

Special Care Show And Tell

Check out my toys...
Just like when we were kids.



Financial Disclosures



- Frequent Sponsors: Elevate Oral Care, GC America, Mouthwatch, and Armor Dental
- I frequently receive free or discounted products from multiple companies
- Delta Dental of Idaho sponsored a clinic that I created with Family Health Services
- I have received a HRSA Subgrant for some of my work in the long-term care facilities.

“Concepts mentioned in this presentation were developed with support by HRSA/HHS as part of a financial assistance award totaling \$567,317 with 60% funded by HRSA/HHS and \$167,317(40%) funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by HRSA/HHS, or the U.S. Government.” We are only a small part of this award”



Today's Course's Sponsor is...



I DO MY OWN STUNTS

I am sponsored, not scripted.
Patients and treatment photos are mine.
Some product photos are not mine



Legal Disclosures

- I speak about off-label use of products, always do your own research and use your clinical judgment.
- Nothing in this presentation is legal advice or official interpretation of rules/regulations
- State Laws vary. Check your state regulations.
- Regulations change. Make sure to keep updated.
- Images and videos are all used with permission from patients and their guardians. Feel free to download or take screenshots of slides for your personal study, but please, out of respect for our models do not use slides or images for other purposes without specific written permission.



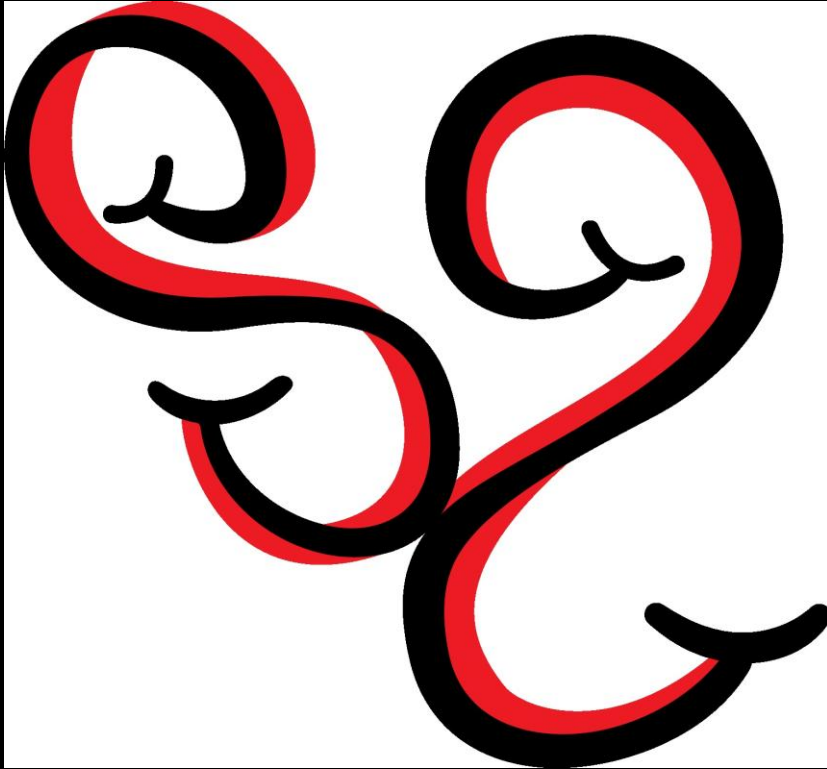
Thank You For Attending

By attending this course YOU have helped improve the quality of life for residents of long-term care in Jerome, Idaho



