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OFFICE NEWS REPORT!!

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“Are the medications I’m taking making my teeth weak?”

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We’ve all heard that a side effect of some medications may cause dry mouth and gum problems, but does anyone really know which drugs are the culprits? And, it’s alarming to us in dentistry the very small number of patients that are totally unaware of the side effects of commonly prescribed medications and how this relates to tooth decay and gum problems.

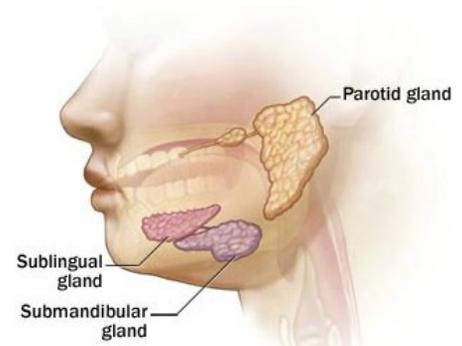
Dry mouth means you don’t have enough saliva, or spit, to keep your mouth moist. Everyone has a dry mouth once in a while, especially if you’re nervous, upset or under stress. But if you have a dry mouth all or most of the time, it can be uncomfortable and can lead to more serious health problems or indicate that a more serious medical condition may exist. That’s because saliva does more than just keep the mouth wet –it helps digest food, protects teeth from decay, prevents infection by controlling bacteria in the mouth, and makes it possible for you to chew and swallow.

There are several reasons that the glands that produce saliva, called the salivary glands, might not function properly. These include:

- Side effects of some medications – **over 400 medicines can cause dry mouth**, including antihistamines, decongestants, pain killers, diuretics and medicines for high blood pressure and depression.
- Diseases – diseases that affect the salivary glands, such as diabetes, Hodgkin’s, Parkinson’s disease, HIV/AIDS and **Sjogren’s syndrome**, may lead to dry mouth.
- **Radiation therapy** – the salivary glands can be damaged if your head or neck are exposed to radiation during cancer treatment. The loss of saliva can be total or partial, permanent or temporary.
- **Chemotherapy** – drugs used to treat cancer can make saliva thicker, or "ropey," causing your mouth to feel dry.
- Menopause – changing hormone levels affect the salivary glands, often leaving menopausal and post-menopausal women with a persistent feeling of dry mouth.
- **Smoking** – many pipe, cigar and heavy cigarette smokers experience dry mouth.

Dry mouth, also called xerostomia, is a persistent feeling where there is not enough saliva in your mouth. It makes talking and eating difficult or embarrassing. Saliva lubricates and protects your mouth from infection caused by the chemicals that may come in contact with in your mouth from the atmosphere as well as from hot food and drinks. Saliva coats your teeth and protects them. Saliva also contains natural antibiotics. Reduced saliva flow, which causes dry mouth, can damage mouth tissue and contribute to both dental decay bad breath.

The Salivary Glands



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Antidepressants

Antidepressants can cause dry mouth because they inhibit the molecules that activate the salivary glands. A particular type of antidepressant – the selective serotonin reuptake inhibitors (SSRIs), – can also make the mouth more prone to bleeding. This is because they affect levels of platelets, the cells which help the blood.



Decongestants

Decongestants work by drying up the excessive production of mucus or catarrh usually associated with cold symptoms. The body produces more mucus than normal to try and 'flush out' invading micro-organisms. Remember though, changes in temperature and humidity can also cause some nasal congestion.

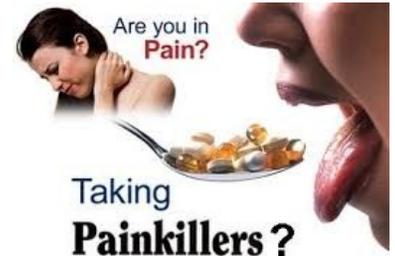
Analgesic (pain medications)



We see a number of patients that suffer with chronic pain. Some cases of chronic pain can be traced to a specific injury that has long since healed -- for example, an injury, a serious infection, or even a surgical incision. Other cases have no apparent cause -- no prior injury and an absence of underlying tissue damage. However, many cases of chronic pain are related to these conditions:

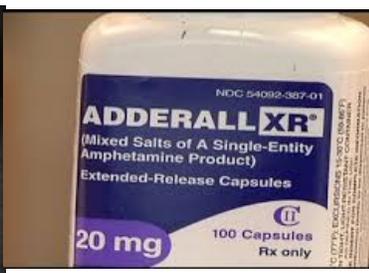
Low back pain, neck pain, TMJ Dysfunction, Arthritis, especially osteoarthritis, Headache, Multiple sclerosis, Fibromyalgia, Shingles, Nerve damage (neuropathy), and the list goes on and on. We find that the vast majority of patients that take narcotics on a daily basis for pain management have chronic dry mouth.

