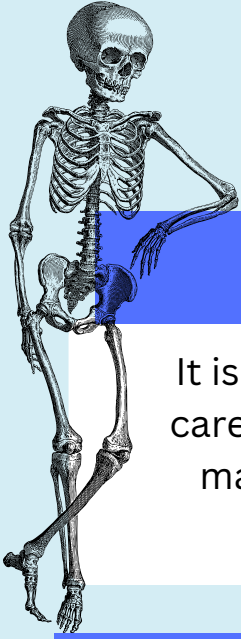


THE 'TOOTH' ABOUT ORAL HEALTH CARE AND RHEUMATIC DISEASES

RESOURCE SHEET



WHAT IS ORAL MEDICINE?

It is the specialty of dentistry responsible for the oral health care of medically complex patients and for the diagnosis and management of medically related disorders or conditions affecting the oral and maxillofacial region.

IS MY RHEUMATIC DISEASE CONNECTED TO MY ORAL HEALTH?

Various rheumatic diseases can present with oral manifestations. This can be a direct impact through the rheumatic disease (ex. Arthritis affecting your temporomandibular joint) or a side effect of the medications you are taking (ex. dry mouth) or even not being able to manipulate tools (toothbrush or floss).

RESOURCE LINKS

[American Academy of Orofacial Pain](#)
[American Academy of Oral Medicine](#)
[American Dental Association](#)
[Sjogren's Canada](#)
[Take a Pain Check Foundation](#)



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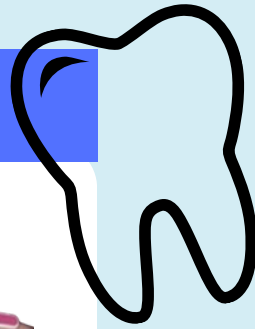


AT HOME RECOMMENDATIONS FOR PATIENTS

DENTAL TIPS



- High fluoride toothpaste and mouthwash
- Soft toothbrush (Electric or children's)
- Modifiers such as putty or a tennis ball
- Products containing xylitol
- Regular Dental cleanings
- Interdental cleanings with floss or inter-proximal brushes



ORAL ULCER MANAGEMENT

- Avoiding trauma to the area
- Avoiding hot, spicy, crunchy food (have soft, less spiced food)
- Swish and spit with warm water and salt
- Oral solution containing lidocaine for temporary pain relief

TEMPOROMANDIBULAR JOINT DISORDER TIPS

TIP!
Some dental
schools have
clinics for
medically
complex
patients!

- Limit jaw opening
- Avoiding hard, crunchy, chewy foods
- Modifying sleeping position (sleeping on back is best)
- Monitor posture
- Rest jaw as much as possible (no clenching!)
- Stress reduction techniques
- Over the counter gels/creams for pain relief
- Self-massage

DRY MOUTH TIPS

- High fluoride toothpaste
- Soft bristle toothbrush (electric or children's)
- Over the counter dry mouth products (including lozenges containing xylitol or sugarless candy drops)
- Use a warm air humidifier in the bedroom
- Keep humidity between 40 - 50%
- Continual small sips of water, suck (not chew!) on ice chips throughout the day
- Salivary gland massages