Dr. Brooke's Dental Life

Private Practice: Owner



FQHC: Employee



Your Special Smiles PLLC

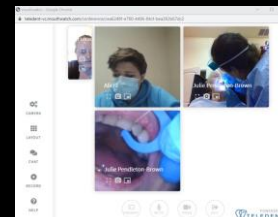
Portable: Hygiene



Assisted Oral Hygiene



Education



Family Health Services Advanced Delivery Dental Clinic



Innovative in Office Care



Hospital Care

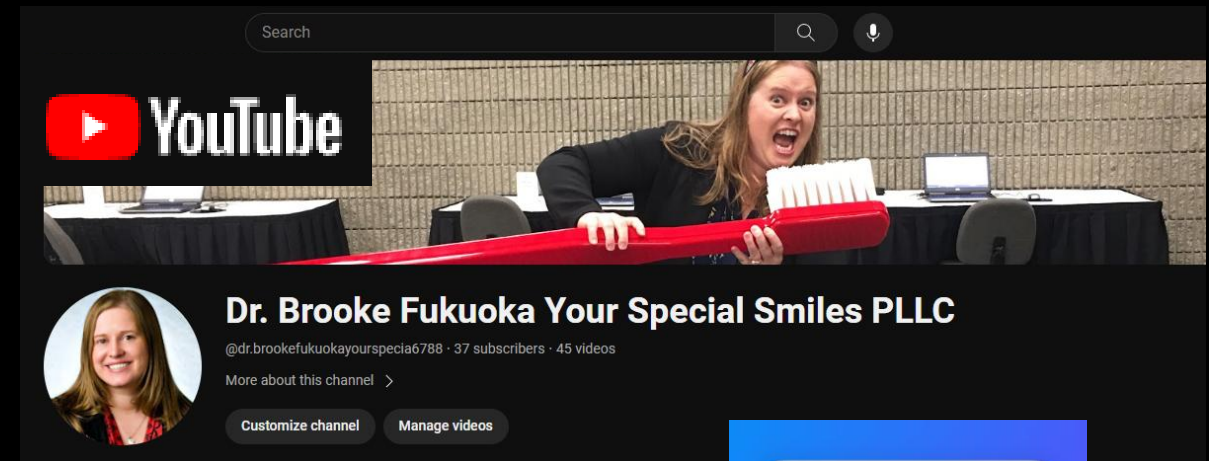
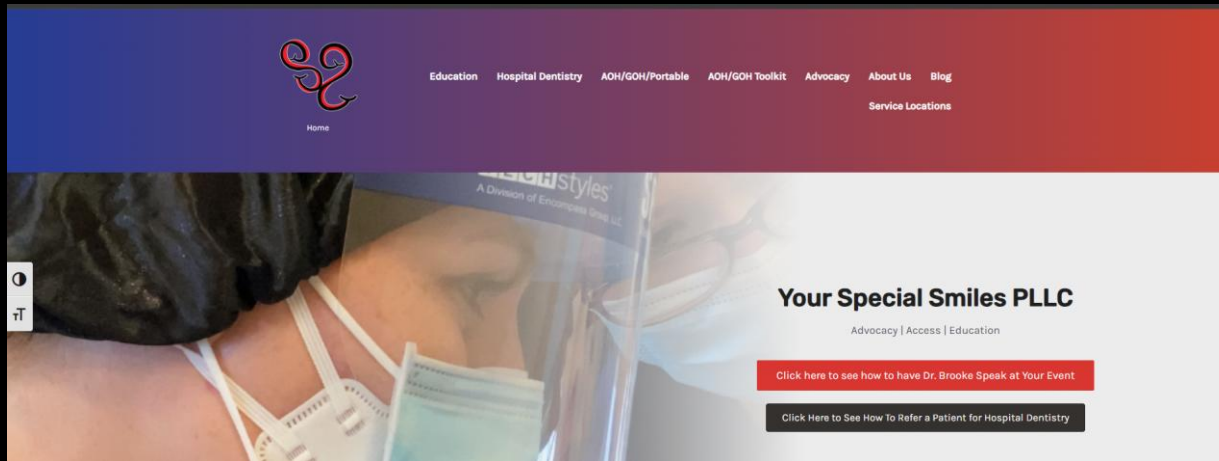
<https://fhsid.org/locations/jerome/jerome-advanced-delivery-dental-clinic/>



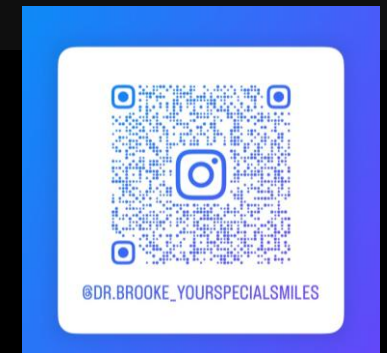
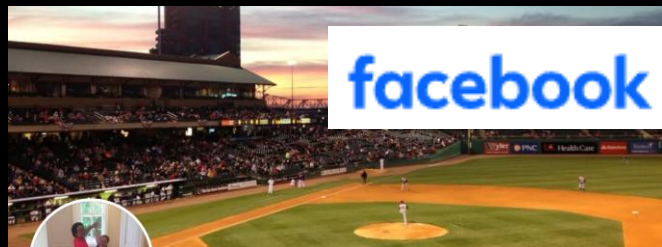
Contact/Website/Social : Brooke MO Fukuoka DMD, DABSCD

Email: yourspecialsmiles@gmail.com

Speaker Website: <https://www.yourspecialsmiles.com/>



<https://www.facebook.com/brooke.fukuokaosgood/>



Bonus Material: Special Care Show And Tell

Useful Websites/Courses

Kits and Tongue Scrapers

Toothbrushes

Bite Blocks and Visualization

Floss/Clean Between

Grinding/Chewing Habits

Dry Mouth

Sneaky Sugar and Alternatives

Apps

Other

In Office Topical Treatments

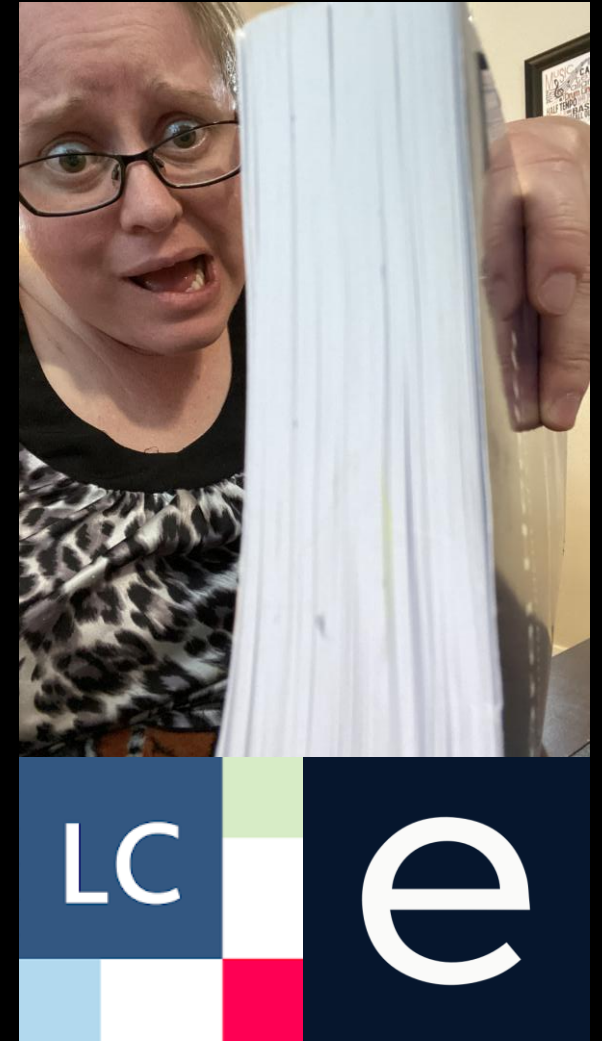
Rxes & Paste

Bacterial Analysis/Probiotics



Helpful Special Care Websites

- Medical History from MD and Specialists before they come in then
 - Learn Basics of Lots of Conditions : <https://rarediseases.org/>
 - Prader Willi: <https://www.pwsausa.org/>
- Drug list before they come in and then...
 - Lexi Comp: <https://www.wolterskluwer.com/en/solutions/lexicomp/subscribe>
 - Epocrates: <https://www.epocrates.com/>
- Some EHR systems have drug interactions and recommendations
- **Rxing Resources**
 - Dental Drugs: <https://apps.apple.com/us/app/dental-drugs/id1010795610>
 - G-tube Modifications: <https://rudiapt.wordpress.com/wp-content/uploads/2017/11/handbook-of-drug-administration-via-enteral-feeding-tubes-2015.pdf>