Often, these pain relievers are combined with acetaminophen (Tylenol). They include Tylenol with Codeine, Lorcet, Lortab, Vicodin (hydrocodone), Methadone, Ultram, Morphine, OxyContin, Roxicodone, Percodan and Percocet.



Attention Deficit Disorders

Among the most controversial subjects in modern medicine has to do with the treatment of ADD, ADHD and other attention deficit disorders. Inattention, hyperactivity, and impulsivity in children, adolescents as well as adults. The most commonly prescribed drug for treatment of this condition is Adderall. Adderall contains a combination of amphetamine and dextroamphetamine. Both these medicines are central nervous system stimulants that affect chemicals in the brain and nerves that contribute to hyperactivity and impulse control.



Contraceptive Pills

Some progesterone-only birth-control pills can lead to bleeding and inflammation of the gums. Gum disease is caused by a build-up of plaque, a sticky substance that contains bacteria. Plaque releases acids that damage tooth enamel and attack the gums, causing inflammation. Regular acid assaults on enamel can also lead to holes in teeth (cavities). The inflammation may be greater for women on birth control pills. 'One reason is that they increase levels of hormones such as progesterone, much in the same way as pregnancy does. It is thought these hormones cause an exaggerated reaction to dental plaque, triggering inflammation. 'This is also why pregnant women may have inflamed gums that bleed when brushed.' 'This is also why pregnant women may have inflamed gums that bleed when brushed.' Changing to a Pill with a lower concentration of progesterone may help and while there is no treatment for the inflammation, good dental care will minimise it. 'It may also be useful to use antiseptic mouthwash that will help to prevent plaque forming.'



Blood Pressure Pills

Among the drugs known to cause this oral side effect are alpha blockers, beta blockers, calcium channel blockers and diuretics.

Alpha blockers can include: Doxazosin (Cardura), Prazosin (Minipress), Terazosin (Hytrin), Tamsulosin (Flomax) and Alfuzosin (Uroxatral).

Commonly proscribed **beta blockers** are: Acebutolol (Sectral), Atenolol (Tenormin), Bisoprolol (Zebeta), Carvedilol (Coreg), Metoprolol (Lopressor, Toprol XL), Nadolol (Corgard), Nebivolol (Bystolic) and Propranolol (Inderal LA) .

Calcium channel blockers commonly used are: Amlodipine (Norvasc), Diltiazem (Cardizem LA, Dilacor XR, Tiazac), Felodipine (Plendil), Isradipine (DynaCirc CR), Nicardipine (Cardene, Cardene SR), Nifedipine (Procardia, Procardia XL, Adalat CC), Nisoldipine (Sular), and Verapamil (Calan Verelan, Covera-HS).

Calcium channel blockers can cause the gums to overgrow, which can be uncomfortable, unsightly and can make it difficult to clean teeth properly. This can, in turn, lead to inflammation of the gums (gingivitis), which if not treated can affect tooth-supporting tissues and lead to tooth loss. It happens over a period of three months or so in varying degrees. The problem itself won't go away unless there is a change of medication. If you can't do this, it's vital to be fastidious about oral hygiene. You may need guidance from your dentist or hygienist about the best way to clean your teeth, depending on the level of growth. Blood pressure tablets can also cause what is known as a lichenoid drug eruption. This is where, as a reaction to the medication, the lining of the mouth becomes sensitive, leading to little white ulcers developing in the cheeks and lips.



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While Adderall is also used in the treatment of Narcolespy as well, it has become a widely abused adjunct for students to help keep them “alert and awake” while studying. The incidence of dental problems related to the intake of these drugs is nothing short of alarming! Our country has come down pretty hard on athletes using banned substances to enhance their performance on the field—how about students using controlled substances to enhance their performance in the classroom using these types of stimulants that were not prescribed for them? And, it can cause a very rapid and aggressive destruction of their dentitions as a result of dry mouth.

