



# SOHC Inc. Newsletter Fall 2023

## SOHC DIRECTOR'S MESSAGE



This is the second newsletter that includes a Director update. We would appreciate your feedback on this update. Please let us know by responding to the newsletter email!

On September 6, 2023 the Directors met. The following occurred:

- Oct 23rd agenda was finalized.
- Updates were provided on the testimonials from individuals and families who have been supported to have dental treatment completed and the effect on their lives.
- A decision was made to adopt the Elean credit card/banking system. This will allow for members of the public to donate easily. Donations will go towards covering the cost of dental treatment for people in need, or those who have complex life issues, with no dental insurance or ability to pay for treatment. It also helps provide basic oral health care supplies to those who cannot afford to purchase them.
- Kellie Watson resigned as the chairperson and Leslie Topola was nominated and accepted the role as chairperson.

*continued on page 2...*

**[Consider donating to SOHC Inc.](#)**  
*Your donation will go towards covering the cost of dental treatment for people in need, or those who have complex life issues, with no dental insurance or ability to pay for treatment. It also helps provide basic oral health care supplies to those who cannot afford to purchase them.*

Visit our website for Resources, Articles, Videos and much more:  
[www.saskohc.ca](http://www.saskohc.ca)

Would you and/or your organization like to submit an article for the SOHC Inc. Newsletter?  
Contact us for more information:  
[sohcadmin@saskohc.ca](mailto:sohcadmin@saskohc.ca)

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## SOHC DIRECTOR'S MESSAGE *continued...*

- There was discussion on a 2024 conference (1.5-2 days), in late spring, focused on issues that face vulnerable populations that is inclusive of members and stakeholders. If members have thoughts on this aspect, we want to hear your ideas. There is a need to have broader based education opportunities that focus on equity, truth and reconciliation, access to care, and overall health/holistic care as it relates to oral health.

We are excited about hosting the second, in-person professional development event since Covid! Please register to come join us on Monday, October 23rd at The Barn at Wind's Edge, in Saskatoon. Our keynote speakers, Judy Da Silva and Lauri-Ann Marshall will share their journey on the development of a Mercury Care Home on the Grassy Narrows First Nation, which is along the English-Wabiggon river. [This story](#) has a Saskatchewan connection- so come and learn about this story of resiliency and hope.

The testimonials from many individuals who have required support to receive life changing dental treatments are complete. These will be launched on October 23rd!

Come and hear these heart wrenching stories and how the life changing impact dental treatment has had on these individuals! Thomega Entertainment is the producer of these vignettes, which will be available on the SOHC Inc. website. We are hopeful that the individuals and their families may be able to join us for the launch.

We encourage members and stakeholders to bring information to share. There will be a sharing table where you can provide this information. If you need a few minutes to provide an update please let Lena Ens, the SOHC Admin Coordinator, know.

Dr. Keith Da Silva, Dr. Sheri McKinstry, Dr. Gerry Uswak, and the Northern Oral Health Working Group will also be providing presentations on October 23rd! See the outline in the newsletter!!

Please join us for an exciting day of education and networking!! We look forward to seeing all of you!!

Working Together to Improve Oral Health,  
Leslie Topola  
Director, SOHC Inc.

## National Indigenous Oral Health Day, October 15\*



[Indigenous Dental Association of Canada \(IDAC\)](#) is working to officially have October 15th declared the National Indigenous Oral Health Day, we will be celebrating this day informally for the first time on October 15th, 2023.

Please help us recognize this day, and please [check back here](#) as we prepare for this very important day. IDAC would like to thank Mr. Kevin Peeace for providing us with this creation to celebrate the first National Indigenous Oral Health Day on October 15th.

\*shared from the IDAC website

# SOHC PROFESSIONAL DEVELOPMENT DAY

## Monday, October 23, 2023

### **The Arduous Journey for Grassy Narrows Mercury Sufferers**

#### **Keynote Speakers:**

Judy Da Silva – Elder, Grassy Narrows Environmental Health Coordinator

Lauri-Ann Marshall – RN, Executive Director – Grassy Narrows Mercury Care Home

*In the 1960's the community of Grassy Narrows experienced one of the worst environmental disasters in Canadian history. Now sixty years later, the latest science has supported what community members have always known about the impact of the poisoning on their health and well-being. The creation of the Grassy Narrows Mercury Care Home has been a long, hard-fought battle, and a true testament to the resilience and resolve of this extraordinary community.*

#### **Federal Dental Plan:**

Dr. Keith Da Silva- DDS, MSc, FRCDC ; Immediate Past-President, Canadian Association of Public Health Dentistry

