

School of Dentistry

Environmental Health & Safety Newsletter

Volume 1, Issue 10

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ENVIRONMENTAL

For your everyday life...

CARE Program

- The Community Action for a Renewed Environment (CARE) program is a competitive grant program that offers communities an innovative way to address the risks from multiple sources of toxic pollution in their environment.
- Through CARE various local organizations, including non-profits, businesses, schools and governments create partnerships that implement local solutions to reduce releases of toxic pollutants and minimize people's exposure to them
- CARE educates and supports communities by helping them evaluate the pollution risks they face. We provide access to EPA's and other voluntary

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HEALTH

What's new in Dentistry?

Diet and Oral Health

Your body is like a complex machine. The foods you choose as fuel and how often you "fill up" affect your general health and that of your teeth and gums. Many dentists are concerned that their patients are consuming record numbers of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snacks that affect their teeth. These items generally have little if any nutritional value and over time they can take a toll on teeth.

Eating patterns and food choices among children and teens are important factors that affect how quickly youngsters may develop tooth decay. When bacteria (plaque) come into contact with sugar in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay.

Not sure you're getting the nutrients, vitamins and minerals needed by your body (and your teeth and gums)? Check out the [U.S. Department of Agriculture's Web site](#). The USDA oversees the nutritional health of the nation. The agency's dietary recommendations are designed to promote optimal health and to prevent obesity-related diseases including cardiovascular disease, Type 2 diabetes and cancers.

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The government's recommendations recognize that people have different dietary needs at various stages of life. They offer guidance for children and adults based on their levels of physical activity. Your physician or a registered dietician can also provide suggestions for your daily food intake.

Foods that contain sugars of any kind can contribute to tooth decay. Almost all foods, including milk or vegetables, have some type of sugar. However, they shouldn't be removed from our diets because many of them contain important nutrients. And they add pleasure to eating. To help control the amount of sugar you consume, read food labels and choose foods and beverages that are low in added sugars. Added sugars often are present in soft drinks, candy, cookies and pastries.

If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. This may contribute to periodontal (gum) disease, a major cause of tooth loss in adults. Although poor nutrition does not cause periodontal disease directly, many researchers believe that the disease progresses faster and could be more severe in people with nutrient-poor diets.

What can you do?

- Maintain a healthy diet
- Make sure water is readily available
- Limit the number of between-meal snacks. When you must snack, choose nutritious foods that are low in sugar
- Brush thoroughly twice a day with a fluoride toothpaste that has the American Dental Association's Seal of Acceptance
- Keep a food diary for a week. Record every item you eat and drink, including hard candies or chewing gum that contains sugar. Compare the diary to the food pyramid recommendations

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SAFETY

What's going on in SOD...?

Ergonomics: Laboratory, Office and Clinic

Ergonomics is the science of fitting jobs to people. It focuses on designing workstations, tools and work tasks for safety, efficiency and comfort. Effective ergonomic design reduces discomfort and injuries and increases job satisfaction and productivity.

Injuries affecting muscles, tendons, ligaments, joints, nerves and discs can be reduced or eliminated with ergonomics. These injuries are frequently called [MusculoSkeletal Disorders](#) (MSD's), [Repetitive Strain Injuries](#) (RSI's) and Cumulative Trauma Disorders (CTD's).

What are the common ergonomic risk factors?

- **Awkward body postures:** maintaining an awkward, unsupported or fixed posture such as bending, reaching or twisting for prolonged periods.
- **Excessive repetition:** doing the same motions over and over again.
- **Excessive force:** physical exertion or pressure on any part of the body while lifting, pushing, pulling or gripping a tool.
- **Contact stress:** pressure by tools, edges or hard surfaces on soft tissues of the body. The palms and elbows are often at high risk.
- **Vibration:** using vibrating or impact tools and equipment.

Some risk factors have nothing to do with work and can include medical conditions such as rheumatoid arthritis, diabetes, and hormonal imbalances, as well as hobbies involving repetitive motions or awkward postures.

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Any issues on your mind?

Send me an email:

**Lauren Gambon- EH&S
Specialist for SOD**

lgambon@dentistry.ucla.edu



- Schedule regular dental visits for checkups and cleanings
- Floss or use another kind of interdental cleaner daily to remove plaque (a thin film of bacteria) from under the gums and between teeth

How does the food you eat cause tooth decay?

When you eat, food passes through your mouth. Here it meets the germs, or bacteria, that live in your mouth. You may have heard your dentist talk about plaque. Plaque is a sticky film of bacteria.

These bacteria love sugars found in many foods. When you don't clean your teeth after eating, plaque bacteria use the sugar to produce acids that can destroy the hard surface of the tooth, called enamel. After a while, tooth decay occurs. The more often you eat and the longer foods are in your mouth, the more damage occurs.

How do I choose foods wisely?

Some foods that you would least expect contain sugars. Some examples are fruits, milk, bread, cereals and even vegetables.