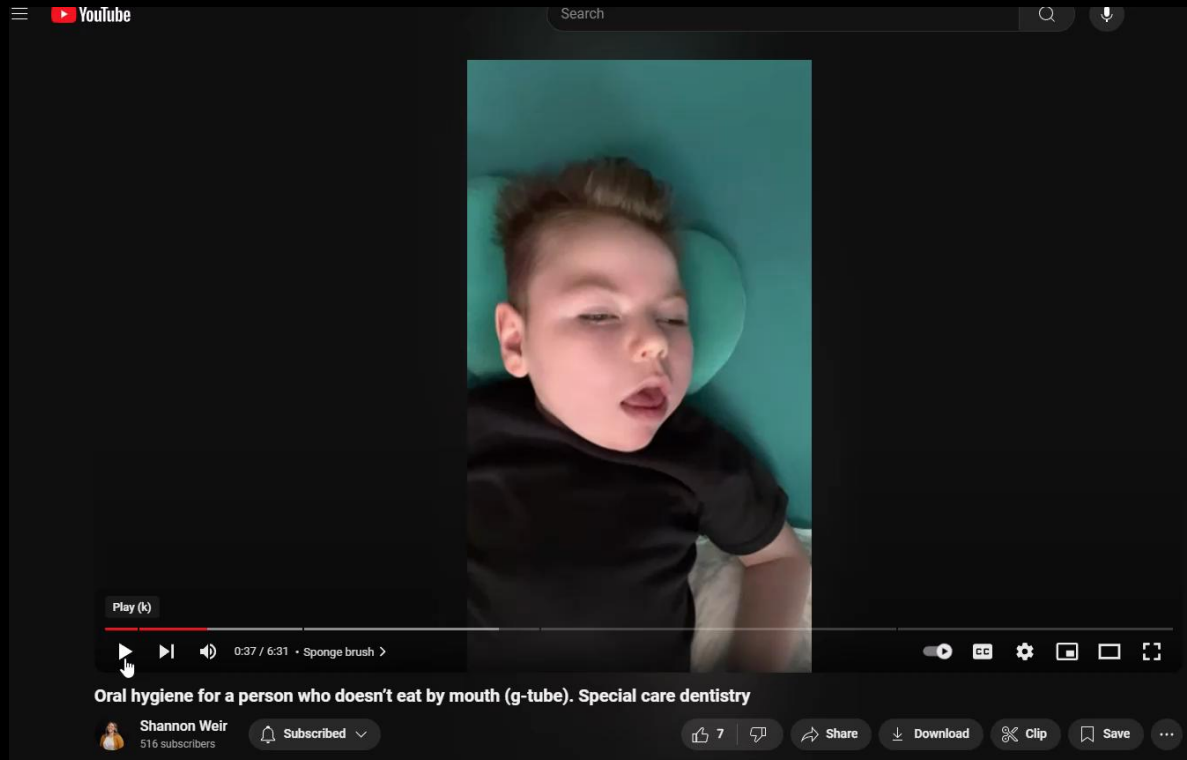
Helpful Special Care Websites and Courses

- Courses/Groups and Resources:
 - Interdisciplinary Group: <https://www.aadmd.org/>
 - Dental Specific Group: <https://www.scdonline.org/>
 - Dental Specific Group: <https://www.saiddent.org/>
 - Resources for Dental Providers:
<https://everysmilemattersnevada.org/oral-health-care-providers/>
 - My website has lots of other links:
<https://www.yourspecialsmiles.com/other-good-resources/>
 - Penn School of Dental Medicine:
<https://www.dental.upenn.edu/continuing-education/online-classroom/center-for-persons-with-disabilities-presentation-series/>
 - Ergonomics for Special Care: <https://youtu.be/Uf4e65aOXcA>
 - And if you want credit for it:
https://www.elevateoralcare.com/site/images/cevideos/Fukuoka_Final_0211_2021AC.pdf



Oral Care for People Who Don't Eat by Mouth

- Dr. Shannon Weir's YouTube Channel: To watch her whole video follow the link below <https://youtu.be/gNxxh5g8lGOQ?si=5nzAZl3Vd4v6SwAA>



AND ON HER CHANNEL
SHE HAS MORE SHORT
VIDEOS!!!!

It is only 6 minutes and
TOTALLY worth the watch!

