



A Student's Guide to Eco-Dentistry™

- This guide is a starting point for students interested in learning more about green dentistry.
- The Eco-Dentistry Association™ website (www.ecodentistry.org) is the most comprehensive source of information regarding green dentistry, including tips, data points, quotations, research and press.
- Another important resource regarding green healthcare in general is the Teleosis Institute. (www.teleosis.org)
- Cloth product information provided by Transcendentist® (www.transcendentist.com/products)

Stewards of Good Health And A Healthy Planet™



Eco-Dentistry™ :

- Reduces waste & pollution
- Saves energy, water & money
- Incorporates high tech innovations
- Focuses on wellness and integrative practices
- **The wave of the future!**

“Whether dentistry is ready or not, **the green movement is catching on and it’s moving fast**”

-The Academy of General Dentistry



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Information to Help You Host a Green Dentistry Table Clinic

- **Dental offices produce a significant amount of avoidable waste**
 - Visit www.ecodentistry.org for specific examples, print signs to hang at your table clinic, or make a large poster listing the environmental impacts
 - Collect the used sterilization pouches from your clinic for as long as possible before your table clinic (ideally a month). Put them in clear garbage bags and pile them up at your table, illustrating the amount of waste produced by your school.
 - Collect the waste from your class' x-ray system for a week in a clear plastic container. Mark the container with the toxic materials it contains. Calculate the amount of x-ray waste this system generates in a year.
- **Green dentistry does not cost more, in fact, it saves a dental practice money.**
 - See the “Go Green, Save Green” article at www.ecodentistry.org and the chart in this guide.
 - Find out how much your school spends on sterilization pouches in a 5-year time period. Compare the cost to a one-time purchase of cloth sterilization pouches, which can last up to 5 years or more.
- **Green Dentistry is Simple!**
 - Visit www.ecodentistry.org and print the Eco-Dentistry Member Pledge
 - High tech solutions: See www.ecodentistry.org for more about how green dentistry is high-tech dentistry.
 - Collaboration
 - Become a member of the EDA and wear an “EDA Member” label on your nametag.
 - Have applications and flyers about the Eco-Dentistry Association on hand for visitors to your table, and encourage them to join!



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Eco-Dentistry™ Saves Money

Switch To:	Environmental Impact:	Annual Return:*
Reusable cups	Significant landfill diversion	\$178
Cloth operator & sterilization methods	Significant landfill diversion	\$2337
Reusable metal suction tips	Significant landfill diversion	\$170
Digital billing, charting, xrays	Positive climate change; elimination of water and landfill pollution	\$8679
Energy-efficient light bulbs and motion sensors	Reduction in greenhouse gasses; landfill diversion	\$601

*Results based on average single-doctor, two-hygienist dental practice.
Study of Eco-Friendly Dental Office Solutions. 2008. Natural Logic Sustainability Consulting.



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Cloth Infection Control: A Powerful First Step in Going Green



Cloth Head
Rest Cover

Cloth Patient Bib

Cloth Light Handle Covers

DID YOU KNOW:

680 million plastic & paper chair barriers, light handle covers, patient bibs from dental offices end up in landfill **each year!**

Cloth Wrap Sterilization Process for Steam Sterilization



After sterilization, the wrap serves a second purpose as a tray cover.

DID YOU KNOW:

1.7 billion instrument and sterilization pouches end up in landfill **each year!**

The Eco-Dentistry Badge

The Eco-Dentistry badge rewards you for choosing eco-friendly oral care providers and products. Whether it's visiting a green dentist or simply turning off the tap while you brush, your choices make a difference!

The Eco-Dentistry Badge is available for free on Practically Green's website. What are you waiting for? Get it today and encourage your friends, classmates and family to do the same!



Earn Your Eco-Dentistry Badge Today!

www.practicallygreen.com/badges/eco-dentistry

The Eco-Dentistry Badge asks users to pledge 3 out of 6 of the following initiatives to earn the badge:

- Turn off the faucet while brushing your teeth
- Visit an Eco-Friendly oral health care provider
- Switch to natural toothpaste
- Switch to natural mouthwash
- Switch to natural floss
- Switch to a recycled toothbrush

Once you earn your badge, you can share your accomplishment from your Facebook page and encourage your community to do the same!



The “Save 90 A Day!” Campaign

We pride ourselves in instructing our patients on proper brushing technique and telling them how important it is for their oral health that they brush at least twice a day.

But did you know that the average person wastes at least 90 glasses of water every day just by leaving the tap running while they brush?

That means in the United States alone, we’re literally pouring down the drain **27 Billion Glasses of clean, drinkable water every day**, just brushing our teeth.

Next time you instruct your patients on how to brush, take an extra moment to ask them to join the “Save 90 A Day!” Campaign at www.ecodentistry.org, and turn off the tap when they follow your oral health advice. You’ll be doing your part to care for their health and for the health of our planet.

It’s easy, costs nothing, and it’s something everyone can do.

Sign the pledge to educate your patients!
www.ecodentistry.org

Incorporate the “Save 90 A Day!” Campaign into your hygiene program!

- Distribute this overview to your students, and find more at www.ecodentistry.org
- Experiment! Have each student allow the water to run into a bucket while brushing for 2 minutes. Count the number of glasses each person used...count how many the whole class used.
- Have your class sign the “Save 90 A Day!” Campaign pledge at www.ecodentistry.org under the Members tab.
- Incorporate “Save 90 A Day!” into education booths at local clinics, health fairs, or schools.
- Log your student and patient pledges on www.ecodentistry.org and we’ll track your progress!



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The Eco-Dentistry Association™: Your “Go-To” Resource

- Listing in online membership directory
- Setting standards/best practices
- Networking, Association Forum
- Continuing Education
- Technical assistance
- Marketing tips promoting your green practice



www.ecodentistry.org



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