Diuretics

Diuretics are drugs which cause the kidneys to reduce the amount of sodium (salt) in the body, which causes the body to reduce the amount of water in your blood. This loss of blood plasma volume is thought to cause a drop in the output of the salivary glands, thus causing xerostomia.

By reducing the volume of fluid in the bloodstream, diuretics reduce both blood pressure and cardiac output. This reduction in cardiac output is believed to cause a corresponding reduction in the activity of the salivary glands, reducing salivary production.



Finally, diuretics will change the concentrations of cytosolic calcium, sodium and hydrogen in smooth-cell muscles. This is believed to lower the output of the salivary glands, again causing dry-mouth syndrome.

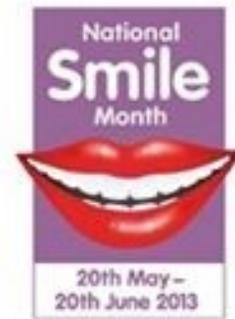
Diuretics can include combinations of: Chlorothiazide (Diuril), Hydrochlorothiazide, Metolazone (Zaroxolyn), Bumetanide (Bumex), Ethacrynic acid (Edecrin), Furosemide (Lasix), Torsemide (Demadex), Amiloride, Triamterene (Dyrenium), Eplerenone (Inspra) and Spironolactone (Aldactone).

Based on discussions that we’ve had with many patients about “dry mouth”, it is apparent that the vast majority of patients have no idea of the implications of this side effect from their OTC or prescribed medications on their teeth specifically with regard to elevated rates of decay and problems associated with this such as abscesses, tooth loss, etc.

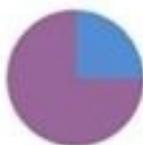
If you are experiencing dental problems related to dry mouth and would like to discuss this with us, please be sure to mention this at your next dental visit.

Question
1. Does your mouth feel dry at night or on awakening?
2. Does your mouth feel dry at other times during the day?
3. Do you keep a glass of water by your bed?
4. Does your mouth feel dry when eating a meal?
5. Do you sip liquids to aid in swallowing dry foods.
6. Do you have difficulties swallowing any foods?
7. Do you chew gum daily to relieve oral dryness?
8. Do you use hard candies or mints daily to relieve oral dryness?
9. Does the amount of saliva in your mouth seem to be too little, too much, or you don't notice it?

THE STORY OF OUR ORAL HEALTH



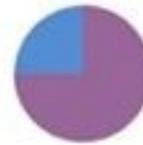
Ahead of National Smile Month, here's a snap-shot of the nation's oral health.



25% of adults don't brush twice a day, including a third of men.



29% suffer from regular dental pain



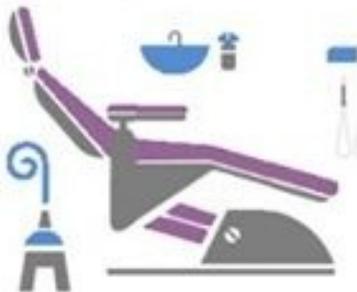
19% delay treatment due to cost



88% have no dental insurance



People who only brush once a day are a third more likely to develop tooth decay.



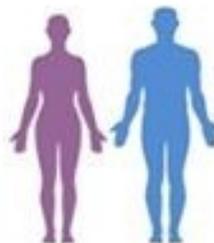
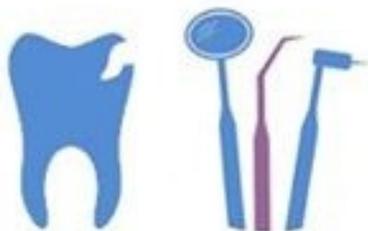
Say they visit their dentist every 6 months



Visit their dentist when they have a problem



Visit their dentist with pain

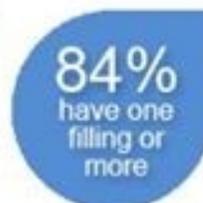
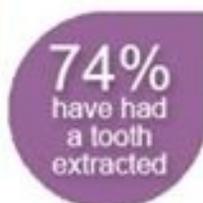
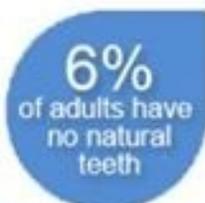


The smile is the most important physical feature when it comes to attraction between men and women.

A smile was rated highly by 56%, followed by faces (53%) and eyes (51%), beating dress sense, body shape, hair and height.

31% of adults have tooth decay
66% of adults have visible plaque
29% of adults suffer from regular dental pain

What do you use in your oral care routine?