[Back to Board](#)



Three-Sided Toothbrushes



Triple Bristle



Collis Curve



Surround Brush



Sweat Suites Studio

- <https://www.triplebristle.com/>
- <https://colliscurve.com/>
- <https://specializedcare.com/products/surround-toothbrushes>
- <https://dentrust.com/>
- <https://sweatsuites.studio/products/kids-soft-bristle-toothbrush>



Full Arch Toothbrush



Extra Soft Toothbrushes

Nano-brush



TePe Special Care



Guru Nanda Butter on Gums



Curaprox Velvet



- <https://www.tepeusa.com/products/tepe-special-care?variant=800272809>
- https://gurunanda.com/products/butter-on-gums-toothbrush-1-pack?srsltid=AfmBOopLbPqITUGCX6SGtGkCuDkhNe53p0teU1IjqERD7q6PEw_fIWZ
- <https://curaprox.us/toothbrushes/manual-toothbrushes/toothbrush-cs-12460-velvet-p553?srsltid=AfmBOophnQWAew0huALhJI7a9O7MnRjbb38aUXcKI8N0K-F62KCa9A-o>



Unique Brushes for Unique Situations

Animal Hair End Tufted Brush



Sakabe Brush (Japan)



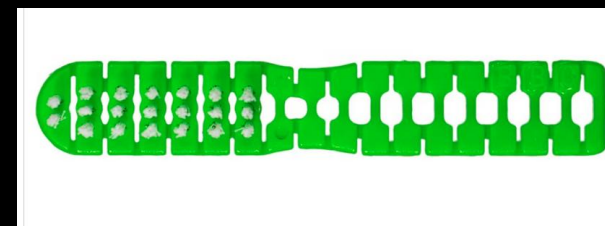
Dr. Plotka



Plak Vac



Guess what these greens ones are for...



- <https://teamtech-oralcaresolutions.com/product/security-toothbrush/>
- <https://trademarkmedical.com/shop/plak-vac-suction-toothbrush/>
- <https://drplotka.com/>
- <https://www.bobbarker.com/exoframe-security-toothbrush-patentpending>
- <https://teamtech-oralcaresolutions.com/product/security-toothbrush/>



Toothbrush Wideners and Extenders



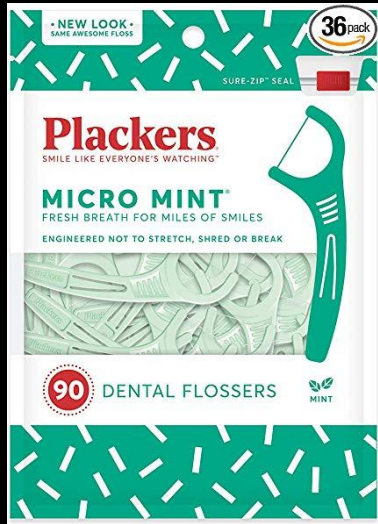
Orabrite Extenders



- <https://supadental.com.au/how-to-make-a-bent-toothbrush-3/>
- <https://www.pearsonsurgical.com/catalog/product.asp?majcatid=974&catid=8682&subcatid=29127&pid=83061&ref=>
- <https://www.amazon.com/-/es/OraBrite-GripEazy-Expandir-Cepillo-Dientes/dp/B078KQ95SH>



Floss/Flossers



- <https://cocolab.com/collections/cocofloss>
- <https://slateflosser.com/>
- <https://plackers.com/products/plackers-twin-line-flossers>
- https://gurunanda.com/products/2-in-1-dental-floss-picks-300-count?srsltid=AfmBOorZx8wD_d8HHMjJG3am-gku1lWcZ3C8OG4lGZOOxcx3pYsHCisv
- https://qwikflosser.com/collections?srsltid=AfmBOoqqlsWmkJEYdri9XKaN5OPDpd9B-zy1xgv_oIVCCnk2I4q0VaMk
- <https://www.sunstargum.com/us-en/products/dental-floss/gum-dual-technique-flossers.html>



Clean Between



Back to Board

- <https://www.waterpik.com/products/dental-water-flosser/cordless/>
- <https://www.sunstargum.com/us-en/products/interdental-cleaners/gum-soft-picks-original-dental-picks.html>



Kits and Tongue Scrapers

Back to Board



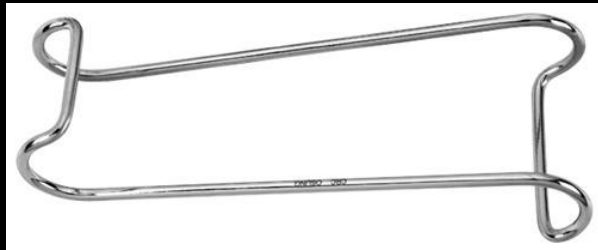
Brush and Bite



Dental Desensitization Systems



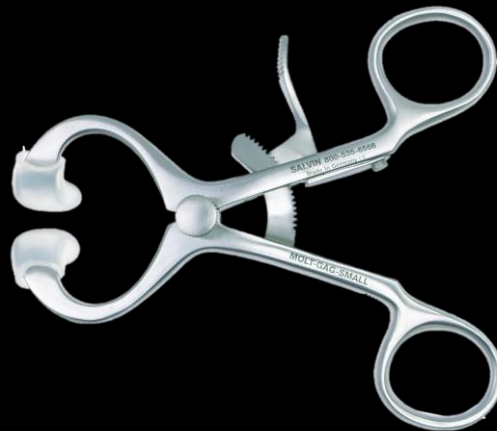
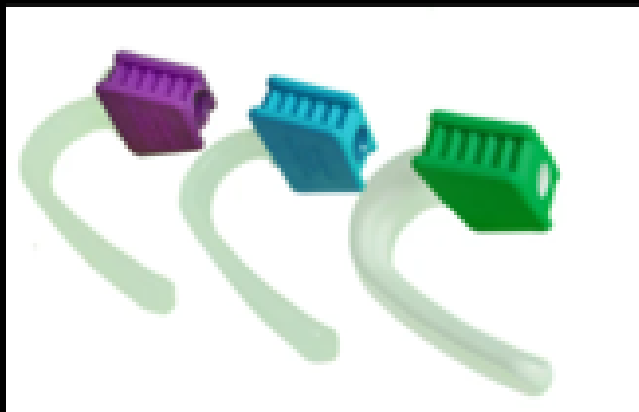
Visualization



