

PRACTICAL CLINICAL COURSES
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Career Development Program*

V5120
**Making Dental Caries Prevention a
Win-Win Concept**

Gordon J. Christensen, DDS, MSD, PhD
Rella P. Christensen, PhD

Materials Included:
C.E. Instruction Sheet
Products List
Clinician Responsible
Goals & Objectives
Overview
Supplemental Materials
AGD Post-Test

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PRACTICAL CLINICAL COURSES

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PRACTICAL CLINICAL COURSES
Sources of Products Discussed in

V5120 Making Dental Caries Prevention a Win-Win Concept

Presented by Gordon J. Christensen, DDS, MSD, PhD & Rella P. Christensen, PhD

1. **3M Filtek Supreme Flowable Restorative**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
2. **3M Ketac Universal Aplicap**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
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3. **3M Peridex**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
4. **Advantage Arrest**
Elevate Oral Care, LLC
346 Pike Road, Suite 5
West Palm Beach, FL 33411
(877)866-9113
www.elevateoralcare.com
5. **Beautiful Flow Plus**
SHOFU Dental Corporation
1225 Stone Drive
San Marcos, CA 92078-4059
(800)827-4638
www.shofu.com
6. **Cavitron Prophy-Jet**
Dentsply Sirona Inc.
13320-B Ballantyne Corporate Pl
Charlotte, NC 28277
(800)877-0020
www.dentsplysirona.com
7. **Colgate Total Toothpaste**
Local Retailer
8. **Crest Baby Training Toothpaste Kit**
Local Retailer
9. **Crest Toothpaste**
Local Retailer
10. **Cross Action (Oral-B)**
Local Retailer
11. **Dr. Colonna Series Instruments by American Eagle**
Pearson Dental Supply Co.
13161 Telfair Avenue
Sylmar, CA 91342
(800)535-4535
(818)362-2600
www.pearsondental.com
12. **Dyract eXtra**
Dentsply Sirona
13320-B Ballantyne Corporate Pl
Charlotte, NC 28277
(800)877-0020
www.dentsplysirona.com
13. **EQUIA Forte**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
(708)597-0900
www.gcamerica.com
14. **EQUIA Forte HT**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
(708)597-0900
www.gcamerica.com
15. **G5 All-Purpose Desensitizer (Clinician's Choice)**
Henry Schein Dental
135 Duryea Road
Melville, NY 11747
(800)372-4346
(631)843-5500
www.henryschein.com
16. **G-aenial Universal Flo**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
(708)597-0900
www.gcamerica.com
17. **GC Fuji Automix LC**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
(708)597-0900
www.gcamerica.com

18. **GC Tri Plaque ID Gel**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
(708)597-0900
www.gcamerica.com
19. **Glide Pro-Health (Oral-B) by Procter & Gamble**
Local Retailer
20. **GLUMA Desensitizer**
Kulzer North America
4315 South Lafayette Blvd.
South Bend, IN 46614
(800)431-1785
www.kulzerus.com
21. **GUM CHX**
Local Retailer
22. **GUM SOFT-PICKS**
Local Retailer
23. **Herculite Ultra**
Kerr Corporation
200 S. Kraemer Blvd.
Bldg. E2
Brea, CA 92821
(800)537-7123
www.kerrdental.com
24. **Infinix**
Nobio Ltd.
Ornat House
8 Hamatechet Street
Kadima Israel 6092000
(844)463-4649
www.infinix.com
25. **iO Series (Oral-B) by Procter & Gamble**
Local Retailer
26. **Just Right 5000**
Elevate Oral Care, LLC
346 Pike Road, Suite 5
West Palm Beach, FL 33411
(877)866-9113
www.elevateoralcare.com
27. **Listerine by Johnson & Johnson**
Local Retailer
28. **Listerine Reach Floss by Johnson & Johnson**
Local Retailer
29. **MicroPrime G**
Zest Dental Solutions
2875 Loker Avenue East
Carlsbad, CA 92010
(800)262-2310
(442)244-4835
www.zestdent.com
30. **Oolitt Elite Breath Wand**
IQ Dental Supply
353 US Highway 46
Building C, Ste 120
Fairfield, NJ 07004-2415
(888)303-1115
www.iqdentalsupply.com
31. **Opalpix**
Ultradent Products Inc.
505 West Ultradent Drive
South Jordan, UT 84095
(888)230-1420
(801)572-4200
www.ultradent.com
32. **OptraSculpt**
Ivoclar Vivadent
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
(716)691-0010
www.ivoclar.com
33. **PrepStart**
Zest Dental Solutions
2875 Loker Avenue East
Carlsbad, CA 92010
(800)262-2310
(442)244-4835
www.zestdent.com
34. **PreviDent 5000 Booster Plus**
Colgate Oral Pharmaceuticals
300 Park Avenue
New York, NY 10022
(800)226-5428
www.colgateprofessional.com
35. **PreviDent Gel**
Colgate Oral Pharmaceuticals
300 Park Avenue
New York, NY 10022
(800)226-5428
www.colgateprofessional.com
36. **PRO-SYS VarioSonic**
Local Retailer
37. **Slim Soft**
Local Retailer
38. **Smart 3000 (Oral-B)**
Local Retailer
39. **Smart Advantage by Elevate Oral Care (No longer available)**
40. **Sonicare DiamondClean Smart 9300**
Local Retailer
41. **Sonicare ProtectiveClean**
Local Retailer

