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

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

**Materials Included:**  
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**PRACTICAL CLINICAL COURSES**

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

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28. **Oolitt Elite and Jr.**  
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29. **Opalpix**  
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30. **OptraSculpt**  
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(442)244-4835  
[www.zestdent.com](http://www.zestdent.com)
33. **PreviDent 5000 Booster**  
Colgate Oral Pharmaceuticals  
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[www.colgateprofessional.com](http://www.colgateprofessional.com)
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[www.benco.com](http://www.benco.com)
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 (877)866-9113  
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 Philips Oral Healthcare  
 1600 Summer Street  
 P.O. Box 120015  
 Stamford, CT 06912-0015  
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[www.sonicare.com](http://www.sonicare.com)
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45. **Varnish America**  
 Medical Products Laboratories  
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 Philadelphia, PA 19115  
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***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)**

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

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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