- https://armor-dental.com/collections/comfort-mate-pro?srsltid=AfmBOorTtvaG9lzz-5MX1v4-5jO_7m3PfOAFewyzuy4eRN6oXIPXwyzt
- https://www.mouthwatch.com/intraoral-cameras?srsltid=AfmBOooTJZMUTFRIT3TeYvK4_Y3JZX-nrqPGnTo6rJOdH-blhROmulpo
- https://dinecorp.com/?gad_source=1&gad_campaignid=21481696211&gbraid=0AAAAAD-Uk_hBpHU8Po7ND0CsODixbIc2N&gclid=CjwKCAiA09jKBhB9EiwAgB81-Ix2Tfe4YtmbByVCgsZcC_0Zh1s0hZ68HuGir_sSoIlhNsZknKsjoRoC-6EOAvD_BwE



Mouth Props



- <https://www.medline.com/product/Ted-Med-Services-Bite-Stick/Z05-PF278754>
- <https://www.medline.com/product/Medline-Oral-Care-Bite-Block/Z05-PF01676>
- <https://specializedcare.com/products/mouth-rests>



Bite Blocks and Soft Retractors

Back to Board

<https://www.youtube.com/watch?v=gAw2TarSFqc>

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Oral SIB, Bruxism, Chewing Habits

Back to Board



- <https://chewytubes.com/>
- <https://www.arktherapeutic.com/chewelry>



Keep the Patient Clean and Comfortable

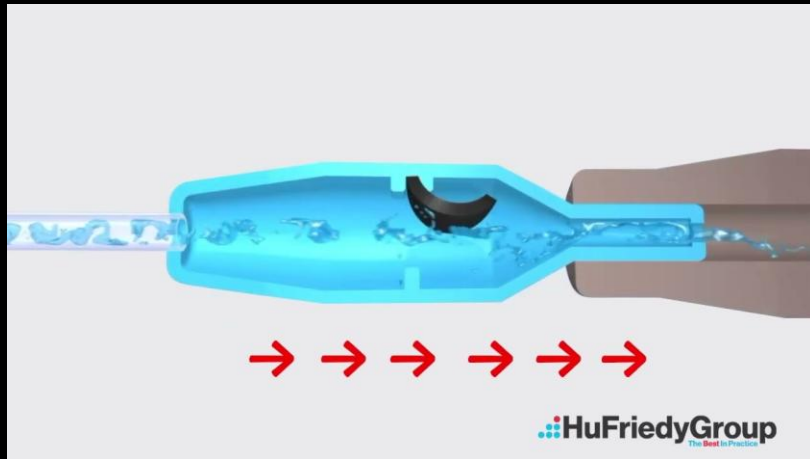
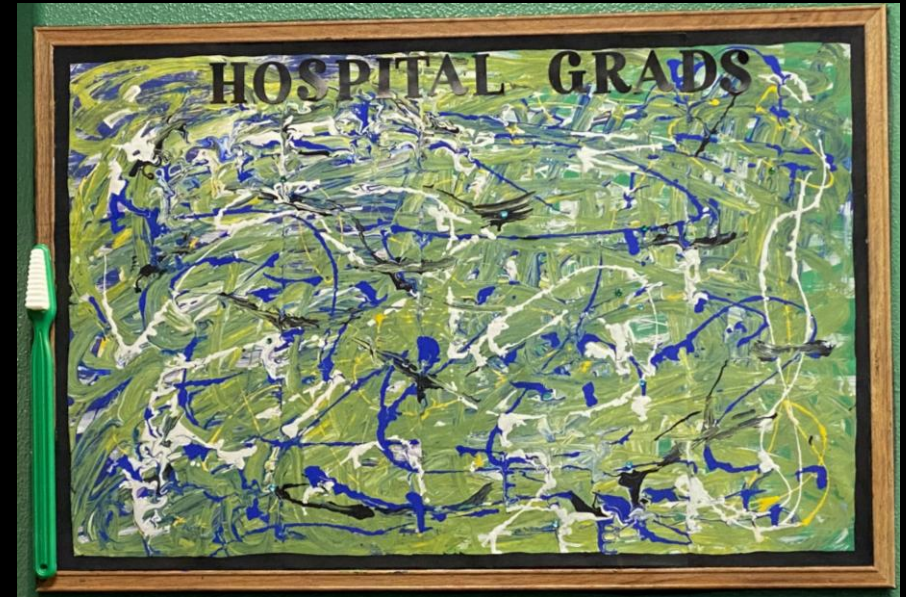


- <https://designspecific.us.com/>
- <https://natus.com/neuro/olympic-vac-pac/>
- <https://dentacalm.com/collections/weighted-blankets-for-dentists>



Some Other Cool Stuff

Back to Board



- https://buffalogames.com/jot-writing-tablet?gad_source=1&gad_campaignid=23127702718&gbraid=0AAAAADiA9CUIYB_KHhJO0S7Kffa2o0d218&gclid=CjwKCAiA09jKBhB9EiwAgB8l-EXc2fnYrplsOMlvtlaLaldBribm0R0vo7WtAfr8Io-I8r0oAO95kxoC_IOAvD_BwE
- <https://www.hufriedygroup.com/en/products/categories/saliva-ejectors-8213>
- <https://brasselerusadental.com/products/estheticcontouringinstrument>
- <https://www.microcare.com/en-US/specclean>



Bacterial Analysis

Back to Board



FINAL REPORT

PATIENT INFO
DOB: 08/20/1980 (40 yrs)
Gender: Female
ID#: 951750
Location: Test Site A

SAMPLE INFO
Specimen#: 5555550005
Accession#: 77000-12345
Collected: 03/16/2023
Received: 03/20/2023 09:57

ORDERING PROVIDER
Glenn Close MD
8977 Lone Peak Parkway
Draper, UT 84020
800-555-5555

LOW MEDIUM HIGH **NON-VIRAL TARGETS (In Range Results)**

PURPLE COMPLEX [43] **AGGREGATIBACTER ACTINOMYCETEMCOMITANS** (Therapeutic Range 1-100)