The key to choosing foods wisely is not to avoid these foods, but to think before you eat. Not only what you eat but when you eat makes a big difference in your dental health. Eat a balanced diet and limit between-meal snacks. If you are on a special diet, keep your physician's advice in mind when choosing foods. For good dental health, keep these tips in mind when choosing your meals and snacks.

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What are common symptoms of musculo-skeletal disorders MSD?

Symptoms frequently include:

- **Pain**
- **Numbness and tingling**
- **Stiffness or cramping**
- **Inability to hold objects or loss of strength**

Symptoms that go away overnight are usually a sign of fatigue. Symptoms that don't go away may indicate a more serious problem. Employees who have such symptoms should seek medical advice early. MSD's are easier to treat in the early stages. Ignoring them can result in serious injury.

For more Office and Laboratory Ergonomic Tips: check out UCLA's ergonomic website: <http://ergonomics.ucla.edu/>

Dental Ergonomic Tips:

Facts about Dental Injuries:

- More than 70 percent of dental students reported neck, shoulder and lower back pain by their third year of dental school.(JADA)
- Everyday habits can add to the stress on your body and well-being.
- Repetitive strain injuries are on the rise in dentistry

Reasons for early retirement among dental professionals

- Musculoskeletal Disorders- 29.5%
- Cardiovascular Disease- 21.2%
- Neurotic Symptoms- 16.5%
- Tumors- 7.6%
- Diseases of the Nervous System- 6.1%

Neutral Position

- The resting position of each joint-the position in which there is the least tension or pressure on nerves, tendons, muscles and bones.
- It is also the position in which muscles are at their resting length-neither contracted nor stretched.

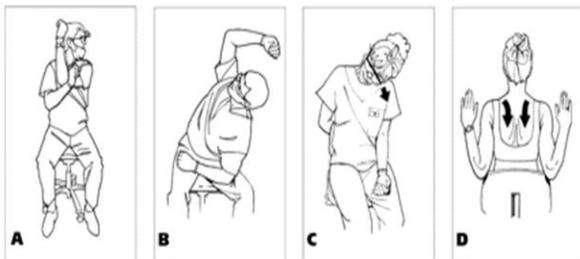
Prevention & Helpful Tips

- Stand up every 15-20 minutes to move around and stretch
- Practice good posture
- Build up your core muscles; stomach, back, hips and pelvis
- Exercise

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Ergonomics and You

Risk factors for MSDs affect everyone differently. Two dental students may be exposed to the same risks, at the same degree of intensity, and one will develop an MSD and the other will not. We don't fully understand all of the reasons why this is true. We do know that many MSDs are cumulative, building up over years or decades. A poor ergonomic choice may not impact you today or even a few years down the road. But over a lifetime, that poor ergonomic choice could result in pain or injury, impacting your productivity and earning potential.



Exercise bands for check out:

Students: Dr. Goldstein's office

Do your shoulders hurt after a long procedure? Does your neck ache after you have been studying for a while? Ergonomics and stretching are vital elements to ensuring your health and safety. There are now exercise tubes available for check out in Dr. Goldstein's office (by Vincent's desk). You will have to review the booklet, sign out the tubes, use the door sign if you are using the door fit-lastic assist strap, leave your student ID, and use only in SOD and in an area with no patients present. Ideally, in the SOD student lounge or study room. There are three different colors associated with a different resistant (look at the tags on the bags). If you do not return the bags with all of the contents you checked out then your account will be charged with the replacement fee. So, we can ensure exercise tubes available to all students. The more you use them the more times your name will be put into a quarterly drawing for a Fitwell prize.

Staff/Faculty: Andrea Parada's desk (Dean's Suite)

Does your neck ache after you have been typing for a while? Ergonomics and stretching are vital elements to ensuring your health and safety. There are now exercise tubes available for check out at Andrea Parada's desk. You will have to review the booklet, sign out the tubes, use the door sign if you are using the door fit-lastic assist strap, leave your student ID, and use only in SOD and in an area with no patients present. Ideally, for use in your office. There are three different colors associated with a different resistant (look at the tags on the bags). If you do not return the bags with all of the contents you checked out then your account will be charged with the replacement fee. So, we can ensure exercise tubes available to all students. The more you use them the more times your name will be put into a quarterly drawing for a Fitwell prize.

programs to address local environmental priorities and improve the environment through local action

- CARE has provided financial assistance by funding cooperative agreements with communities annually since 2005

Goals of the CARE Program

- Reduce exposures to toxic pollutants through collaborative action at the local level.
- Help communities understand all potential sources of exposure to toxic pollutants.
- Work with communities to set priorities for risk-reduction activities.
- Create self-sustaining, community-based partnerships that will continue to improve the local environment.

Why a Community Should Consider CARE?

- If your community wants to reduce levels of toxic pollution, the CARE program can help! CARE assists communities by providing information about the pollution risks they face and the funding to address these risks.
- CARE promotes local consensus-based solutions that address risk comprehensively.
- Through CARE, EPA also provides technical assistance and resources, thereby helping communities to identify and access ways to reduce toxic exposures, especially through a broad range of voluntary programs.
- As communities create local stakeholder groups that successfully reduce risks, CARE helps them build the capacity to understand and address toxics in their environment.

