

Huntington's Disease Support Group Discussion

May 18, 2018

Dental Perspective

May 17, 2018 - Raleigh

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Outline

- 1. Dental threats
- 2. Tips for home Exam
- 3. Resources

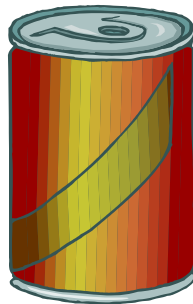
- **WHAT exactly IS the dental threat?...**

Primary and Secondary Threats

- **Bad Breath**
- Increased germs in the mouth
- **Increased risk for aspirating these germs into the lungs**
- Toxins and acid in the plaque cause gum disease and cavities (decay)
- **Uncontrolled gum disease and decay turn into toothaches and tooth loss (and expense)**
- Higher risk for heart attacks, strokes and inflammatory response

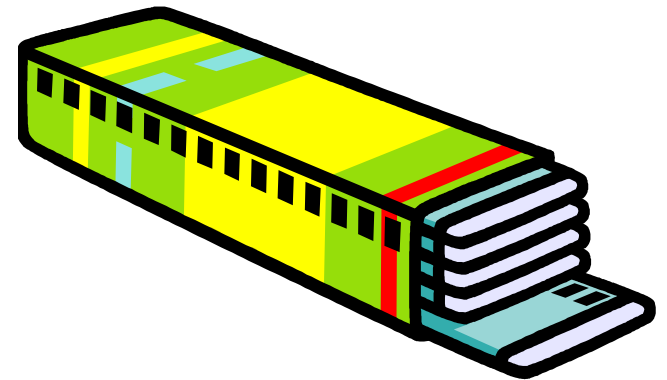
Who are the **BAD GUYS**?

- PLAQUE – Germs and Germ Glue + Germ Acid
- Free food for the germs
- Lemon & Glycerin!
- ACID: Produced by Germs or from Sugars or from Drinks (Sports drinks, sodas, energy drinks)
- SUGAR: (Mints, cough drops, Drinks, juice)



Who are the **GOOD** GUYS?

- **Water**
- Xylitol (gum, etc. - laxative effect too)
- **Fluoride**
- Family
- Caregivers
- Dentist
- Hygienist



Huntington's Disease and the Mouth

- Uncontrolled movements >>> How to brush effectively??
 - Can we even THINK of flossing??
 - Loss of cognitive function>>> Do we remember oral hygiene?
- Need high calorie diets>>> free food/SUGAR for the bacteria!

Dental Signs and Issues

- Dry mouth (meds for depression) vs. drooling
- Burning tongue or mouth syndrome
- Changes in taste (and smell)
- Decline in oral hygiene and plaque control
- Swallowing problems (aspiration risk)
- Squirrelling of food
- Cavities, gum disease, toothaches, loss of teeth

Effects on the Dental Visit

1. Decreased bladder control: more bathroom breaks or protective underwear

2. Anxiety and compliance:

Solution: morning appointments? When is our loved one at their best?

3. posture and poor muscle control:

Fall precaution awareness, transfers to the chair

4. Airway protection difficulties: Will need double suction, rubber dam, sedation??

5. Chorea: Rodeo dentistry

Transfer belt and techniques



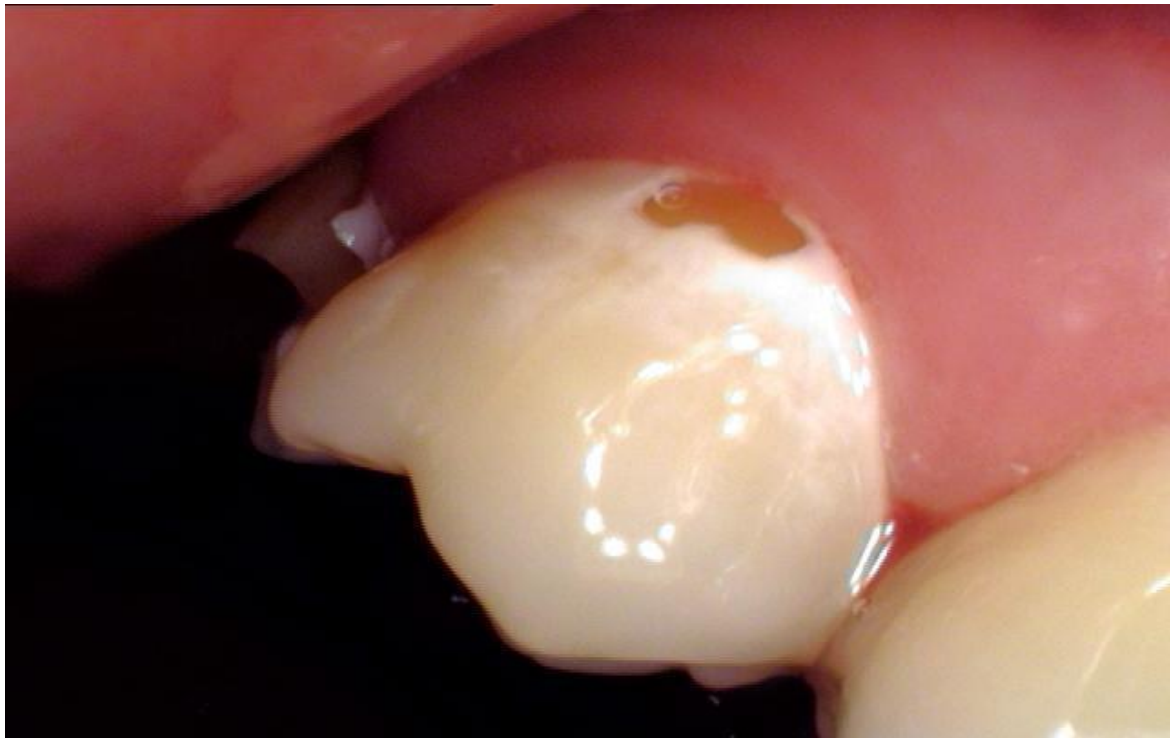
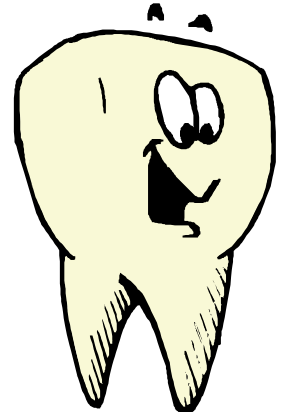
Poor Plaque Control =

- More cavities
- More gum disease
- Bad breath
- Mouth infections
- Bleeding gums
- Irritability



WHAT IS A CAVITY???

- It's an **acid burn** on the tooth.
- Acid comes from:
 - Plaque OR
 - Food stuck to the teeth OR
 - Acidic drinks
 - AND lack of saliva to wash it off



Why are teeth and Gums Important?



- Healthy teeth are less likely to surprise you with a toothache, or bleeding tender gums, bad breath...
- Healthy teeth/gums decrease your risks for heart attacks or strokes (by 3 X).
- Diseased teeth or gums silently affect your medical health: fatigue, arthritis, immune system...
- Some studies show a much higher risk for cancers in men with gum disease.

Normal Gums

Normal



Tips for a Home Exam

- You can always run a gloved finger along the gums between the teeth and the cheek. Looking for signs of discomfort or pus or fluid lumps.



Tips for a Home Exam

- Look on the inside of cheeks (and anywhere else you can look) for white curd like deposits that rub off.
- Watch for bleeding gums when teeth are being brushed.



Tips for a Home Exam

- Look for plaque at the gum line



Tips for a Home Exam

- Look for a gum boil



Abscess



Crowns look normal

But....



Look Closer: Cavity Under Crown



Easier to see



Poor Oral Hygiene on Denture



Tips for a Home Exam

- Look for exposed bone, especially under the denture.
- Dentures need to be removed at night and soaked in a denture cleaner overnight. Brush them after meals
- Look for soft overgrowth and report it. (It could be anything from normal to a tumor.)

