

# No Toothbrush, No Problem Video Transcript

Hi! Welcome to the Hawai'i & Pacific Deaf-Blind Project Brush Your Teeth Webinar.

I'm Mellanie Lee and I'm a project coordinator. I am Chinese and I have long black hair. I'm wearing a Hawaiian shirt and white earrings and behind me is a kind of a muted paisley background with my name on it and our Hawaii Pacific Deaf-Blind Project logo and my email address.

I'd like to introduce you to Stacy who will introduce herself and she's going to share with us this fabulous webinar on Brush Your Teeth. Thank you Stacy. Take it away.

Hi, I'm Stacy Matsuyama-Sekiyoka and I'm a registered dental hygienist. And I currently work three days a week at a private practice in Kona.

So, what do you do if you don't have a toothbrush. My webinar is called No Tooth Brush No Problem. So, if you don't have a toothbrush, you're just going to improvise. Just things like a wet washcloth over your finger; rolled up paper towel or your finger can remove debris from your teeth.

You can clean your teeth with things like pandanas marshalls by chewing on the fruit. You can clean your teeth with River Tamarin by plucking off the leaves and chewing on the stems. You can also clean your teeth with sugar cane by chewing on the sugar cane. Chewing on some young coconut husk. You can also chew on the middle of a palm frond. And you can chew on bamboo shoots.

Chewing fibrous foods and other items can clean your teeth. And items like pandanas fruits, haole koa stems, sugar cane, green coconut husk, the middle of a palm frond and bamboo shoots. They all can help clean your teeth.

So if you have no toothpaste, what do you do? Make a paste with baking soda. So, if you have no toothpaste, make your own. You're going to mix baking soda and water to form a thick paste. And the paste is enough to brush your teeth with.

When in doubt, rinse it out. Rinse with warm water for 1 minute after eating and here's a video.

Swish. So, you are going to put water in your mouth and swish for a solid minute.

And that concludes the No Tooth Brush No Problem program.