42. **TePe Interdental Brushes**

TePe Oral Health Care, Inc.
1130 North Gilbert Street
Anaheim, CA 92801
(714)991-6700
www.tepeusa.com

43. **Tooth & Gums Tonic**

Local Retailer

44. **VarnishAmerica by Young
Dental Manufacturing**

Patterson Dental Supply, Inc.
1031 Mendota Heights Rd
St. Paul, MN 55120
(800)328-5536
(651)686-1600
www.pattersondental.com

Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.

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PROGRAM

V5120 Making Dental Caries Prevention a Win-Win Concept

CLINICIANS RESPONSIBLE:

Rella P. Christensen, PhD

*Director, TRAC Research
Co-Founder, Clinicians Report (formerly CRA)*

Gordon J. Christensen, DDS, MSD, PhD

*Founder and CEO, Practical Clinical Courses
Senior Consultant & Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah*

GOALS & OBJECTIVES

At the completion of this video presentation, viewers should be able to:

1. Describe the mechanism of dental caries.
2. List the preventive procedures that can be done prenatal.
3. Describe methods to stimulate patients to the value of preventive dentistry.
4. List methods to motivate children about preventive procedures.
5. Describe a realistic diet for patients of all ages.
6. Describe realistic oral hygiene procedures.
7. List how to establish optimum patient/dentist/dental hygienist relationships and trust.
8. Describe the characteristics of an effective recare program.
9. List the major toothbrushing concepts.
10. Describe three proven toothbrushing techniques.
11. Describe manual toothbrushes.
12. Describe electric/mechanical toothbrushes.
13. Describe sonic toothbrushes.
14. Describe ultrasonic toothbrushes.
15. Discuss the abrasiveness of toothpastes.
16. List five different types/concepts of toothpastes.
17. List five preventive concepts/procedures that generate revenue.
18. Discuss the importance of expanded function dental assistants and hygienists for preventive procedures.
19. Describe why sealants are failing and how to prevent that problem.
20. Describe three types of preventive restorative materials.

OVERVIEW

V5120 Making Dental Caries Prevention a Win-Win Concept

Dentistry has a great reputation as a preventively oriented profession. In spite of that admirable reputation, many dentists still emphasize restorative techniques over preventive procedures. What can be done to overcome that challenge? What can be done to encourage dentists and dental staff to do more preventive procedures? This presentation includes the following and other topics:

- The mechanism of dental caries
- The preventive procedures that can be done prenatal
- Methods to stimulate patients to the value of preventive dentistry
- Methods to motivate children about preventive procedures
- A realistic diet for patients of all ages
- Realistic oral hygiene procedures
- How to establish optimum patient/dentist/dental hygienist relationships and trust
- The characteristics of an effective recare program
- The major toothbrushing concepts
- Three proven toothbrushing techniques
- Manual toothbrushes
- Electric/mechanical toothbrushes
- Sonic toothbrushes
- Ultrasonic toothbrushes
- The abrasiveness of toothpastes
- Five different types/concepts of toothpastes
- Five preventive concepts/procedures that generate revenue
- The importance of expanded function dental assistants and hygienists for preventive procedures
- Why sealants are failing and how to prevent that problem
- Describe three types of preventive restorative materials

SUPPLEMENTAL MATERIALS

V5120 Making Dental Caries Prevention a Win-Win Concept

1. Christensen GJ. Ask Dr. Christensen: Are there proven preventive restorative materials? *Dental Economics*. 2021 Jan;111(1):52-6.
2. Pires PM, de Almeida Neves A, Makeeva IM, Schwendicke F, Faus-Matoses V, Yoshihara K, Banerjee A, and Sauro S. Contemporary restorative ion-releasing materials: current status, interfacial properties and operative approaches. *Br Dent J*. 2020 Oct;229(7):450-458. doi: 10.1038/s41415-020-2169-3. Epub 2020 Oct 9.
3. Sreedevi A, Brizuela M, and Mohamed S. Pit and Fissure Sealants. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan. 2020 Oct 3.
4. Al-Nasser L and Lamster IB. Prevention and management of periodontal diseases and dental caries in the older adults. *Periodontol 2000*. 2020 Oct;84(1):69-83. doi: 10.1111/prd.12338.
5. Lam PPY, Sardana D, Ekambaram M, Lee GHM, and Yiu CKY. Effectiveness of Pit and Fissure Sealants for Preventing and Arresting Occlusal Caries in Primary Molars: A Systematic Review and Meta-Analysis. *J Evid Based Dent Pract*. 2020 Jun;20(2):101404. doi: 10.1016/j.jebdp.2020.101404. Epub 2020 Jan 29.
6. Christensen GJ. Ask Dr. Christensen: Preventing recurrent caries on restorations. *Dental Economics*. 2020 Apr;110(4):63-5.
7. Christensen GJ. Ask Dr. Christensen: Let's save teeth! *Dental Economics*. 2020 Mar;110(3):71-3.
8. Chestnutt IG. Are fluoride-containing sealants more effective than non-fluoride sealants? *Evid Based Dent*. 2019 Mar;20(1):12-13. doi: 10.1038/s41432-019-0019-4.
9. Christensen GJ. Ask Dr. Christensen: Treatment of the aging patient. *Dental Economics*. 2019 Mar;109(3):90-2.
10. Junger ML, Griffin SO, Lesaja S, and Espinoza L. Awareness Among US Adults of Dental Sealants for Caries Prevention. *Prev Chronic Dis*. 2019 Mar 14;16:E29. doi: 10.5888/pcd16.180398.

