The only thing harder than raising a teen-ager is being a dental hygienist who must convince a teen-ager to care about oral health. From human papilloma virus to squamous cell carcinoma to diabetes to life-threatening infections, teens face more challenges related to their oral health than any previous generation. This course will provide hygienists with knowledge of the dangers of teen risk behavior; tools for good communication techniques; and increased sensitivity to the needs and emotions of teens.

Section One

Oral Consequences of Sexual Experimentation

*Human Papillomaviruses (HPV)*

Overview of viruses; most common, most deadly

HPV interaction with HIV; associations with cancers

CDC statistics

Vaccinations available; issues for and against

Reasons for teen experimentation; help available

1-877-HPV-5868 (American Social Health Association)

http://www.hpvinfo.ca/teens/

http://www.cdc.gov/hpv/prevention.html

Oral Consequences of Drug Experimentation

*Methamphetamine*

Ingredients

Escalating cascade of oral disaster

*Heroin*

Direct and indirect oral effects
**Cocaine**

Direct and indirect oral effects

Reasons for teen experimentation; help available

1800-662-HELP (National Institute for Drug Abuse)

http://teens.drugabuse.gov/drug-facts

http://www.livestrong.com/article/113706-drug-teens

**Oral Consequences of Sports and Energy Drinks**

Sports drinks: controversies in science, funding

Electrolytes: What, where, why, true, false

Sodium: What, why, true, false

Official recommendations

Energy drinks

  Caffeine facts

  Fatality findings

  pH, acidity, titration

  Official recommendations

Solutions for white spot lesions

Reasons for teen experimentations; help available


www.betterbeveragefinder.com

www.energyfiend.com
Oral Consequences of Using Tobacco Products

Smoking and chewing

Teen facts and figures

Dissolvable tobacco products

What, where, and how much nicotine
Attractions for teens, adolescents
Arguments for; arguments against
Reasons for teen experimentation; help available
1-800-QUIT-NOW
http://tobaccofreekids.org/
http://www.askadvicerefer.org
http://www.nobutts.org

Oral Consequences of Obesity

CDC facts and figures
Caries and obesity – correlation or coexistence?
Potential cause and effect relationship under review
Reasons for teen experimentation; help available
1-847-831-3438 (National Association of Anorexia Nervosa & Associated Disorders)
http://www.mayoclinic.com/health/childhood-obesity
http://family.go.com/parenting/fitness-tips-for-kids-pg/view-all/
Oral Consequences of Piercings and Splittings

**Perioral piercings**

Barbell, labrette history, popularity

1.6-10 mm; metal, plastic, clear

Holes close within hours, or after years

Accomplished with needle, cannula; back to front at an angle, anterior to lingual frenulum; called venom bites, angel bites

Oral and health issues

**Tongue splitting**

Legal, ethical issues

Procedures: laser, scalpel, tie-off

Oral and health issues

Reasons for teen experimentation; help available

http://www.ada.org/1891.aspx

**Section Two**

Effective communication techniques for teens

According to Maslow, Deci, and Ryan

Applying theories to teens: What do teens want? How can they get it?

Listen, respect, guide

Helpful resources

http://www.toniadams.com/toniadams.com/Brief_Book_Series.html

http://www.parenting.org/article/respect-0

http://disabilityisnatural.com

http://www.familylife.com
REFERENCE LIST

Centers for Disease Control http://www.cdc.gov/vaccines/who/teens/vaccines/hpv.html, accessed 12-14-12


CDC. http://www.cdc.gov/vaccines/who/teens/vaccines/hpv.html, accessed 12-14-12


CDC. http://www.cdc.gov/vaccines/who/teens/vaccines/hpv.html, accessed 12-14-12


Meth Awareness and Prevention Project of South Dakota http://www.mappsd.org/Meth%20Common%20Ingredients.htm, accessed 12-1-12


MAPPSSD. http://www.mappsd.org/Meth%20Mouth.htm, accessed 12-1-12

National Survey on Drug Use and Health http://www.samhsa.gov/data/NSDUH/2k10NSDUH/2k10Results.htm#2.2, accessed 12-14-12


Davanti R, Walker J Qian F, Wefel JS. Measurement of Viscosity, pH, and Titratable Acidity of Sport Drinks. University of Iowa, Iowa City, USA, 2 University of Iowa, College of Dentistry, Iowa City, USA


http://www.energyfiend.com

http://wiki.answers.com/Q/What_is_the_PH_level_of_Monster_energy_drink#slideshow_catimages=callout_0.0

Szalma RDH MS, Yoon, RDH BA. Enhance Remineralization. Dimensions of Dental Hygiene, May 2013, 42-46


Campaign for Tobacco-Free Kids (CTFK)


USFDA


American Academy of Periodontology
http://www.aapd.org/media/Policies_Guidelines/P_Pierce.pdf, accessed 12-14-12

Body Modification Encyclopedia www.bmezine.com, accessed 12-14-12