



Newsletter

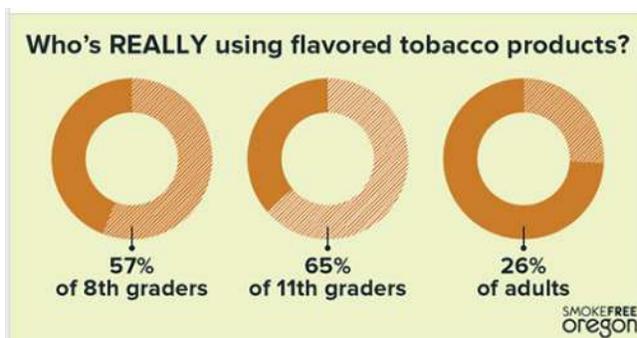
February 25

Tobacco Cessation Counseling should include conversations about vaping

Capitol Dental Care continues to promote the delivery of tobacco cessation counseling to members in the dental setting. Of equal importance is your role in encouraging our members who currently do not use tobacco products to maintain abstinence.

Use of E-cigarettes and Juul devices is increasing over time, especially among adolescents and teenagers. In fact, [one recent study](#) found that between 2017 and 2018, the prevalence of e-cigarette use increased 78% among high school students and 48% among middle school students. Vaping can be very dangerous to oral health. Use of E-cigarettes is associated with xerostomia and causes a decrease in enamel hardness and an increase in bacterial load – which can increase caries risk dramatically. People who vape demonstrate a higher prevalence of periodontal disease and tooth loss. Finally, e-cigarette batteries can explode and cause significant burns and damage to oral soft tissue.

Smokefree Oregon indicates that flavored tobaccos are [marketed largely to underage populations](#). The sweet aromas and fruity flavors appeal to younger users. The packaging is similar to candy and treats, which makes it even more attractive. Because youth who vape flavored products often move on to using combustible tobacco, it is important to stop this habit before it stops.



Source: Oregon Healthy Teens Survey

News from Capitol Dental Care Outreach: Highlight on Teledentistry

Capitol Dental is a pioneer in the use of Teledentistry in Oregon. Teledentistry is the use of information technology and telecommunications for dental care, consultation, education, and public awareness. For the last four years, Capitol has had an EPDH serving three elementary schools in Independence, OR providing assessments, x-rays, intraoral photos, and all hygiene services within the scope of an EPDH. An offsite dentist then reviews the information and establishes a diagnosis and treatment

plan. This project has expanded to several other locations including five “co-locations”, where EPDHs are co-located within primary care settings.

Please welcome Dr. Katie Nichols as Capitol Dental’s Teledentist!

Dr. Katie Nichols joined Capitol Dental Care in 2018, turning the focus of her practice in dentistry to teledentistry and community outreach. She is very interested in population oral health, oral health education, and offering creative solutions to improve access to care. She aims to focus her practice on collaborative healthcare measures, the integration of medical and dental care, and focusing on patient-centered health plans. Dr. Katie also maintains an honorary staff appointment at the Melbourne Dental School in Melbourne, Australia, participating in research in telehealth and population oral health. She was a NCAA Division I ice hockey goalie for the University of Vermont, where she graduated in 2007 with a BS in both civil and environmental engineering. She attended Oregon State University seeking an MS in Physical Oceanography and Ocean Engineering, and continued to work as an engineer prior to matriculation into dental school. She loved the problem-solving of her engineering career but realized she favored relationships more than computer modeling. So, she graduated from Oregon Health & Science University School of Dentistry in 2015, and has worked to engineer public health dental solutions ever since. Dr. Katie believes that taking the time to educate each patient and understand each patient’s barriers to oral health can empower them. She celebrates the patient-practitioner relationship, and is interested in fostering each patient’s overall sense of their own health and wellbeing. On her free time, Dr. Katie enjoys being outdoors in all weather conditions. She paints, plays piano, and is learning French and Farsi.

