

LUPUS AND YOUR ORAL HEALTH

Presented by:

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Lanap & Implant Center of Pennsylvania

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Lupus and Your Oral Health Agenda

- ▣ Welcome & Instructions
- ▣ Presentation
- ▣ Questions & Answer Session
- ▣ Wrap and Overview

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Lupus and Your Oral Health

- ▣ Diagnosis – Type of Lupus
- ▣ When people talk about lupus, they're usually talking about systemic lupus.

There are four kinds of lupus:

- ▣ Systemic lupus erythematosus (SLE), the most common form of lupus
- ▣ Cutaneous lupus, a form of lupus that is limited to the skin
- ▣ Drug-induced lupus, a lupus-like disease caused by certain prescription drugs
- ▣ Neonatal lupus, a rare condition that affects infants of women who have lupus

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- ▣ Did you know that:
 - Oral lesions occur in more than 40% of people with lupus, impacting oral health-related quality of life. In some cases, non-treatment of oral ulcers carry an increased risk for development of cancer. Development of herpes zoster is also possible.



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Lupus and Your Oral Health

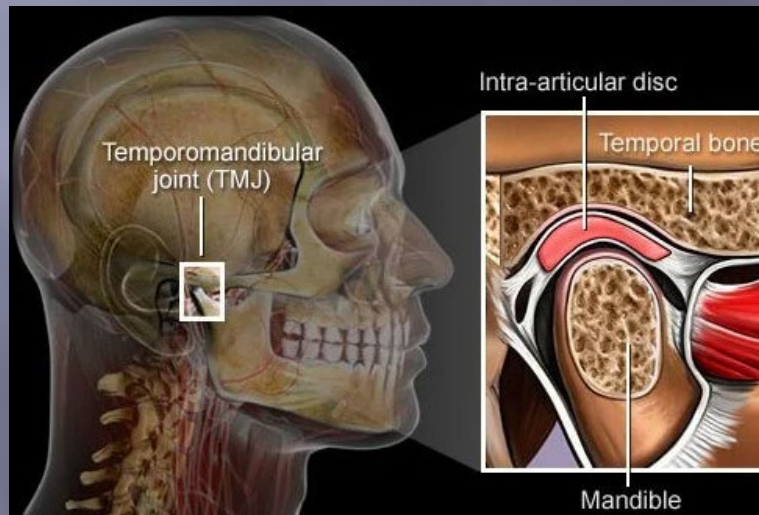
- ▣ Did you know that:
 - Dental carries /decay was present in 100% of people with active lupus disease and 85% of people with inactive lupus – possibly due to reduced salivary flow or dry mouth, a common development of lupus. People with lupus exhibit more tooth loss than healthy population.



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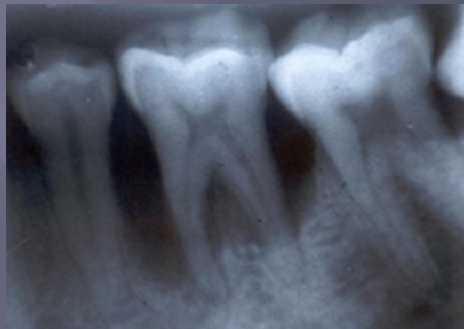
- ▣ Did you know that:
 - TMJ (temporo-mandibular joint) was often found within the first years of lupus disease and less frequent later.



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Lupus and Your Oral Health

- ▣ Effects of Lupus and Associated Medications on Oral Health
- ▣ Lupus most commonly affects your: Skin, Joints, Internal organs.
 - Lupus manifestations occur in the oral cavity
 - Medication induced bone loss, Xerostomia, ulcers, caries, periodontal disease, Sjogrens Syndrome, TMJ, increased risk of oral infection, poor bone quality, metal hypersensitivity from dental materials.



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Lupus and Your Oral Health

▣ Effects of Lupus and Associated Medications on Oral Health

Oral health complications for people who have lupus can include:

- ▣ Sjogrens syndrome is an auto immune disease which affects the salivary glands leading to dry eyes and dry mouth. Often associated with lupus and rheumatoid arthritis
 - Patients experiencing dry mouth (xerostomia), especially for extended periods of time, are at an increased risk for cavities and gum disease (gingivitis) because saliva plays an important role in fighting these issues.
 - Sjogrens mouth symptoms are typically treated with drugs that increase saliva production including pilocarpine (Salagen) and cevimeline (Evoxac). Other treatments for managing dry mouth include artificial saliva sprays and rinses, drinking water, avoiding caffeine and chewing sugarless gum or sucking on sugarless candy.