SUPPLEMENTAL MATERIALS (CONT'D)

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11. Zhou W, Liu S, Zhou X, Hannig M, Rupf S, Feng J, Peng X, and Cheng L. Modifying Adhesive Materials to Improve the Longevity of Resinous Restorations. *Int J Mol Sci.* 2019 Feb 8;20(3):723. doi: 10.3390/ijms20030723.
12. Hetrodt F, Lausch J, Meyer-Lueckel H, Conrads G, and Apel C. Evaluation of Restorative Materials Containing Preventive Additives in a Secondary Caries Model in vitro. *Caries Res.* 2019;53(4):447-456. doi: 10.1159/000496401. Epub 2019 Feb 20.
13. Christensen GJ. Ask Dr. Christensen: Can you detect initial dental caries? *Dental Economics.* 2018 Nov;108(11):75-8.
14. Christensen GJ. Ask Dr. Christensen: Reducing caries in proximal boxes of Class II resin restorations. *Dental Economics.* 2018 Jul;108(7):60-2.
15. Christensen GJ. Ask Dr. Christensen: Restorative Treatment for the aging patient. *Dental Economics.* 2016 Aug;106(8):70-71, 91.
16. Christensen GJ. Ask Dr. Christensen: Preventing and treating caries in mature adults. *Dental Economics.* 2015 Dec;105(12):52-4.

POST-TEST

V5120 Making Dental Caries Prevention a Win-Win Concept

1. Expectant mothers who were educated about preventive dentistry:
 - a. delivered babies who had no dental caries at age 5.
 - b. had proven better dental hygiene themselves and fewer caries.
 - c. delivered babies who had fewer caries at age 5 than those mothers who did not receive dental education.
 - d. none of the above.

2. Educating patients who are questioning the value of preventive dentistry should receive dental education on:
 - a. the cost of dental treatment.
 - b. the pain of dental caries.
 - c. loss of teeth because of dental caries.
 - d. all of the above.

3. This presentation emphasized:
 - a. total elimination of sugar-containing foods.
 - b. a minor reduction in sugar-containing foods.
 - c. a realistic reduction in sugar-containing foods.
 - d. use of non-sugar sweetening agents.

4. Establishing a realistic oral hygiene program for children should include:
 - a. education for the mother about toothbrushing.
 - b. education for the child about toothbrushing.
 - c. education about frequency of toothbrushing.
 - d. all of the above.

5. A successful recare program should:
 - a. place all patients on 5,000 ppm containing toothpastes.
 - b. recommend electric toothbrushes for all patients.
 - c. place major responsibility on the hygienist for the oral hygiene and dental education of each patient.
 - d. have all patients in for recare every 4 months.

6. Which of the following toothbrushing concepts was stated to be best?
 - a. The modified Bass technique
 - b. The scrubbing technique
 - c. The Fones technique
 - d. None of the above

7. Which of the following techniques was most effective for all patients?
 - a. Manual toothbrushes
 - b. Electric toothbrushes
 - c. Sonic and ultrasonic toothbrushes
 - d. None of the above

POST-TEST (CONT'D)

V5120 Making Dental Caries Prevention a Win-Win Concept

- 8. Toothpastes:
 - a. wear teeth to a severe degree.
 - b. should be used in a large quantity on the brush for proper fluoride release.
 - c. cause minimal wear of teeth if used properly.
 - d. become ineffective after a few months.

- 9. It was suggested in this presentation that:
 - a. preventive procedures can produce adequate revenue for practices if staff are accomplishing most of them.
 - b. preventive procedures are a “win” for patients and a “win” for the practice.
 - c. staff should be doing most of the preventive procedures.
 - d. all of the above.

- 10. Dental sealant technique should include:
 - a. use of an air slurry polisher to remove plaque in the grooves before sealing.
 - b. use of a bonding agent as a “wetting” agent.
 - c. use of two 1-minute applications of a HEMA glutaraldehyde disinfecting solution.
 - d. elective use of flowable resins instead of sealants.
 - e. all of the above.

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