

Apr 20th, 3:40 PM - 3:55 PM

Don't Toss The Floss

Elaine Anne B. Arciaga
Dominican University of California

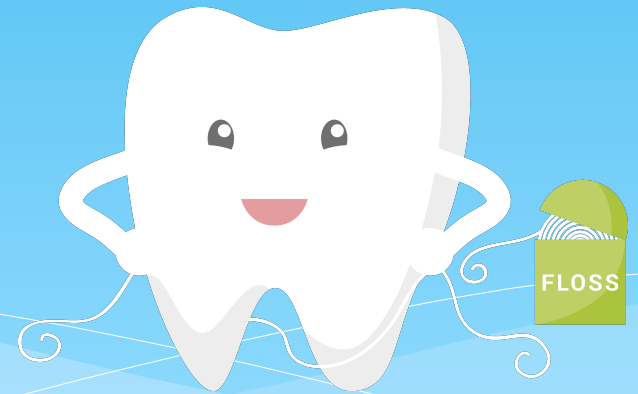
Follow this and additional works at: <http://scholar.dominican.edu/scw>

Arciaga, Elaine Anne B., "Don't Toss The Floss" (2017). *Scholarly & Creative Works Conference 2018*. 141.
<http://scholar.dominican.edu/scw/scw2017/all-conference/141>

This Event is brought to you for free and open access by the The Dominican Experience at Dominican Scholar. It has been accepted for inclusion in Scholarly & Creative Works Conference 2018 by an authorized administrator of Dominican Scholar. For more information, please contact michael.pujals@dominican.edu.

Don't Toss The Floss

Elaine Anne B. Arciaga



Background

- * Oral Health
 - * Misconception
 - * ADA definition
 - * Outcomes
- * Flossing
 - * Omitted from 2015 Dietary Guidelines for Americans
 - * 41% of Americans floss at least once a day
 - * 20% never floss
- * Socioeconomic status & general health

Methods

- * Secondary data

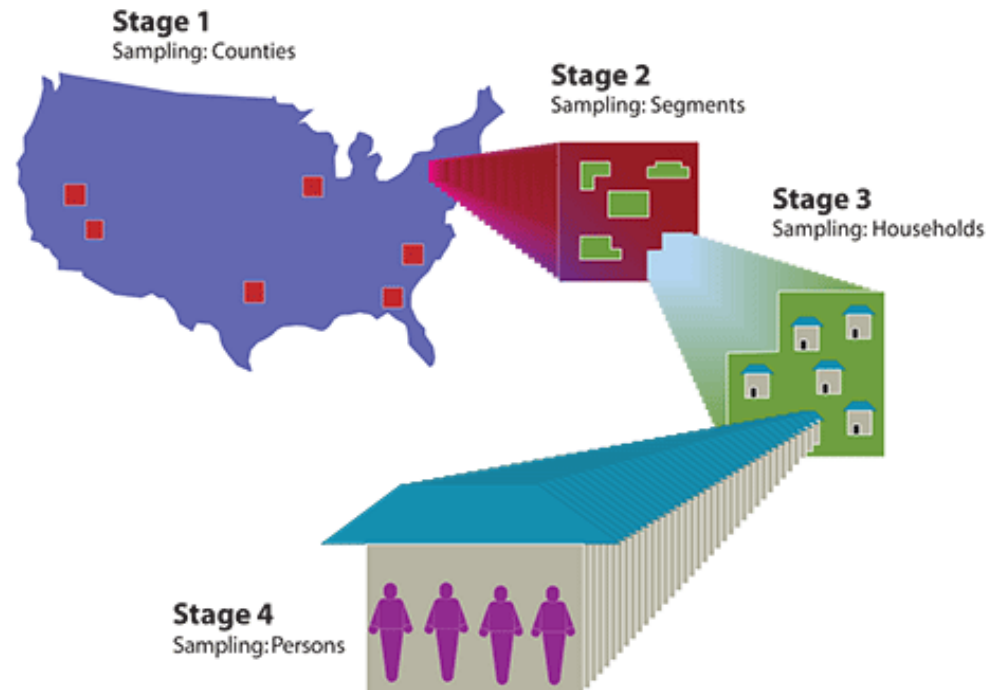
- * NHANES

- * Cross-sectional

- * Interviews

- * Examinations

- * Laboratory Tests



Results

- * p-value <0.05
 - * Family income, under \$20,000
 - * Stroke
 - * Heart Attack
- * p-value >0.05
 - * Decayed Teeth
 - * Gum Disease

Discussion

- * Dental professionals
 - * Periodontal disease
 - * Caries
 - * Plaque
- * Financial drains on healthcare resources
- * Oral health conditions

Conclusion



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

References

- * 1. American Dental Association (ADA, 2014). ADA Policy-Definition of Oral Health.
- * 2. National Institute of Dental and Craniofacial Research (NIH). (2014). Part Three: What is the relationship between oral health and general health and well-being?.
- * 4. Alliance for a Cavity-Free Future (ACFF.) (2016). Bushing and flossing.
- * 5. Delta Dental. (2014). Oral Health and Well-Being Survey.
- * 6. Centers of Disease Control and Prevention (CDC). (2015). NCHHSTP Social Determinants of Health.
- * 7. Watt, R. G., Listl, S., Peres, M., & Heilmann, A. (2015). Social inequalities in oral health: from evidence to action. International centre for oral health inequalities research & policy (ICOHIRP).
- * 8. Colgate-Palmolive Company (2017). Oral Care Center. How to floss.

Acknowledgements

- * Sincere thanks
 - * Dr. Brett Bayles
 - * Dr. Andria Rusk
 - * Dr. Martin Simon