

Rotary Club of Cashiers Valley

Service above Self



Blue Ridge Mountains Health Project

Free Dental Clinic
Cashiers, NC

Caring for our Neighbors



A

Cooperative Project



First, a few words about the Free Dental Clinic...



Our Beginning...





Through grants and donations, the Clinic has been outfitted with state of the art dental equipment.

2009 Annual Budget - \$169,000

The Rotary Club of Cashiers Valley has been a supporter of the clinic since its inception.



The Staff



**Drs. Mel Livernois and
Tom Smith**



**Dr. Michelle
McDonald**

Together they serve our patients three days a week.

We also have a licensed hygienist and trained dental assistants.

In Addition...



Dr. Chris Dyer with
Dental Assistant
Kathy Sounia
Highlands, NC



Dr. David Silverstein,
Franklin, NC
with Dental Assistant
Melodie Hall.

What the Clinic is Accomplishing

In 2008:

- **1,058 Patient Visits**
- **4,472 Procedures, including:**
 - 649 surgical extractions**
 - 1,620 fillings**
 - 42 root canals**
- **Mouth cancer screening of all patients**
- **Market value of \$605,000**

But those are just statistics...

Dear Dr. McDonald,

Thank You For fixing my teeth
Love —

DR. Mc. Donald,
I am glad you
helped me. Thank you.

Love —

Dear Dr. McDonald
Thank you for spending
time helping us
Love —

Thank you for all
you have done for us.
Love —

Dear Dr. M.
My teeth feel
good now.

Thank you.
LOVE —



In 2008, The Rotary Club of Cashiers Valley and the Free Dental Clinic conceived of an idea to address the serious problem of dental decay in the Blue Ridge Mountains...

...and the Children's Dental Health Project was born.

This cooperative effort is proving successful.

Facts We Considered:

- Tooth decay is one of the most prevalent diseases of childhood.
- Kids who are never exposed to dental care often end up in emergency rooms before their problems are addressed.
- Unchecked dental disease compromises children's growth, development, and function.
- In many parts of Appalachia, tooth decay is regarded as a rite of childhood that too often leads to a lifetime of poor oral health and pain.
- Approximately 25% of all children entering kindergarten each year in North Carolina have untreated dental decay.

**The program consists of
three parts:**

Weekly Fluoride Rinse

Annual Dental Screenings

Dental Awareness Days

Part 1: Weekly Fluoride Rinse

According to the Centers for Disease Control, studies have been conducted to determine the effectiveness of fluoride rinses in preventing tooth decay in schoolchildren. “In one review, the average (tooth decay) reduction in non-fluoridated communities attributable to fluoride mouthrinse was 31%.”

Fluoride bonds with tooth enamel to strengthen it against the corrosive effects of bacteria and the resulting decay.

How it works:



1. Each participant receives one cup and one napkin. Remove the lid from the cup.



2. Empty the contents of the cup into the mouth and swish thoroughly for one minute.



3. Hold the cup against the mouth and slowly spit the solution back into the cup.



4. Wipe the mouth with the napkin and place it into the cup to absorb the solution.

All cups are discarded into the plastic bag provided.

It's as simple as that!



Blue Ridge School
Nurse Carol
Buchanan:

“This is such a gift to
the community.”

Part 2: Dental Screenings





The results of the first dental screenings:

Total screened: 297

Number of students with cavities: 134 (45%)

Number of students with no cavities: 162 (55%)

Amount of plaque on teeth:

None: 17 (5%)

Light: 179 (60%)

Moderate: 82 (28%)

Heavy: 19 (6%)

34% of students were advised to seek dental care soon, due to cavities, infections or gum problems.

6% were told to seek immediate help, due to severe cavities or infections.

Part 3: Dental Awareness Days



Dr. Michelle and the “Tooth Fairy” visit area schools to teach children oral hygiene.



