to 33% in baby teeth. That's an impressive number, isn't it? But don't just take our word for it; find the article at the bottom.

Now, you may be wondering, "What exactly is fluoride?" Well, fluoride is a natural mineral that helps protect our teeth from the acid attacks caused by the bacteria in our mouths. It acts as a shield, strengthening the enamel (the protective outer layer of our teeth) and making it more resistant to decay.

Did you know that El Dorado County does not have fluoride in the drinking water? Here are some things you can do to still get fluoride for your teeth:

- Use fluorinated toothpaste.
- Drink brewed black tea.
- Eat canned shellfish.

**Pro Tip:** Did you know that dental care begins even before the arrival of those adorable baby teeth? Wipe your baby's gums twice a day with a soft, clean cloth—once in the morning after the first feeding and again before bed. This helps remove bacteria and sugars that can lead to cavities.

If you have any questions or need further guidance, don't hesitate to reach out to our friendly oral health team. We're here to support you on your oral health journey.

Phone: (530) 621-6190

## OHAC MEETING

**JUNE 16TH**

**9:30AM-11AM**

THE STRENGTH OF THE LOHP IS THE DEDICATION AND PASSION OF THE PROGRAMS WE PARTNER WITH AND THE PEOPLE WHO GIVE THEIR TIME TO THE CHILDREN AND FAMILIES IN OUR COMMUNITIES. WE ALL HAVE THE SAME VISION FOR A BETTER AND HEALTHIER FUTURE FOR OUR CHILDREN, INCLUDING THE IMPORTANCE OF ORAL HEALTH AND PREVENTION STARTING AT AN EARLY AGE. ONLY WITH STRONG STRATEGIC PARTNERSHIPS IN PLACE, WE CAN BRING A DENTAL PROGRAM TO THE CHILDREN IN OUR COUNTY.

PLEASE JOIN US IN OUR QUARTERLY DISCUSSIONS. IF YOU WOULD LIKE TO JOIN THE OHAC FAMILY PLEASE CONTACT:

**ELDORADOSMILES@EDCGOV.US**

**OR CALL**

**(530) 621-4000**

# Community Spotlight

## DR. APRIL WESTFALL



DR. April Westfall has been serving the community of South Lake Tahoe since 2010. Her passion is working with pediatric patients in underserved communities and volunteering her time to conduct in-class screenings in the Head Start programs on the Western Slope and in South Lake Tahoe. She also travels to rural areas of Alpine County to conduct screenings for students of all grade levels. Her dedication to improving the oral health of children without access to a dental home, allows students to get the care they need.

Some of the challenges Dr. Westfall is facing, is trying to meet the needs of all the patients in the community that need dental care, especially those on the Medi-Cal program. She is limited in capacity to serve as a single office, as well as limited in referral sources for specialized treatment in general, Dentists are facing higher costs in supplies, administration costs due to increasing regulation, while reimbursements from insurance companies and the Medi-Cal program do not increase in proportion to those rising cost of owning a dental clinic.

Dr. Westfall's clinic in Placerville, will be losing one of her dentists due to retirement in June, but has already added Dr. Disha Kheni to her staff, She will be expanding some of the services offered, which will increase available resources for the Medi-Cal community.

### On a personal note...

Dr. Westfall loves hiking in the beautiful surrounding mountains in the Tahoe area and she has a passion for vegetable gardening.



### CHECK OUT OUR SOCIAL MEDIA!



WELL DORADO



ORAL HEALTH



# Community Outreach



## 3 MONTH - RECAP

The last three months have been busy with outreach events and in-class screenings. We are trying to stay connected to our community partners and offer support and education for students in our county.

Some of the events we have attended are

- Cafe Con Pan (serving our Hispanic population)
- Kids Expo
- Gold Oak Head Start (parent education on "Rethinking your Drink")
- Teddy Bear Parade in Alpine County
- In-class screenings in Alpine County
- Community Night - Golden Sierra High School (serving our families on the Divide)
- Schnell School 5th grade education
- Tooth Fairy reading at the Cameron Park library.

If you would like us to participate in an event you are planning, we are happy to come out. Please contact [eldoradosmiles@edcgov.us](mailto:eldoradosmiles@edcgov.us) or call (530) 621-4000.

## UPCOMING EVENTS AND OUTREACH

**JUNE 16**

OHAC MEETING - ZOOM

**JUNE 23 (SOUTH LAKE TAHOE)**

SPRING INTO SUMMER FEST

**JUNE 16-18 -**

PLACERVILLE COUNTY FAIR

**JULY 31**

ORAL HEALTH STATE REPORT DUE

**JUNE 21-22**

ORAL HEALTH SUMMIT





# Follow us on Facebook!

El Dorado County Public Health has a Facebook page to promote information on health & wellness as well as health community events in our County.

Scan the QR code below to visit our page or use this link:

**[Facebook.com/EDCPublicHealth](https://www.facebook.com/EDCPublicHealth)**

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# ¡Síguenos en Facebook!

El Departamento de Salud Pública del Condado de El Dorado tiene una página de Facebook para promover información sobre salud y bienestar, así como eventos comunitarios de salud en nuestro Condado.

Escanee el código QR a continuación para visitar nuestra página o use este enlace:

**[Facebook.com/EDCPublicHealth](https://www.facebook.com/EDCPublicHealth)**

