Oral health for women with intellectual and developmental disabilities

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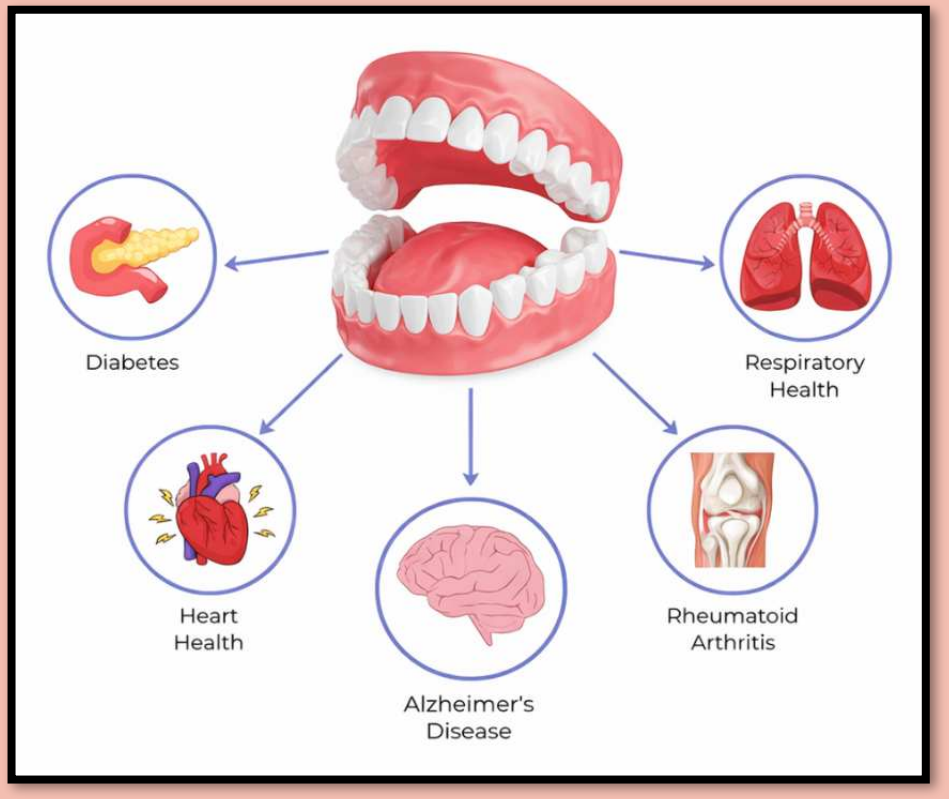
(NOT) FOR WOMEN ONLY



The importance of the mouth

- Role of the mouth in:
  - Nutrition
  - Speech
  - Esthetics

- Poor oral health may result in:
  - Respiratory infection
  - Diabetes
  - Cardiovascular disease
  - Cognitive decline/Alzheimer’s dementia
  - Pregnancy concerns
  - Other systemic concerns



The mouth, women and IDD

- Genetic disorders increase the risk for:
  - Diabetes
  - Cardiac concerns
  - Respiratory concerns
  - Osteoporosis
- Increased use of medications
  - Systemic medications
  - Neuro/psychoacting medications
  - Vitamins/supplements
  - Side effects of medications
    - Xerostomia (dry mouth)