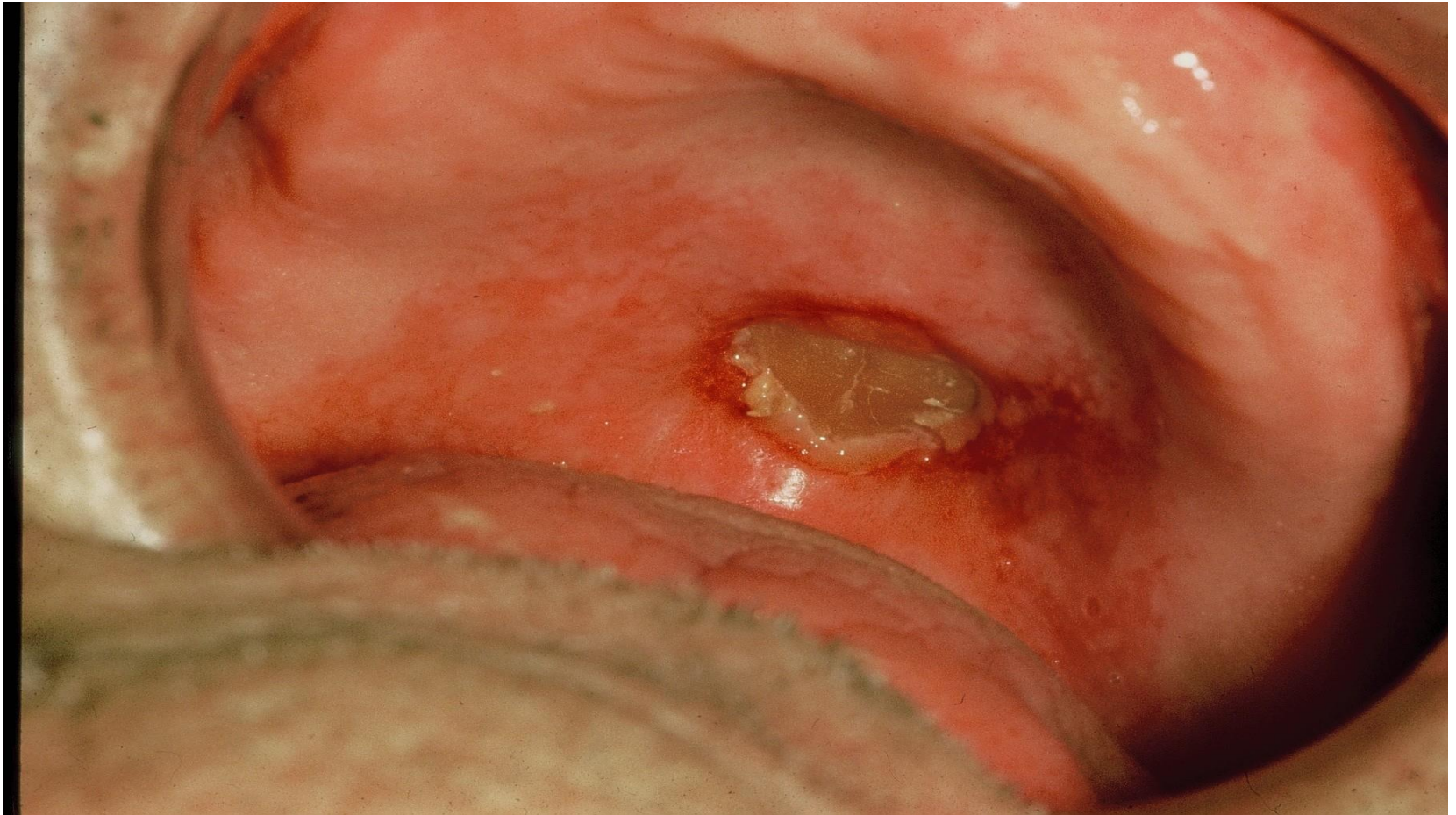
EXPOSED BONE



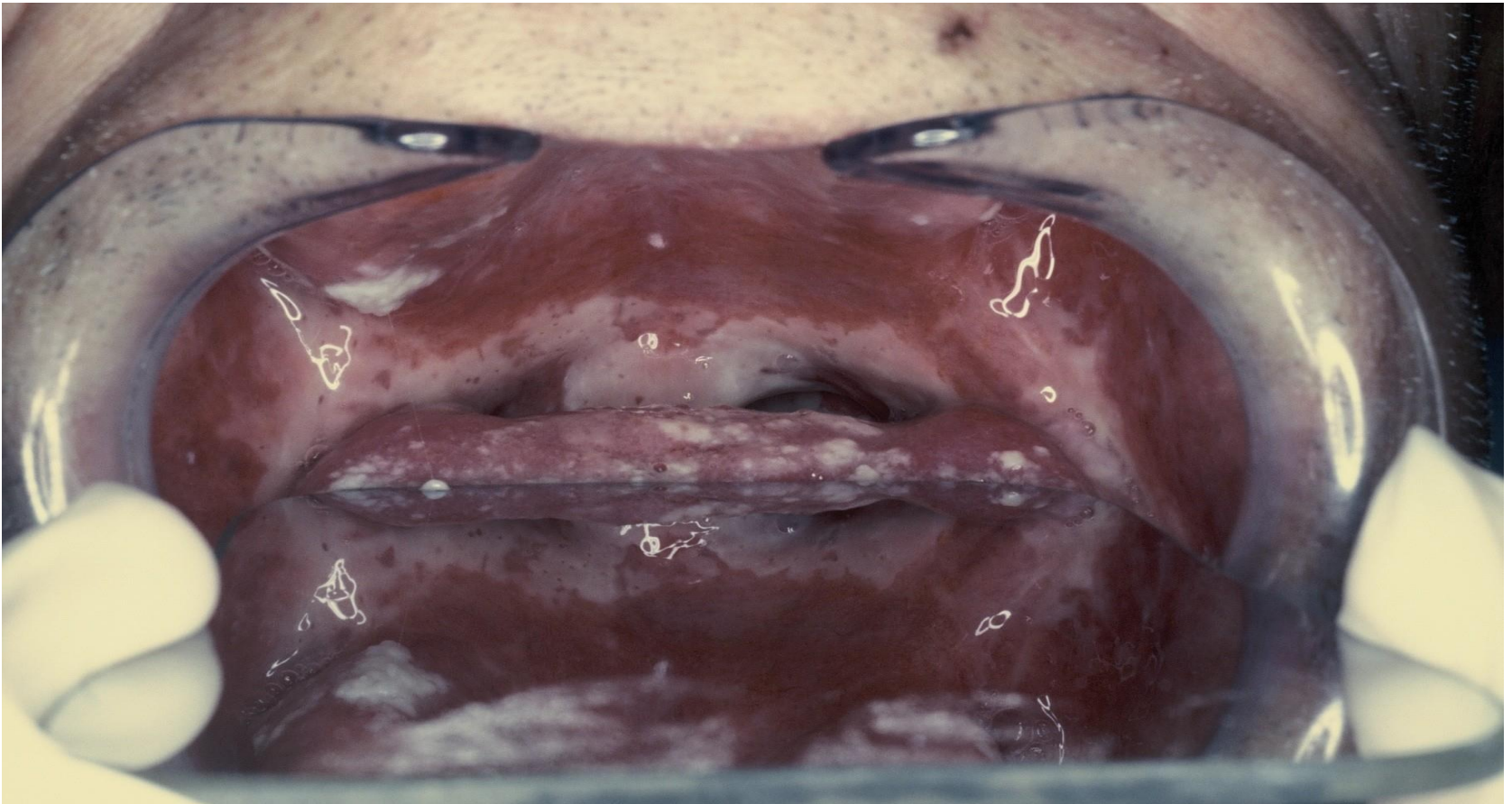
Property of Jeffery Schau Dental Corporation
420 - 233 Kennedy St. Winnipeg Manitoba



