



FEBRUARY 2016 NEWSLETTER

UPCOMING CE—Systemic and Periodontal / Dental Implant Health

We invite you to join us for our discussion investigating how changes in systemic health affect periodontal and dental implant health and treatment. We will cover how many common medical concerns affect the periodontium as well as dental treatment. Some topics may include:

- Cardiovascular health / endothelial dysfunction
- Diabetes / Metabolic Syndrome
- Women's Health
- Osteoporosis
- HIV / Immunological Considerations
- Common Medications
- Cancer Treatment

This course is offered at no cost to any member of your team and participants will receive 2.0 hours of C.E. credit

March 23, 5:45 PM



Hofbrauhaus Columbus

800 Goodale Blvd.

Dinner will be Provided

To RSVP, please contact our office by March 16:
(614) 451-1122

Or online at: www.greatercolumbusperio.com

MAINTAINING ORAL HEALTH DURING CANCER THERAPY

Cancer therapy can cause oral complications that compromise periodontal health, so it is important that we are vigilant in providing special accommodation to those patients who may be at risk.

Oral Complications

Common side effects of cancer treatments such as chemotherapy, radiation to the head and neck, and bone marrow transplantation can negatively impact your overall health and quality of life. Radiation and chemotherapy kill cancer cells, but they can also hurt normal cells. Complications vary for every person, but common complications include:

- Inflamed gums and mouth ulcers
- Dry mouth
- Difficulty speaking, chewing, and swallowing
- Erosion of tooth enamel
- Loss of taste
- Jaw stiffness
- Delayed healing

Pretreatment Evaluation and Daily Oral Hygiene Routine

Before beginning your cancer treatment, an oral evaluation is important. Identifying and correcting potential problems in your patient's mouth may prevent them from intensifying or interfering with their cancer treatment. In addition to pretreatment care, we should focus on establishing and reviewing a daily oral hygiene routine specifically customized to your patient's individual needs. This routine will provide comfort, reduce the risk of infection, and minimize the effects of the complications caused by the cancer treatment.

Special Considerations

Even though pretreatment and daily oral hygiene can go a long way toward keeping your mouth healthy and comfortable during cancer treatment, sometimes it is hard to keep the negative effects at bay.

Chemotherapy and radiation can decrease your salivary secretion causing excessive dryness in the mouth, and a dry mouth can increase your susceptibility to infection. Therefore, it is important to keep your mouth moist by sipping cool water, melting ice chips in your mouth, chewing sugarless gum, applying lip balm to your lips, and using a humidifier in your bedroom to reduce oral dryness at night. If a dry mouth or vomiting is a side effect of cancer treatment, then it is important to protect the enamel from acid erosion. We may consider prescribing fluoride trays, which will prevent the tooth enamel wearing away as a result of vomiting or increased oral bacteria from dry mouth. You may also want to consider asking your patient's oncologist to prescribe anti-nausea medication during your cancer therapy to treat nausea and vomiting.

ORAL CANCER

According to the Centers for Disease Control (CDC), 45,750 Americans will be diagnosed with oral or pharyngeal cancer this year. Of these 45,750 newly reported cases, only 57% will be alive in 5 years. The mortality rate of oral cancer is higher than the other common cancers we hear about every day. Oral cancer can affect any area of the oral cavity including the lips, gum tissues, cheek lining, and the hard or soft palate. As with many forms of cancer, early detection can improve the chances of successful treatment.

By taking a few minutes to examine your patient's entire mouth, you're taking an active role in detecting signs of oral cancer early.

The main causes of oral cancer are associated with the use of tobacco and alcohol but hereditary factors are also a factor. And increasingly, this issue is associated with the Human papilloma virus (HPV), which has a profound effect on prognosis and treatment.

When cancer develops on the sides of the tongue, is easier and quicker to detect and treat. When it occurs in the throat or at the base of the tongue, it is usually diagnosed at a more advanced stage when the tumor has already spread to vital organs or tissues.