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E.Y.E.H.S.



Engaging in Your Environmental Health & Safety

Since, SOD's faculty, staff, students, residents and preceptors are working with EH&S issues everyday it will be helpful to use your "eyes" to make SOD safer, healthier and more environmentally friendly. Do you have any suggestions, comments or ideas in how to help in SOD's environment, health & safety? Please, submit your ideas to SOD's EH&S specialist; Lauren Gambon lgambon@dentistry.ucla.edu. You will get recognition for your thoughts and ideas. Submit the attached document.

Events in SOD and UCLA:

Family Public Square Expert Series Talks

Wednesday, January 4, 2012

7:00 pm - 8:30 pm, Off Campus - Location

"Helping Girls Have a Healthy Relationship with Food & Exercise"

Admission

\$20 per person. Register [online](#); pre-registration not necessary.

Contact

Center for Community Health

(310) 794-8278

rotheram@mednet.ucla.edu

December 11th- International Mountain Day

<http://www.fao.org/mnts/en/>

What are tips for better dental health?

1. To get a balanced diet, eat a variety of foods. Choose foods from each of the five major food groups:
 - breads, cereals and other grain products
 - fruits
 - vegetables
 - meat, poultry and fish
 - milk, cheese and yogurt
2. Limit the number of snacks that you eat. Each time you eat food that contains sugars, the teeth are attacked by acids for 20 minutes or more.
3. If you do snack, choose nutritious foods, such as cheese, raw vegetables, plain yogurt, or a piece of fruit.
4. Foods that are eaten as part of a meal cause less harm. More saliva is released during a meal, which helps wash foods from the mouth and helps lessen the effects of acids.
5. Brush twice a day with fluoride toothpaste that has the American Dental Association Seal of Acceptance.
6. Clean between your teeth daily with floss or interdental cleaners.
7. Visit your dentist regularly. Your dentist can help prevent problems from occurring and catch those that do occur while they are easy to treat.

Additional Resources

- [The American Dietetic Association](#)
- [U.S. Department of Agriculture's Dietary Guidelines for Americans](#)

For more information:

<http://www.ada.org/2984.aspx?currentTab=1>

How the CARE Program Works

CARE offers two different types of Cooperative Agreements: Level 1 and Level 2. These can be thought of as grants and, respectively, amount to approximately \$90,000 and \$275,000.

Level 1 Cooperative Agreements help communities:

1. **Join together** to form a broad-based partnership dedicated to reducing toxic pollutants and environmental risks in their local environment. Partners could be non-profit groups, community organizations, businesses, schools, and state, Tribal and local government agencies, EPA, and others Federal Agencies.
2. **Identify problems and solutions.** Working together, this stakeholder group assesses toxics problems in their community and considers options for reducing environmental risks. Many of the emission and exposure reductions will result from the application of EPA partnership programs. EPA technical assistance is available to support this process.

Level 2 Cooperative Agreements are for communities that already have established broad-based collaborative partnerships and have completed environmental assessments. (The successful completion of a Level 1 Cooperative Agreement is not required.)

Level 2 Cooperative Agreements help communities:

3. **Implement solutions and reduce risks.** The partnership identifies the combination of programs that best meet the community's needs. EPA funding helps to implement these projects. The community begins improving its environment.

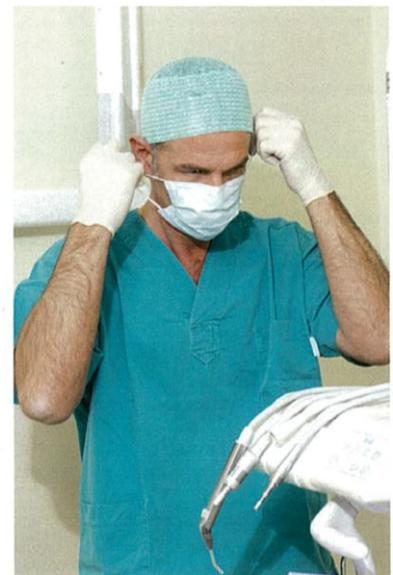
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4. **Become self-sustaining.** The community develops local solutions and ways to continue their environmental work long-term (e.g. increased partnerships and sustainable practices). CARE funds pay to implement the local actions and solutions that are identified. These solutions will reduce risks within their community. The result: communities will build self-sustaining, community-based partnerships that will continue to improve human health and local environments into the future.

<http://www.epa.gov/care/basic.htm>

What's Wrong With This Picture?

Can you identify any breach in infection prevention and safety procedures in this photo? Check your answers below.



Answers:
 Assuming this image shows pre-treatment donning of personal protective equipment
 (1) The dental mask and protective eyewear should be placed prior to gloving.
 (2) An overgown is also recommended to prevent exposure of forearms to contamination.

From OSAP newsletter