*This presentation will feature an update on activities related to the Federal Dental Plan. As part of this session, we will: a) review the utilization of the interim Canada Dental Benefit that was launched this year; b) discuss any new development/details as it relates a more comprehensive program; and c) outline remaining challenges as it relates to accessing oral health care.*

#### **Testimonials:**

*One of the SOHC Inc. goals is to provide funding, in a simplistic manner, for people who have challenges and barriers accessing dental care. Over the years, there are hundreds of people who have used dental public health funding to access dental care, and community supports required, for them to receive the care they needed for optimal health. We have gathered their stories in video testimonials about their journey through a complex system.*

#### **Indigenous Dental Association of Canada (IDAC):**

Dr. Sheri McKinstry – BSc, Bsc (Dent), DMD, MPH, M.Dent/Dip. Pediatric Dentistry, FRCD(C); Co-Founder, IDAC

*IDAC is committed to providing an inclusive, positive and respectful community for Indigenous oral health professionals, students and community members. Dr. McKinstry will provide an update on IDAC's progress.*

#### **Dental Therapist Training Update:**

Dr. Gerry Uswak – DMD, MPH, DDPH; Associate Professor, Director of Dental Therapy Program

*An update on the Bachelor of Science in Dental Therapy [BSc(DT)] program that is offered by the USask College of Dentistry in partnership with the Northern Inter-Tribal Health Authority (NITHA), Saskatchewan Polytechnic, and Northlands College.*

#### **Northern Oral Health Working Group (NOHWG):**

Melanie Martell – Senior Dental Therapist, Willow Cree Health Services; Chairperson, NOHWG

*This presentation will be on the early days of the working group, mission statement, our purpose, what we do, continuing education, networking and membership.*

#### **Member/Stakeholder Updates:**

*Organizational reports and updates*

# Grassy Narrows



***“It’s been a devastation of a whole way of life, a whole culture that we need to rebuild.” –  
Judy Da Silva, Elder and Environmental Health Coordinator for Grassy Narrows***

Grassy Narrows is a remote Northwestern Ontario reserve with approximately 1000 residents. Its water supply has been contaminated by mercury for over 50 years. Due to inadequate treatment of surface water and uranium-contaminated well water, there are currently four boil water advisories at Grassy Narrows. The contamination has already had a long-term public health impact on-reserve.

Lauri-Ann Marshall – Executive Director of Grassy Narrows Mercury Care Home has shared the following links to help us better understand their story.

**1. CBC The National April, 2010 by Peter Wall (11:29)**

<https://youtu.be/MzKza4IP-uo>

**2. PSAC interview video series, 2016**

The late Chief Simon Fobister (13:09)

<https://youtu.be/PjymBS6KSPY>

The late Steve Fobister Sr. (10:58)

<https://youtu.be/u03FwaCyvW4>

Judy Da Silva (11:04)

<https://youtu.be/X8XTY8Qny-s>

**3. The Amnesty International: The youth rising up against Canada's mercury crisis, Nov. 2019 (4:31)**

<https://youtu.be/JgasHxOpJxM>

**4. Home to Me youth music video (5:13)**

<https://youtu.be/EgaYz8YWsO8>

**5. Scars of Mercury by Tadashi Orui and Sou Media. (1:30:02)**

<https://www.cultureunplugged.com/documentary/watch-online/play/6412/The-Scars-Of-Mercury>



# Canadian Dental Care Plan

As a dentist, I'm tired of seeing people who have tried to extract their own teeth because they were unable to afford dental care. In Canada, one in three lack dental insurance and over one in five avoid the dentist each year due to financial constraints. In the last few decades, access to dental care has been worsening in Canada as the cost of care rises faster than inflation and fewer employers are providing benefits like dental insurance.

While Canada's rate of public dental spending as a share of total dental spending ranks second last amongst OECD countries (6%), this minority parliament could rapidly increase public dental spending and bring Canada's public dental spending rate to around the average of OECD countries (30%). This is due to the NDP securing a stepwise implementation of their dental plan from the Liberals as one of their demands in exchange for support in votes of confidence up and until the next scheduled election in 2025.

Known as the Canadian Dental Care Plan (CDCP), the program seeks to provide dental insurance to those without private coverage and has a family income below \$90,000 per year, with no copayments below \$70,000 per year. With \$13 billion set aside for the CDCP over 5 years and \$4.4 billion on an ongoing basis, the CDCP is expected to help around 9 million people. Before the end of the new year, the CDCP is planned to be expanded to those below 18, seniors and people living with a disability. The remaining people eligible for the program should gain access to the program before the next election in 2025. The people relying on the meager existing public dental programs will also be eligible for the CDCP, which will provide these people with more comprehensive dental coverage.