RED COMPLEX [48, 35] **PORPHYROMONAS GINGIVALIS** (Therapeutic Range 10-100)
[11] **TANNERELLA FORSYTHIA** (Therapeutic Range 5-50)
[14] **TREPONEMA DENTICOLA** (Therapeutic Range 1-10)

ORANGE COMPLEX [23, 39, 250] **PREVOTELLA INTERMEDIA** (Therapeutic Range 5-50)
[10] **CAMPYLOBACTER RECTUS** (Therapeutic Range 1-10)
[16] **FUSOBACTERIUM NUCLEATUM** (Therapeutic Range 10-100)
[17] **FUSOBACTERIUM ANIMALIS** (Therapeutic Range 50-500)

GREEN COMPLEX [26] **EIKENELLA CORRODENS** (Therapeutic Range 10-100)

CARIES RISK [350] **STREPTOCOCCUS MUTANS** (Therapeutic Range 100-5000)
[100] **STREPTOCOCCUS SANGUINUS*** (Therapeutic Range 100-5000)

YEAST [73] **CANDIDA ALBICANS** (Therapeutic Range 1-10)

PREMIUM VIRAL TARGETS

POSITIVE	NEGATIVE	ATTENTION	PREMIUM VIRAL TARGETS
	☑		HERPES SIMPLEX VIRUS 1 (HSV-1)
	☑		HERPES SIMPLEX VIRUS 2 (HSV-2)
	☑		CYTOMEGALOVIRUS
	☑		EPSTEIN BARR VIRUS

HOW TO TEST?

EASILY TEST TODAY

Only noninvasive saliva collection with patented preservation solution that freezes oral bloom pathogen activity at the point of collection for the most accurate patient-specific disease state understanding.

1. Collect 1 mL of patient saliva, place in postage paid box, & send sample off to the lab.
2. Review results in 24-48 hours on secure HIPAA compliant portal including option to share with patients.
3. Evaluate actionable clinical insights and determine next steps or provider hand-off collaborative treatment plan.
4. Retest to monitor successful outcomes.

When found in oral cavity, Candida Albicans is known to accelerate oral disease growth and progression.

CAP ACCREDITED
COLLEGE of AMERICAN PATHOLOGISTS

Testing Performed By Alimetric
CLIA #: 01D2113023

Source Infographic: The American Academy for Oral Systemic Health (AAOSH)
 [1] Pessi T, Karhunen V, Karjalainen PP, et al. Bacterial signatures in thrombosis aspirates of patients with myocardial infarction. *Circulation*. 2013;127(11):1219-1228. doi:10.1161/CIRCULATIONAHA.112.001254
 [2] Freire MC, Van Dyke TE. The mechanisms behind oral-systemic interactions. In: Glick M, ed. *The Oral-Systemic Health Connection: A Guide to Patient Care*. Chicago, IL: Quintessence; 2014:Chapter 5, 103-118.
 [3] Leishman SJ, Do HL, Ford PJ. Cardiovascular disease and the role of oral bacteria. *J Oral Microbiol*. 2016; 2. doi: 10.3402/jom.v2i0.13781
 [4] Karpinski T, M. (2019). Role of Oral Microbiota in Cancer Development. *Microorganisms*, 7(1), 20. https://doi.org/10.3390/microorganisms7010020



Beware of “Hidden” Sugars...



Meds and Thickeners
can contain
cariogenic sugars



Nystatin Oral Suspension: 100,000 units/mL

Swish 2 tsp for 5 min 5 times daily for 10 days



Each mL of nystatin oral suspension, contains 100,000 units of nystatin in a vehicle containing 50% sucrose. Which means 50g sugar for 100ml

Alternatives:

- 10mg Clotrimazole Troche (SUGAR FREE)
 - Dissolve one in mouth slowly 5x daily 14 days
- 200gm Fluconazole (Systemic) – avoid if worried about QT interval
 - Take 2 on day one then one per day 7-14 days

For appliances

Soak 10 min per night for 10 nights

- If no metal can soak in diluted bleach (1 cup water 1 tsp bleach)
- If metal use nystatin oral suspension or dissolved clotrimazole troche



Cough Drops are Hard Candy with a Publicist

Popular Hard Candy

Nutrition Facts	
About 18 servings per container	
Serving size	3 pieces (13g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 13g	5%
Total Sugars 9g	(3g per piece)
Includes 9g Added Sugars	18%

Popular Cough Drop

NUTRITIONAL VALUE	
PER DROP	
LEMON MINT	
CALORIES	14 kcal
CARBOHYDRATE	3.4 g
SUGARS	2.6 g
OTHER CARBOHYDRATES	0 g
FATS	0 g
FIBER	0 g
SODIUM	0 g
VITAMIN C	0 mg

*Sugar content not always easy to find if listed as a drug

Drug Facts	
Active ingredient (in each drop)	Purpose
Menthol 1.6 mg	Oral anesthetic
Uses ■ for temporary relief of occasional minor irritation, pain, sore mouth, and sore throat.	
Warnings	
Sore throat warning: if sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, swelling, nausea or vomiting, consult a doctor promptly. These may be serious.	
Stop use and ask a doctor if: ■ sore mouth does not improve in 7 days ■ irritation, pain or redness persists or worsens.	
If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children.	
Directions	
■ Adults and children 3 years of age and older: 2 drops.	
■ allow 1 drop at a time to dissolve slowly in mouth. Repeat as necessary every 2 hours, or as directed by a doctor.	
■ Children under 3 years of age: ask a doctor.	
Other information ■ store at 68°-77°F (20°-25°C) in a dry place ■ contains FD&C yellow 5 (tartrazine) as a color additive.	
Inactive ingredients ascorbic acid, citric acid, corn syrup, FD&C yellow 5, flavors, honey, sodium acetate, sodium chloride, soybean oil, sucrose	
Questions? 1-866-583-3677 Ludens.com	



Handy Dandy Table of Sugars/Subs....