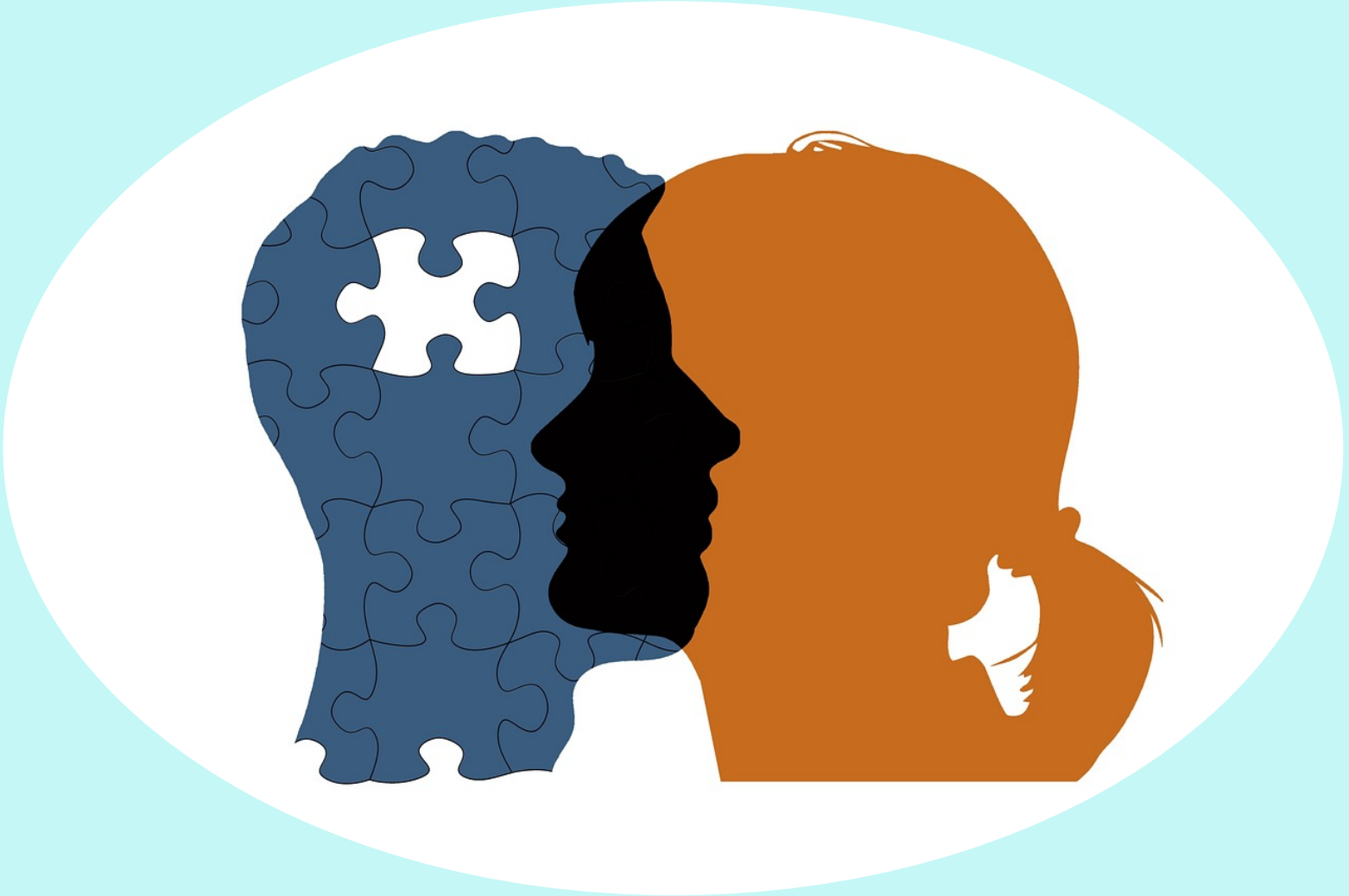


Look out for problems!

- Diet and nutrition
  - Failure to thrive
  - Food selectivity
  - Hydration/beverage choices
  - Diet consistency
- Medication side effects
  - Xerostomia (dry mouth)
  - Gingival hypertrophy (enlarged gums)