While the news of the CDCP is exciting, we still need to keep up the momentum to make sure it becomes a reality. Further, the CDCP will still leave millions of Canadians without dental insurance or with co-payments, whether through public or private insurance, that prohibit them from accessing dental care. Further, having dental insurance does not mean one has access to a dental provider willing to do comprehensive care.

If the CDCP comes to fruition, it would be the largest investment in dental care in Canadian history. Let's build off of this momentum around public dental care and finish Tommy Douglas's dream of ensuring every Canadian has access to timely and comprehensive dental care.



Brandon Doucet- Dentist,  
Founder of the [Coalition for Dentalcare](#) and  
Author of [About Canada: Dental Care](#)

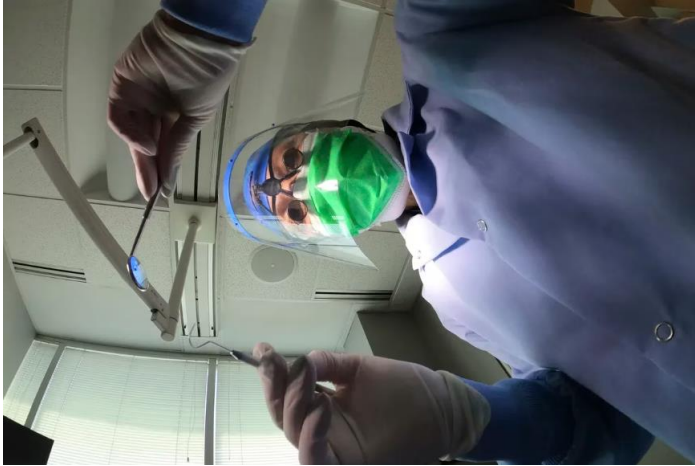


**Check out this webinar with:**

[Coalition for Dentalcare](#), the  
[Canadian Health Coalition](#), and  
Don Davies from the federal NDP

[Dental Care With Teeth, An Update on the  
Canadian Dental Care Plan \(YouTube\)](#)

## Dental costs soaring across Canada as fee guides get updated



Kelsey Rolfe  
Special to [The Globe and Mail](#)  
Published August 15, 2023  
Updated August 17, 2023



Provincial dental associations say a combination of high inflation, staffing costs and other rising dental practice expenses are driving a rise in dental fees this year.

Many Canadians will pay much more at the dentist this year as provincial and territorial dental associations update their fee guides with significant – and in some cases record-high – average increases.

Three provincial associations reached by The Globe and Mail said a combination of decades-high inflation, higher staffing costs and other rising dental practice expenses such as rent, equipment, and infection control and prevention are driving average annual fee increases of 5 per cent to almost 10 per cent.

Quebec's dental association, the Association des chirurgiens dentistes du Québec (ACDQ), posted the highest average cost increase: 9.8 per cent. Associations in Ontario and Newfoundland and Labrador had average increases of 8.5 per cent, and the New Brunswick Dental Society's fee guide increase was 7.57 per cent. The rest of the provinces had 5 to 6 per cent average increases, while territorial associations had no changes.

In comparison, fee guide increases were relatively modest from 2017 to 2021, ranging between 1 and 5 per cent per year. But last year increases jumped, ranging from 3.9 per cent in Alberta to 7.35 per cent in British Columbia.

Currently, a standard dental checkup in Canada costs between \$150 and \$300, depending on whether it involves getting X-rays and how much time is needed for cleaning. Fillings cost from \$150 to \$450 each.

Dental fee guides are reference documents put out annually by provincial and territorial associations, with suggested increases for all services and procedures, from a routine cleaning to fillings, tooth extractions, root canals and major dental surgery.

Read the full article [here](#)

# World Cavity-Free Future Day 2023 – October 14th



World Cavity-Free Future Day

 **World Cavity-Free Future Day**

 **WARNING SIGNS**  
If you experience any of the following symptoms, make sure to book an appointment with your oral care team.

-  **Tooth Sensitivity**  
mild to sharp pain when eating or drinking something sweet, hot or cold, or when you bite down.
-  **White spots**  
caused by demineralization of the enamel which can cause white spots.
-  **Toothache**  
spontaneous pain or pain that occurs without any apparent cause.
-  **Discolouration**  
decaying enamel can cause dark spots to appear.
-  **Visible holes or pits in your teeth**  
may be visible in mirror or felt with tongue.