Exposed bone under a denture...LOOK



Bad yeast infection



Yeast



Tips for Home Exam Headlight

- Free up hands for an exam

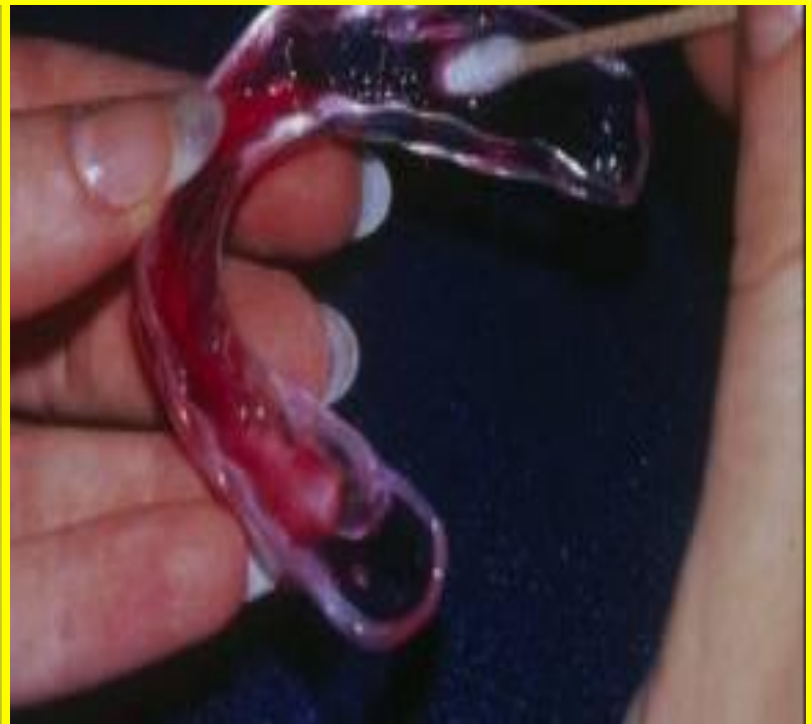


My Philosophy & Strategy

- **Dry Mouth: FLUORIDE prescription gel or Fluoride Prescription Toothpaste, in office Fluoride Varnish or SDF.**
- **Antiseptic Mouthwash**
- **Fluoride Varnish at every hygiene visit – not just for kids!!**
- **Photographs of teeth where you are missing plaque – we can email those!**
- **Phased Treatment: CUSTOMIZED**
 - 1. Getting ready for the long haul (no bridges, consider crowns), improve baseline...**
 - 2. Maintenance, Monitoring and Prevention based on stages and decreasing abilities to comply.**
 - 3. Constant education of family/caregivers**

***Financial arrangements (Care Credit or 3% - 10% discount or in-house savings plan)**

Fluoride Trays



- Fluoride Varnish – Rx to be professionally applied.



Fluoride Varnish



Silver Diamine Fluoride!!! (SDF)

38% Fluoride

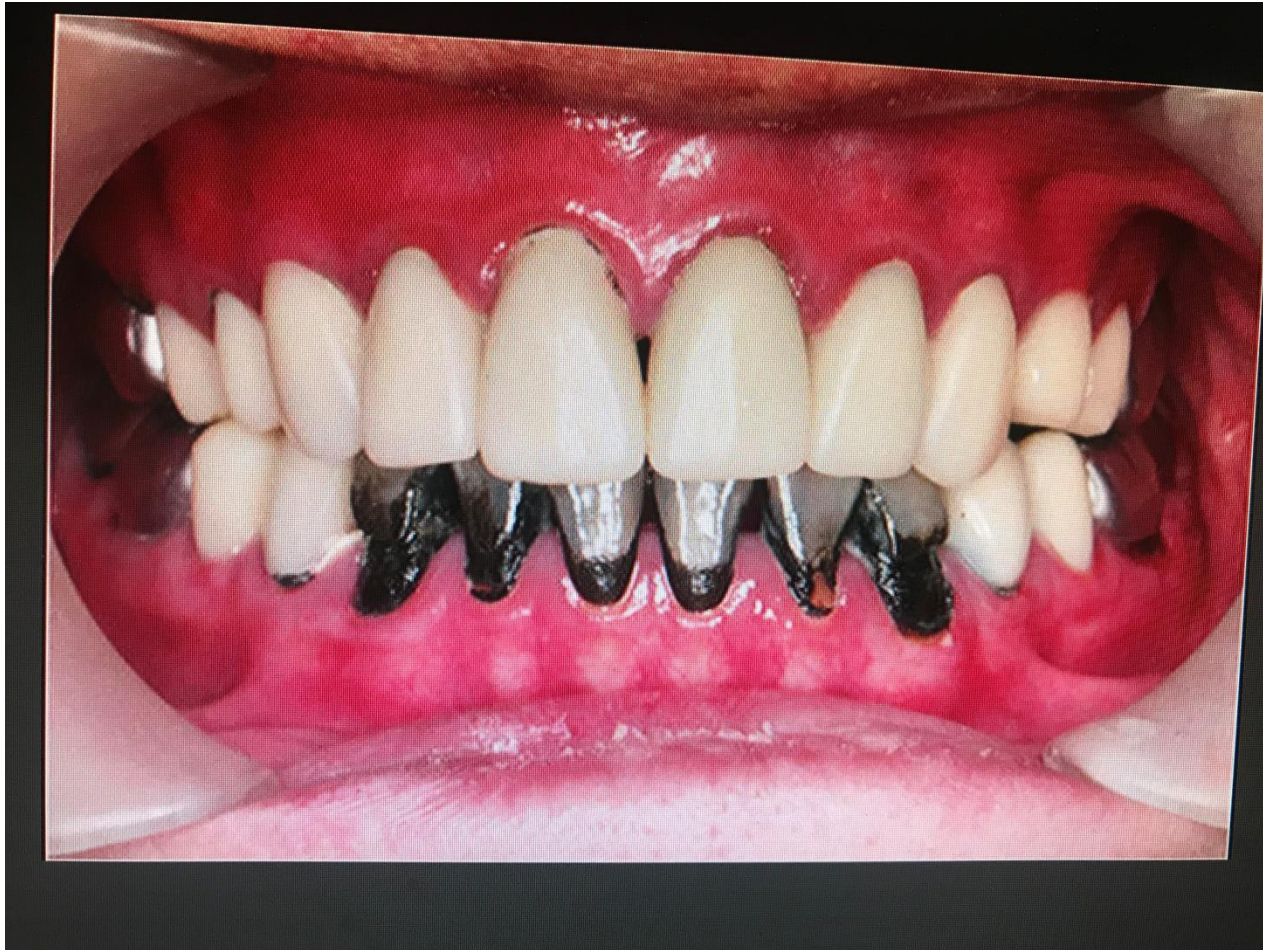
90% effective after 2 applications 1 week apart