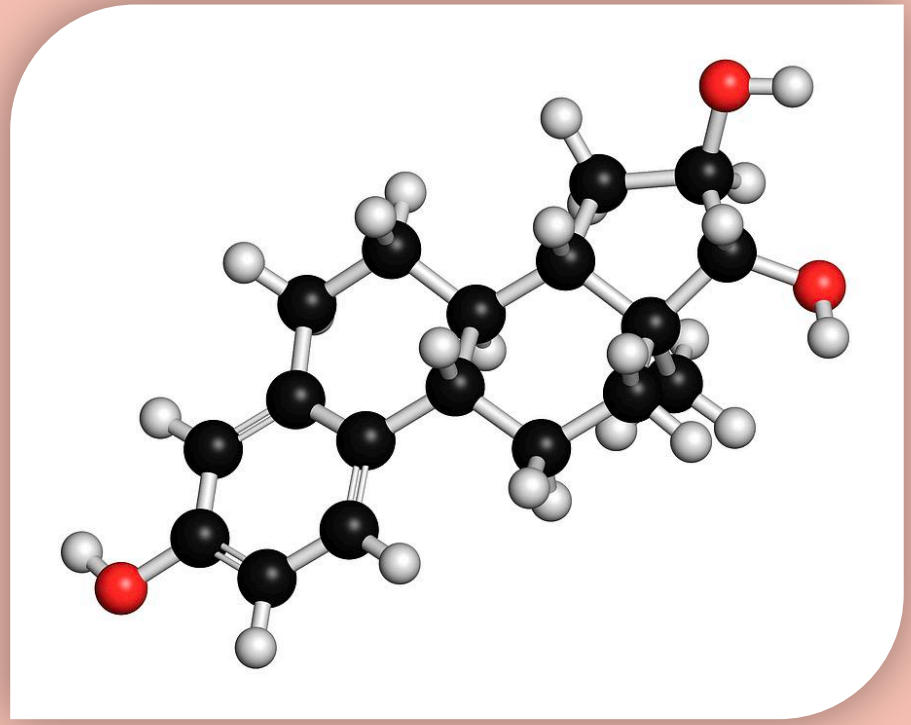


HOW ARE WOMEN DIFFERENT FROM MEN?



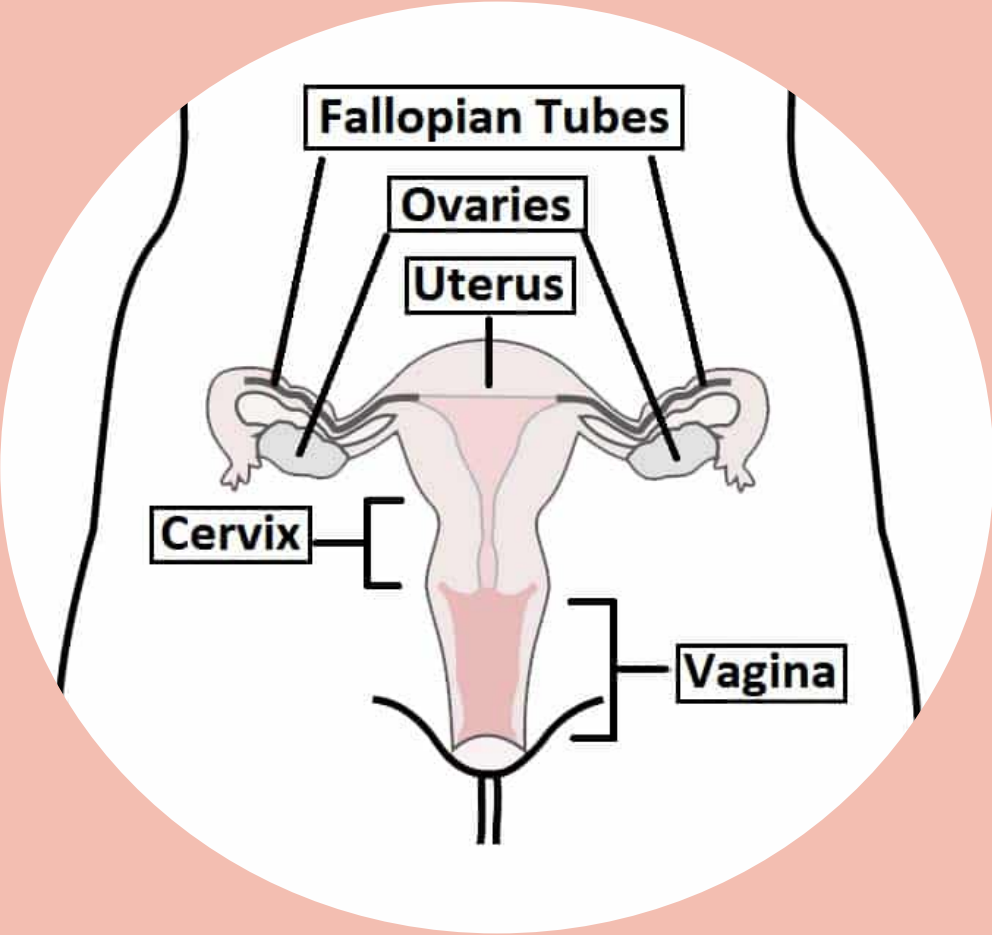
It’s all about the hormones…

- What are hormones?
  - Chemical messengers that control and regulate body function
  - Important roles in metabolism, sleep, reproduction, mood, growth and development
- Levels of many hormones differ between men and women
  - Estrogen, progesterone, testosterone



Hormones across the lifespan

- Puberty
  - Breast development, menstruation
- Menstruation
  - Uterus maintenance
- Pregnancy
  - Prepare the uterus for pregnancy
- Menopause
  - Changes in mood, weight, bone density