**JOIN US IN MAKING THE WORLD CAVITY-FREE!**  
#WCFDay

 World Cavity-Free Future Day is an initiative of the Alliance for a Cavity-Free Future  
[www.acffglobal.org](http://www.acffglobal.org)

Brushing your teeth with fluoride toothpaste is proven to be one of the most effective way to prevent cavities and tooth decay and recently the World Health Organization (WHO) recognized fluoride toothpaste as an essential medicine. Despite this, some children and adults do not or cannot brush their teeth regularly.

For WCFDay 2023 we want to highlight how important toothbrushing is throughout the life course. Establishing a healthy brushing routine using fluoride toothpaste with babies and infants and maintaining that all through the rest of the life course, is crucial for keeping teeth healthy and cavity-free. Encouraging the right habits as early as possible is crucial to helping people maintain these healthy habits throughout the life course.

To support Chapters, volunteers and care teams, **we created a [series of free resources](#).**



More than 600 million children worldwide are affected by **Early Childhood Caries (ECC)**.



of the world's population suffer from tooth decay, making caries the most prevalent global condition



**World Cavity-Free Future Day**  
14th October

# Symptoms of Tooth Infection Spreading to Body

[NewMouth](#)

Written by [Caroline Bonin](#)

Medically Reviewed by [Nandita Lilly](#)

Updated August 11, 2023



## Tooth Infection Symptoms

**Common symptoms of a tooth infection include:**

- Throbbing, severe pain in the tooth, mouth, or jaw
- Swelling in the mouth near the affected tooth
- Constant or spontaneous mouth pain
- Tooth pain caused by hot/cold foods and drinks
- Swelling of the face, cheeks, or neck
- Bad breath and/or taste in the mouth
- Swollen or tender lymph nodes
- Fever (severe cases)

## Early Progression of a Tooth Infection

**A bacterial infection in the tooth's soft pulp can lead to a [dental abscess](#). A dental abscess is a collection of pus and bacteria that surrounds the infection.**

Dental abscesses can burst on their own. The pain may diminish, but it can damage the gums, nerves, and surrounding tissue. Bacteria can also still spread beyond the tooth.

**If you suspect you have an infected tooth, visiting your dentist as soon as possible is essential. It won't go away by itself.**

Early treatment will prevent the infection from developing further and spreading to other body parts.



**Symptoms of Tooth Infection Spreading to the Body**  
**Without treatment, a tooth infection may spread to other body parts.** Typically, it takes a few days to weeks for the infection to spread from the tooth to other body parts.

If your tooth infection is beginning to spread, you will likely feel generally unwell and present with specific symptoms.

## Swelling

- Difficulty opening your mouth
- Difficulty swallowing
- Severe, painful swelling of the gums, cheek, or face

## Dehydration

- Darker urine
- Less frequent urination

## Other Symptoms

- Diarrhea
- Vomiting
- Difficulty breathing
- Increased heart rate
- Increased breathing rate (25+ breaths a minute)
- Confusion, light-headedness

Read the full article [here](#)

### In this article

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Symptoms of Cavernous Sinus Thrombosis

When to See a Doctor



# LINKS/RESOURCES

## Indigenous Insight Newsletter



**Indigenous insight**  
NEWSLETTER

### National Newsletter Autumn 2023

Ce bulletin est aussi disponible en français.  
The Indigenous Liaison Program supports Indigenous communities in making the best possible use of Statistics Canada's information and services.  
To subscribe to this newsletter, send an email to the regional advisor in your area.

**Contents:**  
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Over-Representation of Indigenous Persons in Adult Provincial Courts  
The Learning Corner  
Indigenous Statistical Capacity Development Initiative: Build Your Statistical Capacity  
You May Also Like  
Canadian Internet Use Survey, 2022

### New fact sheets on the learning experiences of First Nations, Métis, and Inuit youth

**First Nations youth: Experiences and outcomes in secondary and postsecondary learning**  
This fact sheet uses 2016 data to examine the education outcomes of First Nations youth aged 19 to 30 in secondary and postsecondary learning, alongside characteristics that may affect their educational experience. This study is guided by the Truth and Reconciliation Commission's (TRC) Calls to Action, which recognize the importance of equitable education in the success of Indigenous peoples. Comparisons between First Nations and non-Indigenous youth are presented in response to the TRC's 55th Call to Action.

**Distance as a Factor for First Nations, Métis, and Inuit High School Completion**  
This fact sheet uses 2016 Census of Population data linked to the Remoteness Index to examine the relationship between remoteness and high school completion for First Nations people, Métis, and Inuit aged 19 to 45. The Remoteness Index measures geographic proximity to service centers for each populated community, which is an important determinant of socio-economic, education, and health outcomes. This study attempts to disentangle factors relevant to educational attainment and shed light on the learning context of First Nations people, Métis, and Inuit.