42% toothbrush and toothpaste

31% mouthwash

21% floss





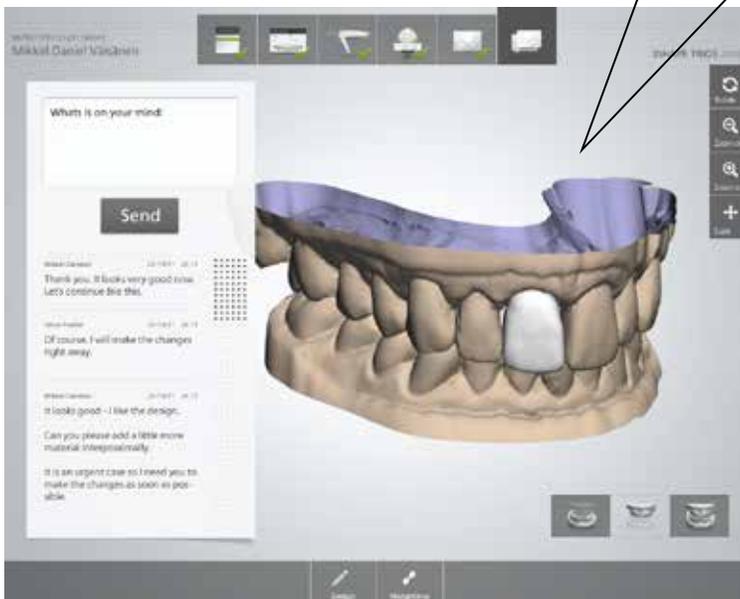
Digital Impressions.... No more Goop or Gagging

For decades dentists have used the same technique to take impression of patients teeth to make all sorts of different appliances for patients. Most patients, like yourself, probably have had this done to them once or twice before. Recently, a team of computer engineers in Germany developed a newly licensed software that is able to take pictures of a patients teeth with a tiny intra oral camera. The software is able to piece the images together within seconds and the Dentist or Dental Assistant can see it on a computer screen in real time!

After the digital impressions are taken they can be instantly emailed to the laboratory (usually takes 5 minutes because it's a large file) and the dental lab is able to instantly start making a custom implant abutment or a crown for the patient with there computer software!



Trios 3 Shape
Imaging Machine



Dental Laboratory Computer



This is a patient that needs 4 crowns in the front. (See image above) The dentist is able to view the teeth on a 3D digital model on a computer in their office while the case is sitting in a lab in another city or state. So before your dentist gets this in the mail, he know exactly what the final result should look like.

And patients that hate getting goop in there mouth or patients that have a terrible gag reflex...Problem solved!

A screenshot of the Facebook page header for "Drs. Smith & Domingue". It includes the Facebook logo, the page name, a search bar, and navigation icons for home, messages, and notifications (showing 33 notifications).
Two photographs of the dental office building. The left photo shows a stone entrance sign that reads "Beaullieu Square" with a small "217" below it. The right photo shows the exterior of the building, a single-story structure with a parking lot in front containing a black pickup truck and blue-painted handicapped parking spaces.
A logo featuring a stylized dental arch with a wheel-like design inside, positioned above the text "J. Jerome Smith, DDS" and "Daniel Domingue, DDS".

Drs. Smith & Domingue
135 likes · 5 talking about this

Like Message

Visit our page and click on "Like" us.





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Fax: 337-235-0699**

Email our office with appointment requests, questions, etc.

newpatient@jeromesmithdds.com

If you or a family member is having **dental pain**, you can call our office anytime on our regular number during or after office hours. After office hours, our answering service will prompt you to leave a message and a number at which you can be contacted. Either Dr. Smith or Domingue will be paged and will return your call promptly.



A Simple Way to Save \$40.00?

Dental offices are somewhat like miniature hospitals. We have dental nurses (hygienists and assistants), autoclaves for sterilization, hoards of equipment including x-rays machines, instruments, administrative staff, computers, telephones, etc. Dental offices are also quite costly to operate. When a patient does not show for an appointment and does not give notice we miss the opportunity to contact another patient that would like to come in to take that appointment spot. We do understand that "things come up" in our busy lives and sometimes missing an appointment is unavoidable. However, if you have a dental hygiene appointment with our office – we require 24 hour notice if you cannot make your appointment! Failure to do so will result in a \$40.00 charge.



Please visit our website at:

www.acadianadentistry.com