In the
Cashiers
Rotary
Club, this is
what
happens to
new
members
who don't
volunteer!



Brushing “Elephants’ Teeth”



“Goody Bags” containing oral healthcare supplies are distributed.

Rotary provides the majority of the funding and volunteer support; the Dental Clinic provides the expertise.

As a result of program publicity, funds have been donated by the community designated for the Children's Dental Health Program

Annual Budget: \$2,000 per-year



The program is so successful that it was one of four in District 7670 to receive Rotary International's "Best Cooperative Project" Award with a non-Rotary organization.

Rotary Clubs Working Together



Recently, the Rotary Club of Highlands and the Rotary Club of Cashiers Valley jointly sponsored a zany night of "Tooth Fairy Bingo" to raise over \$1,600 for children's dental health care through the clinic and the Children's Dental Health Project.



Children's Dental Health Program Summary

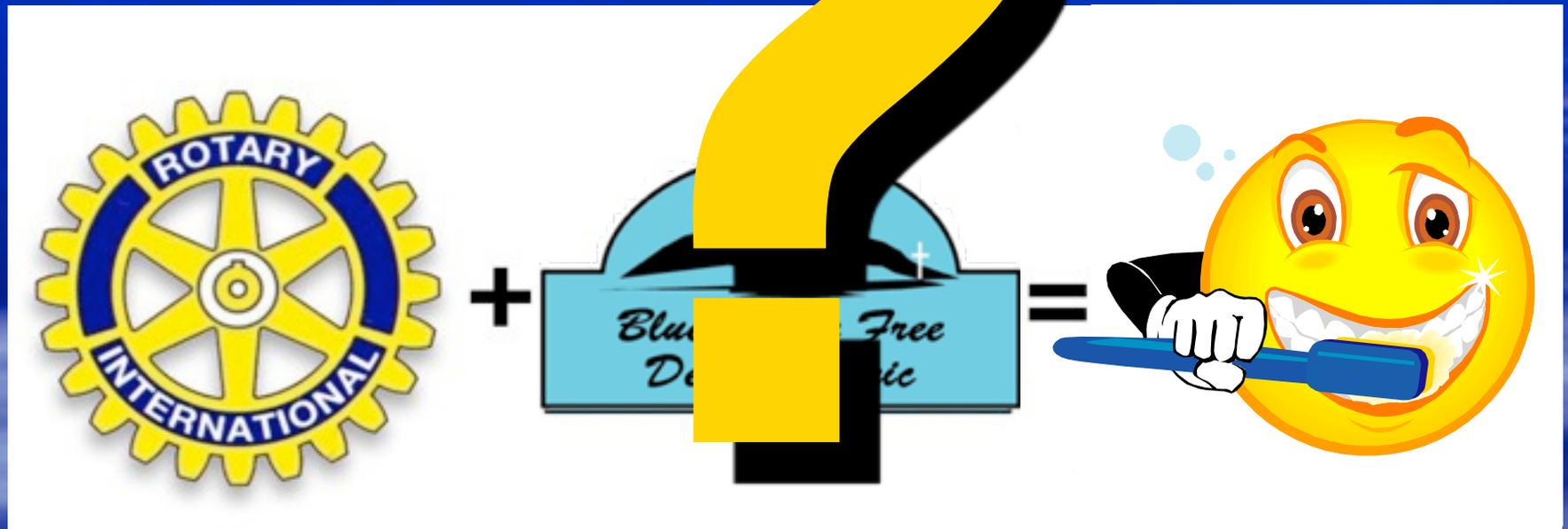
- **Easy to institute and administer**
- **Easy to replicate in other Rotary Clubs**
- **Affordable thru Rotary and donations**
- **High outreach and public support**

Conclusion:

Children with moderate to severe dental decay can be prevented from slipping through the cracks with intervention from the cooperative

Children's Dental Health
Project.

Children's Dental Health Program for Area School Children



A cooperative effort.