Lupus and Your Oral Health

▣ Effects of Lupus and Associated Medications on Oral Health

Oral health complications for people who have lupus can include:

- ▣ Steroids are commonly given to lupus patients but can cause cold sores, thrush (yeast infection), dry mouth, swelling, joint pain in the jaw (TMJ) and even damage to the bones of the mouth and jaw.
- ▣ Cracked lips
- ▣ Periodontal (gum) disease
- ▣ Lichen planus
- ▣ Red and white sores, usually painless, on lips, gums and roof of the mouth
 - Net Effect – Increase susceptibility to caries, periodontal disease and oral ulcers

Lupus and Your Oral Health

- ▣ Medications that may cause mouth ulcers include:
 - Antibiotics, anticholinergic bronchodilators, anti-hypertensives and beta blockers, antiretrovirals and interferons, anti-rheumatics, blood thinners and hypoglycemic agents, non-steroidal anti-inflammatory drugs (NSAIDs), potassium-channel blockers and protease inhibitors
 - Patients experiencing dry mouth (xerostomia), especially for extended periods of time, are at an increased risk for cavities and gum disease (gingivitis) because saliva plays an important role in fighting these issues.
 - Note: It is important that if an individual has mouth ulcers that they reach out to a healthcare practitioner immediately

Lupus and Your Oral Health

▣ Develop Good Oral and Dental Hygiene Habits

■ Ways that individuals with lupus can maintain and improve oral and dental health include:

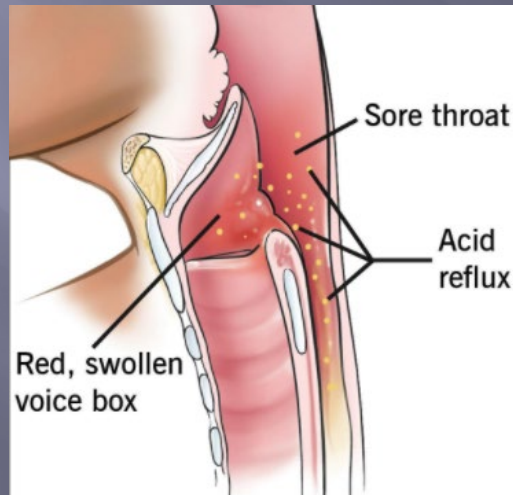
- ▣ Brushing teeth after each meal or at least twice a day using a soft toothbrush and replace it at least every three months and immediately after viruses and infections
- ▣ Flossing at least once a day, if not after every meal
- ▣ Avoiding gimmicky tools and products that make questionable claims or are overly “hyped” on social media
- ▣ Eating a balanced diet that is also low in sugar and acids as both can erode tooth enamel and cause decay
- ▣ Avoiding soft drinks, coffee, tea and alcohol and foods that are too hard and drinks that are too hot
- ▣ Quit smoking
- ▣ Drinking plenty of water
- ▣ Keeping lips protected with petroleum jelly and lip balms with UV protection
- ▣ Avoiding sunlight especially if prone to developing lip ulcers/lesions from photosensitivity; and scheduling routine dental exams and cleanings

Lupus and Your Oral Health

- ▣ Regular oral exams are important
 - Regular oral examination and preventive dental care and monitoring by specialists is essential. A multidisciplinary approach to care and treatment that includes dental and medical management is important for people with lupus. A dentist should be part of the patients care
 - People with lupus have a high risk of metal delayed-type hypersensitivity, including nickel, gold and mercury
 - Use of fluorescent light, such as surgical lighting, can also cause flares due to photosensitivity, which is common in lupus

Lupus and Your Oral Health

- Biting the insides of the cheeks and lips can result from tension and stress and can also cause or exacerbate mouth sores. Stress can also cause an individual to clench the jaw and grind teeth.
- Acid Reflux is another common Lupus symptom



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Lupus and Your Oral Health

- ▣ Effects of Lupus and Associated Medications on Oral Health
 - Effects on your oral health
 - Immune Related Metabolic Bone Dysfunction
 - ▣ Xerostomia Dry mouth
 - ▣ Patients experiencing dry mouth (xerostomia), especially for extended periods of time, are at an increased risk for cavities and gum disease (gingivitis) because saliva plays an important role in fighting these issues.

