

DENTAL OFFICE UPDATE



Winter 2003

Dentists Can Help Patients Control Tobacco Use

According to many health professionals, dentists can play an important role in helping patients stop using tobacco by incorporating a few simple tobacco cessation efforts into their daily practice routines.

Dentists are advised to ask every patient over age 18 about their tobacco use during each visit and advise current tobacco users to quit.

The Oregon Tobacco Quit Line is an excellent resource for patients and offers a free assessment of their readiness to quit, a one-time

telephone intervention, quit materials and referral to other cessation sources. They can be contacted by calling 1-877-270-7867 or via the Internet at www.oregonquitline.org.

Dentists are also advised to have brochures available for those patients who are thinking about quitting. The Oregon Quit Line offers brochures for cessation services and can be reached using the toll-free number and website previously listed.

Oregon Health Plan members are

covered for tobacco cessation counseling, nicotine patches and medication through their medical plan.

For additional information, or if you have an Oregon Health Plan patient who is enrolled with ODS for dental coverage and is interested in tobacco cessation, please contact Trisha Lostrom at 503-265-5677.

CDT-4 Codes Required by April 1

Beginning January 1, 2003, CDT-4 procedure codes will go into effect. ODS Health Plans (ODS) will be ready to accept CDT-4 codes at that time.

There are 58 new CDT-4 codes, some of which include new descriptors and nomenclature. There are 16 nomenclature changes to existing codes, 30 descriptor changes to an existing code or

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PHARMACY CORNER

Diabetic Patients Need Special Care

By: Kathleen Nguyen, PharmD candidate, OSU College of Pharmacy
Karen Beauchamp, R.Ph., ODS Pharmaceutical Programs Manager



Over 16 million Americans (6 out of every 100 Americans) are diabetic, and the prevalence of diabetes is increasing. Based on these statistics, all dental practices are likely serving this population's special dental needs.

Although properly controlled diabetic patients can undergo all dental treatments without special considerations, diabetic patients are at increased risk for oral complications. Oral complications experienced by the

diabetic population include: periodontal disease, xerostomia (dry mouth), burning mouth syndrome, candidiasis, poor wound healing and increased susceptibility to infections¹.

Clinicians treating diabetic patients should be familiar with the signs and symptoms of an acute hypoglycemic episode, which include: hunger, weakness, confusion, pallor, anxiety, sweating, dizziness and tachycardia.

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Special Dates:

ODA Convention

April 4, 5



ODS is a member of the Delta Dental Plans Association

CDT-4 Codes *continued...*

subcategory, and 10 nomenclature changes and descriptor changes to an existing code.

CDT-4 (ADA's Code of Dental Terminology, 4th edition) will be the only accepted code set. To get a copy of the codebook, visit www.ada.org or call their order desk at 1-800-947-4746.

ODS Health Plans will return dental claims received after April 1, 2003 that don't have the correct CDT-4 codes on the claim form.

Dentists Needed

Dentists who would like to help out with the "Give Kids a Smile" program on Feb. 21 should call the Oregon Dental Association at 503-620-3230.



ODS Online Dental
Benefits and Eligibility.

www.odshealthplans.com/dental

Available 7 days a week from
6:30 a.m. to 10:30 p.m.

Pharmacy Corner *continued...*

In severe cases, hypotension, hypothermia, seizures and unconsciousness may occur. Clinicians should have a quick source of sugar available to help rapidly reverse hypoglycemic symptoms³. The following is a list of quick sources of sugar that raise blood sugar about 30 mg/dL in approximately 15 minutes:

Table sugar	1 tbsp
Fruit juice or regular soda	½ cup
Fat-free milk	1 cup
Honey or corn syrup	1 tbsp
Jam	2 tbsp
Raisins	2 tbsp
Gum drops	17 small
Life Savers candy	8 pieces
Hard candy	3 pieces
Glucose tablets	3 tablets
Glucose gel	½ tube

Clinicians should encourage patients to control their diabetes and

recommend diabetic patients see their dentist at least every six months (more frequently if the patient has periodontal disease). Proper oral hygiene (brushing twice daily with a soft toothbrush, and using dental floss or other cleaning aids) to prevent, minimize and remove plaque build-up should also be promoted².

References:

1. Sedano H. Dental Implications of Diabetes Mellitus. www.dent.ucla.edu/ftp/pic/visitors/Diabetes/diabetes_mellitus.html (accessed 8/27/2002)
2. CDC. The Prevention and Treatment of Complications of Diabetes Mellitus: A Guide for Primary Care Practitioners. www.cdc.gov/diabetes/pubs/complications/periodontal.html (accessed 8/27/02)
3. Payne K. Quick-sugar foods. www.yalenehavenhealth.org (accessed 9/26/02)

Special thanks to John R. Smith Ph.D., OHSU School of Dentistry, for his contributions to this article.

'Brushing Matters' a Hit at Many Dental Offices

More than 25,000 copies of the "Brushing Matters" children's book have been distributed to Oregon Dental offices. Additional copies of the book—including a new Spanish version—should be available by the

end of January.

If you would like to order more copies of the book, visit www.odshealthplans.com/brushingmatters or call Alan Shoebridge at 503-228-6554, ext. 1219.

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