Sugar/Sugar Substitute	Structure	Carcinogenicity/Fun Fact
Fructose	Monosaccharide - Sugar	Cariogenic: Fruits, honey, vegetables
Glucose	Monosaccharide - Sugar	Cariogenic: Basic energy molecule
Galactose	Monosaccharide - Sugar	Has cariogenic and anticariogenic properties
Dextrose	Monosaccharide - Sugar	Cariogenic: Often used w/artificial sweeteners D-isomer of glucose. Used in diabetes products
Sucrose (THE WORST)	Glucose + Fructose Disaccharide Sugar	Most Cariogenic: Table Sugar,
Lactose	Glucose + Galactose Disaccharide Sugar	Less Cariogenic, less fermentable , but still can be cariogenic
Maltose	Glucose + Glucose Disaccharide Sugar	Cariogenic: Grains and malted products like beer
Starches: potatoes, rice, bread, pasta, crackers, chips	Complex carbs	Cariogenic: Enzymes break down into mostly glucose but some maltose



Handy Dandy Table of Sugars/Subs cont'd....

Sugar/Sugar Substitutive	Structure	Cariogenicity
Xylitol	Nutritive sugar alcohol	Non-cariogenic
Erythritol	(Non) nutritive sugar alcohol	Non-cariogenic – possibly less gas (some consider nutritive because not zero calories)
Sorbitol	Nutritive Sugar alcohol	Less cariogenic
Sucralose (Splenda)	Non-nutritive artificial sweetener	Less cariogenic - OH replaced with Cl
Aspartame (Equal, NutraSweet)	Non-nutritive artificial sweetener	Generally Non-cariogenic IF PURE Dipeptide: two natural amino acids
Saccharin (Sweet – N- Low)	Non-nutritive artificial sweetener	Less Cariogenic
Acesulfame Potassium	Non-nutritive artificial sweetener	Non-cariogenic
Stevia & Monk Fruit	Non-nutritive natural sweetener	Generally Non-cariogenic IF PURE
Allulose	Natural sweetener	Less cariogenic , rare, may be left off sugars on labels , sometimes considered non-nutritive



Good Alternatives



- <https://www.drjohns.com/collections/all-hard-candies>
- <https://www.basicbites.com/>
- <https://www.icechips.com/>



Sources for Sugars

Back to Board

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3. FDI World Dental Federation. **Sugar substitutes and their role in caries prevention**. FDI World Dental Federation website. Accessed January 2025. <https://www.fdiworlddental.org/sugar-substitutes-and-their-role-caries-prevention>
4. **[Article on sugar substitutes and dental/health outcomes]**. *Food Research International*. Published online 2021. Accessed January 2025. <https://www.sciencedirect.com/science/article/abs/pii/S030057122100258X>
5. University of Pennsylvania School of Dental Medicine. **Nutrition and special care dentistry**. Center for Persons with Disabilities Presentation Series. Accessed January 2025. <https://www.dental.upenn.edu/continuing-education/online-classroom/center-for-persons-with-disabilities-presentation-series/>
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10. Tian J, Wu T, He X, Shi W. *The role and impact of arginine on dental caries therapeutics*. **JADA+**. Published online 2021. Accessed January 1, 2026. https://pages.ada.org/jadaplus_arginine/the-role-and-impact-of-arginine-on-dental-caries-therapeutics



Dry Mouth



Back to Board

5mg Pilocarpine
Lollipops
sugar free lollipop



- <https://aquoralspray.com/?srsltid=AfmBOopFAOJiBsTFrwY5ScpU-uEj7623F-WdTrhU1ysC5bWnvGAp2XWj>
- <https://www.biotene.com/dry-mouth-products/moisturizing-gel/>
- https://www.elevateoralcare.com/home_use_products/Allday
- <https://gurunanda.com/>
- <https://drjennatural.com/products/hydroxyapatite-mouth-gel>
- <https://www.salivea.com/>



Rx: Pastes & Gels



Rx: 5000ppm Fluoride Gel

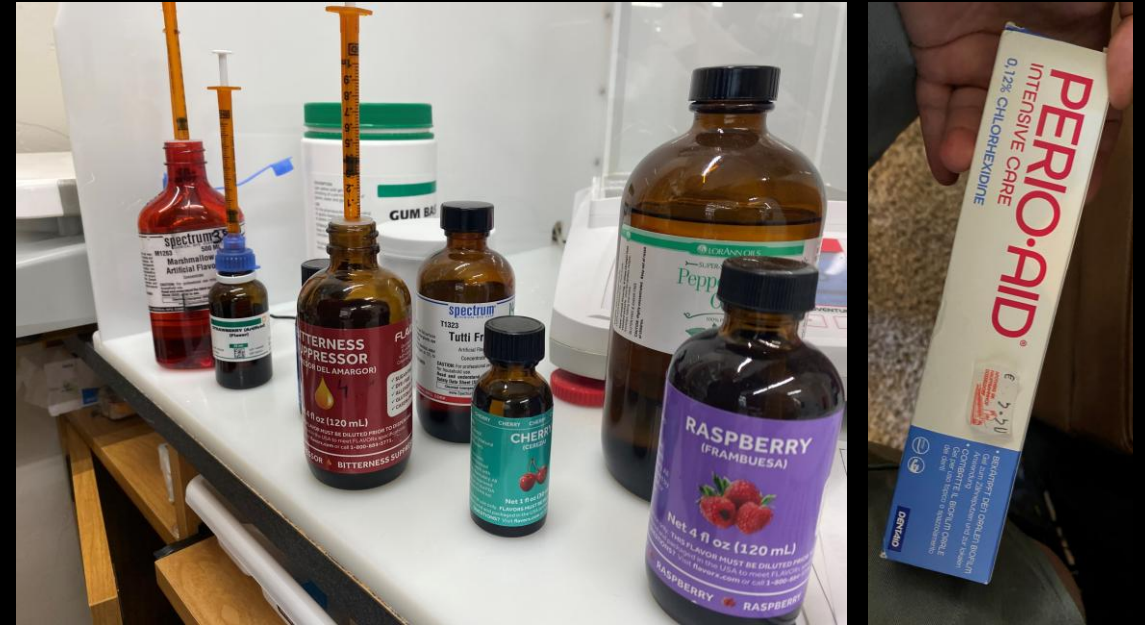
Disp: one tube

Sig: brush, floss and rinse, then apply rice sized amount of gel to teeth and do not rinse.

