



Dear bOHP Subscriber,

We are excited to bring to you the first of many bOHP newsletters! We are working hard to expand the site to include more features to aid you in delivering preventive health care to infants and children. We hope to soon add a “parent portal” that will allow caregivers to review oral health concepts outside the dental office. Furthermore, with development of the pOHP (Prenatal Oral Health Program) underway, we are excited to extend the message of prevention to expecting mothers.

We cannot thank you for taking the journey to the cloud with us. It has been an exciting few months, and we look forward to working with you in the months and years to come.

Best wishes,

bOHP Team

Breastfeeding: An Update

The February, 2013 issue of JADA offered an update on the oral and general health benefits of breastfeeding. Drs. Rennick, Vann, and Dee do an excellent job of discussing the ins and outs of this “hot topic,” and present a sound argument for the inclusion of breastfeeding when appropriate.

Read the full article [here](#)

Fluoride Toothpaste and Caries Risk

A recent meta-analysis from Drs. Santos, Nodanovsky, and Oliviera demonstrated that incorporating tooth-brushing with fluoridated toothpaste among preschool aged children was protective against caries. Notably, low fluoride toothpastes (<600 ppm) were less effective than standard fluoride toothpastes (1000-1500 ppm). To decrease the risk of fluorosis, only a small, grain-of-rice sized application of toothpaste to the toothbrush is recommended.

Read the full article [here](#)



Q &A with a bOHP Provider: E. LaRee Johnson, DDS, MS

How long have you been using bOHP in your office?



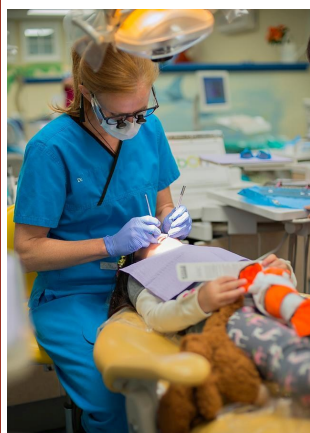
As soon as the bOHP flip chart was released in 2008, I purchased two. Having known Dr. Rocio Quiñonez since 1996, I knew bOHP would be an evidenced based, concise and valuable educational tool for the parents of my patients under 3 years of age. She did not let us down! Before bOHP, I had trained my team to complete an anticipatory guidance worksheet with parents; however, words alone did not seem to produce the positive impact I looked to see in their children's oral health habits. Once we introduced bOHP, parents began to mention "the picture they saw" and how they "covered faucets" or "reduced juice". It was a phenomenal positive change. Ultimately, I purchased a bOHP flip chart for each of the 9 chairs in my office. Also, I have sent them as gifts to my friends that are pediatric dentists and general dentists.

How have parents and caregivers responded to the new electronic bOHP?

Information delivered via an iPad has their attention before we even begin! Frequently, after a team member goes through the program with the parent, they will take the iPad and review the program again while we check older sibling(s), complete charting and schedule recall appoints. Sometimes, parents say "Can I send dad (mom or grandparent) back to show this to them?" It is amazing to see how a change in delivery from the flip chart to the iPad can capture the attention of the current generation of parents.



What is your favorite aspect of the new electronic bOHP?



This is a tough question as we use the entire program routinely; however, I would have to say the caregiver presentation. The feeding practices and snacking images really get through to the parents. I have tried to explain the graph of pH fluctuations for 14 years and now I can just show them. I even use the information on sweet drinks with my teenage patients! They cannot believe how acidic sports drinks and diet sodas are when I just tell them, but when I show them (especially on an electronic device) it seems to make a difference.

Just recently, I hired a new team member that will begin when she finishes dental assisting school. I look forward to seeing how the training section will work on my first employee that did not already have years of experience with the flip chart version. I am confident that this tool will streamline our training process in preparing a new team member to work with young knee to knee patients and their parents.