### Recent Releases

Tuesday, 2023-07-18  
**Indigenous Peoples Thematic Series**  
Articles and reports: 42-20-0002

This thematic series groups different statistical products related to Indigenous peoples. It features analytical documents of varying scopes, such as population profiles, reference materials, data products (including tables and factsheets), among other document types.



**Perspective autochtone**  
BULLETIN

### Bulletin national Autonne 2023

Ce bulletin est aussi disponible en français.  
Le Programme de liaison avec les Autochtones aide les communautés autochtones à optimiser l'utilisation des renseignements et des services de Statistique Canada.  
Pour vous abonner à ce bulletin, veuillez communiquer avec le ou la conseiller(e) de votre région.

**Dans ce numéro :**  
Nouveaux bulletins d'information sur les expériences d'apprentissage des jeunes des Premières Nations, des jeunes métis et des jeunes Inuits  
Diffusions  
Série thématique sur les peuples autochtones  
Étude: Problèmes ou écarts graves vécus par les personnes des Premières Nations vivant hors réserve, les Métis et les Inuit vivant dans les provinces  
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Vous pourriez aussi aimer  
Enquête conditionnelle sur l'utilisation d'Internet, 2022

### Nouveaux feuillets d'information sur les expériences d'apprentissage des jeunes des Premières Nations, des jeunes métis et des jeunes Inuits

**Les jeunes des Premières Nations : expériences et résultats relativement à l'éducation aux études secondaires et postsecondaires**  
Ce feuillet d'information s'appuie sur des données de 2016 pour examiner les résultats liés aux études secondaires et postsecondaires des jeunes des Premières Nations âgés de 19 à 30 ans, ainsi que les caractéristiques qui peuvent avoir une incidence sur leurs expériences en matière d'éducation. Cette étude est guidée par les appels à l'action de la Commission de vérité et réconciliation (CVR), qui reconnaissent l'importance d'une éducation équitable pour la réussite des peuples autochtones. Des comparaisons entre les jeunes des Premières Nations et les jeunes non autochtones sont présentées dans la réponse au 55e appel à l'action de la CVR.

### La distance comme facteur de l'achèvement des études secondaires chez les Premières Nations, les Métis et les Inuits

Ce feuillet d'information s'appuie sur les données du Recensement de la population de 2016 couplées à celles de l'indice d'éloignement pour permettre d'examiner la relation entre l'éloignement et l'achèvement des études secondaires chez les Premières Nations, les Métis et les Inuit âgés de 19 à 45 ans. L'indice d'éloignement mesure la proximité géographique de chaque milieu de vie habités avec les centres de services, ce qui est un déterminant important des résultats socioéconomiques, de la scolarité et des résultats en matière de santé. Cette étude vise à clarifier les facteurs pertinents pour le niveau de scolarité et à mettre en lumière le contexte d'apprentissage chez les Premières Nations, les Métis et les Inuit.

### Diffusions

Series thématique sur les peuples autochtones  
Mardi, 2023-07-18  
Articles et rapports: 42-20-0002

Cette série thématique regroupe différents produits statistiques liés aux peuples autochtones. On y retrouve des documents analytiques de différentes échelles, des profils de population, des documents de référence, de même que des produits de données tels que des tableaux et des feuillets d'information, etc.

## Indigenous Insight (English) – Autumn 2023

## Perspective Autochtone (Français) – Automne 2023



### Did you know?

An average person spends 38.5 days brushing their teeth over their lifetime.



### Did you know?

One third of your tooth is underneath your gums—that means only two thirds of your tooth's length is visible.



### Did you know?

Kids with Early Childhood Caries in their baby teeth are up to 3 times more likely to develop caries in their future adult teeth!



### Did you know?

Poor oral health in Long Term Care residents may contribute to the development of life-threatening aspiration pneumonia!

## MEMBERSHIP

Join the diverse membership of the Coalition to make a positive difference for the future of Saskatchewan residents! Membership runs January through December annually.

### Organization Levels:

- \$150 – Business/For Profit Organization
- \$100 – Non-Profit Organization
- \$50 – Individual
- Free- Students (full-time)

For Business/For-profit and Non-profit organizations, the fee will cover up to 5 members.

[Download the Application Form](#)

## CONTACT US

Lena Ens  
Administrative Coordinator

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## DONATE NOW



<https://saskohc.ca/donate-now>

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