Rx: 5000ppm Fluoride Paste

Disp: one tube

Sig: floss and rinse, then use this to brush teeth. Spit but do not rinse.



Rx: 0.12% Compound CHX Gel

Disp: (See what options are available at that pharmacy)

Sig: Apply to gums nightly and do not rinse one week per month



OTC ish Pastes

Back to Board

MI Paste = CPP-ACP



MI Paste = Tooth Lotion, MI Paste Plus = Tooth Lotion + Fluoride
Apply and let set 3 min, don't eat for 30 min



MI Paste ONE = Toothpaste
Brush 2 min, don't rinse, don't eat
30 min



- <https://www.gc.dental/america/sites/america.gc.dental/files/products/downloads/mipasteplus/ifu/mi-paste-plus-ifu-us.pdf>
- <https://www.gc.dental/america/sites/america.gc.dental/files/products/downloads/mipasteone/ifu/mi-paste-one-ifu.pdf>
- <https://www.tannerstastypaste.com/cha-cha-chocolate>
- <https://drjennatural.com/products/dr-jen-super-paste-with-nano-hydroxyapatite-fluoride?srsId=AfmBOoq277x75BBzj7FWIjDVVKziXzwYcNvX8SeJph--ujNzukOoW11->



In Office Topical Tx

Back to Board



20 seconds NaOCl Rinse
35-37% phosphoric acid Rinse
Apply 5 minutes



Dry, Apply (10 Seconds) Protect
Q2m- moderate risk
Q1m- high risk

Dry, Apply (1-3 minute ideally) Protect

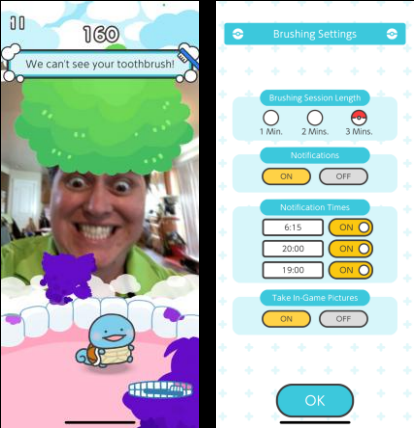


Dry, Apply 1 minute , scoop



Sweet Apps

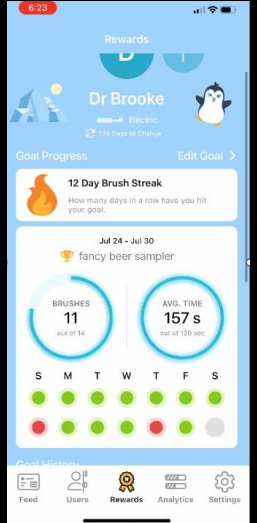
Pokemon Smile



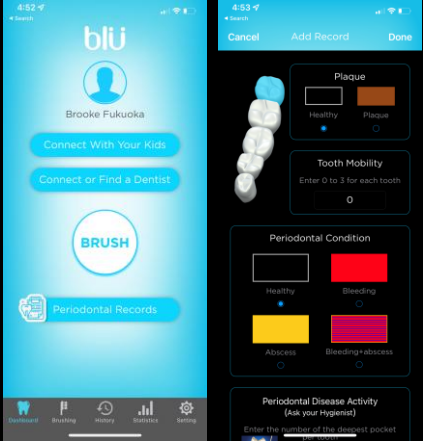
Colgate Magik



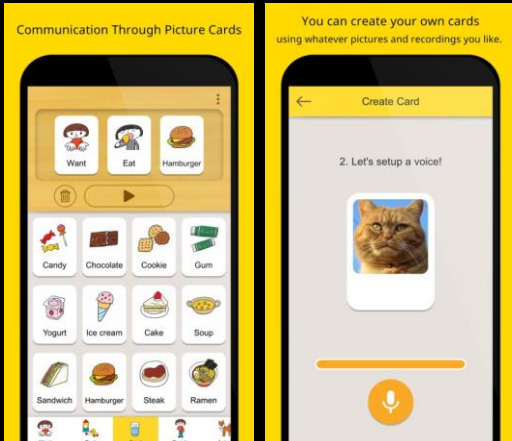
Truthbrush



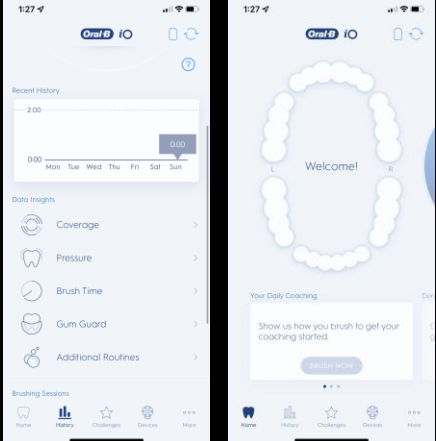
Blu



Card Talk



Oral B iO



<https://scanmehome.com/>



Back to Board



THANKS FOR CHECKING OUT MY TOYS



Websites:

- Your Special Smiles Website: <https://www.yourspecialsmiles.com>
- Family Health Services Website: <https://fhsid.org/locations/jerome/jerome-advanced-delivery-dental-clinic/>



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