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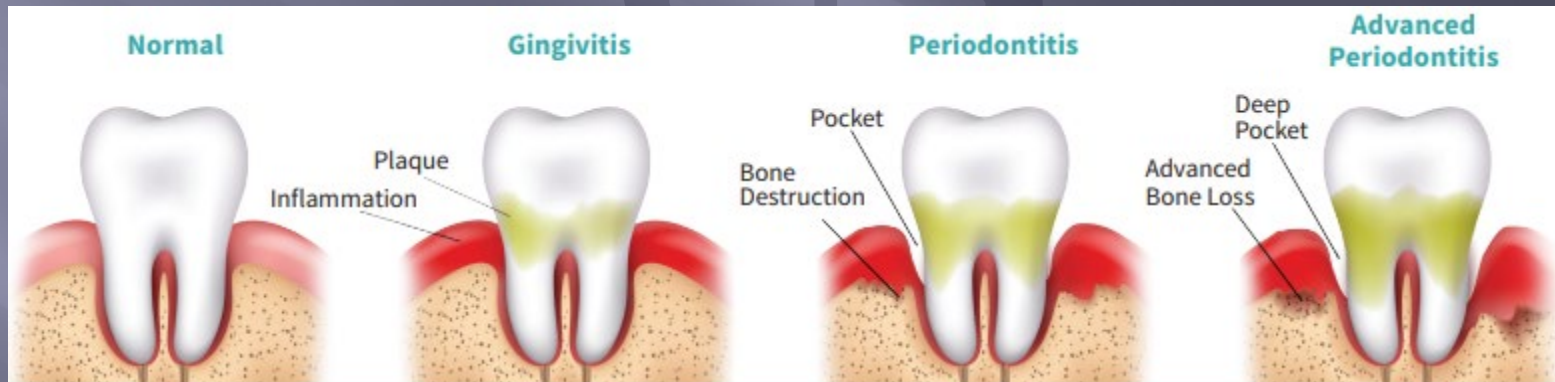
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Lupus and Your Oral Health

- ▣ Signs and Symptoms of Oral and Dental Health Issues in Lupus
 - Up to 40% of individuals with Lupus may develop various mouth ulcers including gingivitis (red, shedding and ulcerated gums), marginal gingivitis (ulcers where food typically collects in the mouth around the teeth) and erosive mucosa lesions (painful, white ulcers). Common signs and symptoms of compromised oral and dental health include:
 - Gums that are red, tender, bleeding and swollen, or pulling away from teeth
 - Gum infections (periodontitis)
 - Evidence of cavities or tooth decay
 - Painful teeth or pain when chewing
 - Bad breath, swelling of the lips, inflammation of the tongue, and lesions and ulcers in the mouth and/or on the gums

Lupus and Your Oral Health

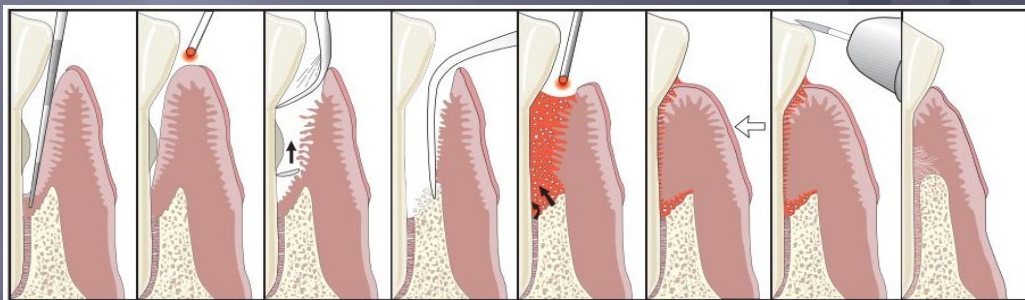
- ▣ Effects of Lupus and Associated Medications on Oral Health
 - Effects on your oral health
 - Immune Related Periodontal Dysfunction