70% effective in halting decay if applied once

Tiny SDF bottle



Black!!



Resources

Federation of Special Care Dentistry: 312-527-6764

Special Care
DENTISTRY
ASSOCIATION

Every practice has patients with special needs.
Every practitioner needs Special Care Dentistry Association.



The Special Care Dentistry Association serves as a resource to all oral health care professionals who serve or are interested in serving patients with special needs through education and networking to increase access to oral healthcare for patients with special needs.

Special Care Dentistry Association

330 North Wabash Avenue, Suite 2000, Chicago, IL 60611

Phone: (312) 527-6764 Fax: (312) 673-6663

For questions or comments about this site contact SCDA@SCDAonline.org

Resources

Vac U Brush: PR Medical, Inc. - 970-875-1082



Plak-Vac Suction Toothbrush: Mountainside Medical Equipment - 1-888-687-4334



Resources

RES-Q-VAC Hand Powered Portable Suction System

AbleData, 8630 Fenton Street, Suite 930, Silver Spring, MD 20910

1-800-227-0216 or 301-608-8998 – www.abledata.com



AbleData

Your source for assistive technology information

Resources

- ResQVac Combo Kit #83419
- AliMed: 800-225-2610 \$183



Resources

- www.sageproductsglobal.com for toothettes

Definitely NEVER lemon
and glycerin swabs



Molt Mouth Prop/"Mouth Gag"



Resources

Mouth prop Sources (dental supplier)

Hu Friedy # 371-3229

Miltex # 498-6022

J&J # 393-8966

Home Strategies

- Floss Aid - Single handed strategies for flossing:
 - Listerine Ultraclean Flosser (better than small ones) Changing the head may be difficult.
 - Large handles



Listerine Flosser



Flosser use: It takes a TEAM



RESOURCES

Kid's Sonicare & Adult Sonicare



Resources

Hummingbird Products

www.oralb.ca/products



Resources

- Chlorhexidine Gluconate (by Rx) – antiseptic mouthwash



Resources

Cheek Retractor

**DynaFlex, 10403 International Plaza Dr., St Ann,
MO 63074**

info@dynaflex.com – 1-866-346-5665



Resources

- Xylitol products:
- www.epicdental.com & www.ultradent.com



Resources

- Bite blocks (careful when using them with fluids)



- Tongue depressors need to be doubles always (can break)



- Monoject Syringe



Resources

Benefit Brush (www.benedent.com)

3D Clean Jr Toothbrush



Dr. Mary Makhoul

- **Board Certified in Special Care Dentistry: Dentistry for people suffering from a variety of medical conditions.**
- **Post Doctoral Masters & training in Dentistry for Seniors**
- **Founding Director of Moses Cone Hospital Dentistry**
- **Fellow of the International College of Dentistry (4% of dentists worldwide)**
- **ON SITE Board Certified Dental Anesthesiologist**



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336-226-8406 or 1-855-DocMary

We will all greet you



Maria will guide you



Early stages: stabilization only



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Dr. Atwood Board Certified Dental Anesthesiologist



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All Challenges...





Questions:

- Email – Frontdesk@Docmary.com
- Website – www.Docmary.com