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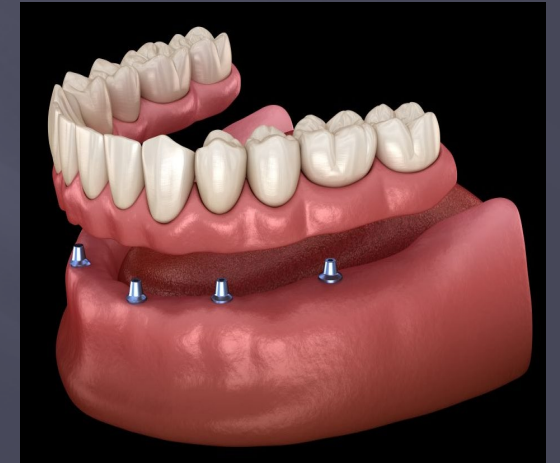
- ▣ Effects of Lupus and Associated Medications on Oral Health
 - Effects on your oral health
 - Advanced Periodontal Disease
 - ▣ LANAP –Laser Assisted New Attachment Procedure
 - Removes bacteria and diseased tissue
 - New attachment and bone growth to clean root surface
 - Bone regeneration



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Lupus and Your Oral Health

- Options for Tooth Replacement to Benefit Your Oral Health
 - Dentures
 - Removable implant prosthesis
 - Fixed implant prosthesis



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- ▣ Options for Tooth Replacement to Benefit Your Oral Health
 - Implants (Zirconium and Titanium)
 - Bridges
 - Metal Free dentistry is much better approach
 - ▣ Less interaction with immune system
 - ▣ Biocompatible with gums



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Lupus and Your Oral Health

- ▣ Options for Tooth Replacement to Benefit Your Oral Health
 - Consider retaining vs. replacing your dentition
 - Root Canals, Caps and Crowns will not last forever
 - Dental Implants will lose bone over time as well
 - Cost vs. Prognosis
 - Prevention is the key

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Lupus and Your Oral Health

- ▣ Options for Tooth Replacement to Benefit Your Oral Health
 - The death spiral of the dentition
 - ▣ Cavity
 - ▣ Cap
 - ▣ Root Canal
 - ▣ Extraction
 - ▣ Implants or Dentures

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Lupus and Your Oral Health

- ▣ Options for Tooth Replacement to Benefit Your Oral Health
 - When extractions and surgery are required
 - ▣ Consider plasms derived growth factors
 - ▣ Consider ozone therapy to accelerate healing
 - ▣ Consider laser biostimulation to accelerate healing
 - ▣ Consider hyperbaric oxygen chambers before and after treatment

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- ▣ Integrative Approach Bio Health Protocol
 - High dose Phospholipid Vitamin C – 6000 mg day
 - High dose Probiotics – Visiobiome high potency – 112 billion to 225 billion / 900 billion by prescription only
 - Phospholipid sublingual Vit D3-K2 Spray / Entergetix Brand
 - CoQ10 ubiquinone
 - B Complex Vitamin, glutathione
 - Consider IV nutrition involving all of the above

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- ▣ Bio Health Protocol / IV Nutrition and Oral Nutrition
 - Coconut oil pulling for dry mouth
 - Probiora oral probiotic troches
 - ▣ 2 stains L. Plantarum L137 - boosts oral immune function reducing inflammation
 - ▣ S. Salivarious M18 – balances the bacterial population of the mouth
 - MI Paste daily – Recalcedent binds calcium and phosphate
 - ▣ Caution contains gluten and fluoride / can prevent caries

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- ▣ Anti- Inflammatory Diet
- ▣ CBD and Cannabis
- ▣ Infrared Saunas
- ▣ Immunotherapy



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▣ Call to Action

- At the heart of our mission, we believe saving your teeth is always the best option to keep your neural, meridian and biological systems / pathways intact. Our team integrates LANAP, acupuncture, notional protocols, reflexology, homeopathy and aromatherapy to advance our outcomes along with a defined pre and post therapy to optimize your bodies response
- If you would like to reach out for assistance or have appointment questions
 - ▣ Robert Howard – Director of Patient Relations
 - ▣ Email: Lanap.Rhoward@gmail.com

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