Hormones and the mouth

- Hormones affect the soft and hard tissues of the mouth across the lifespan:
  - Puberty:
    - Gingivitis from increased blood flow, plaque sensitivity
  - Menstruation
    - Gingival swelling, ulcerations, taste changes
  - Pregnancy
    - Pregnancy-related gingivitis, gingival growths
  - Menopause
    - Decreased saliva flow, bone loss, burning mouth



ORAL CARE DURING PREGNANCY



Pregnancy and the mouth

- "You lose a tooth for every pregnancy"
  - No strong evidence supports this theory

- Gingival inflammation is the most common oral change during pregnancy
  - Caused by hormonal changes
  - Adds to existing gingival inflammation
  - Reversible with good oral hygiene



- Oral disease hurts more than the mother
  - Increased risk of preterm/low birthweight pregnancy
  - Transmission of bacteria leads to infant dental caries

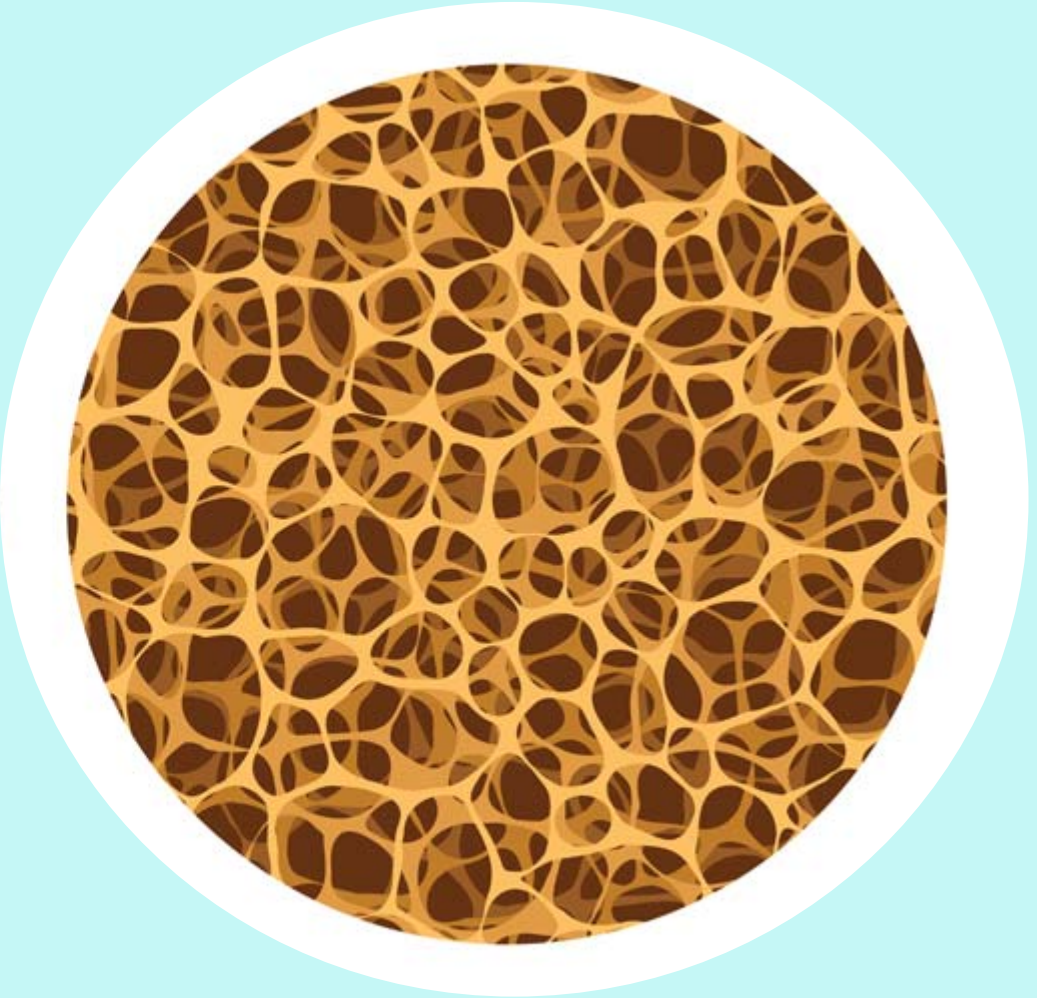
Dental care is safe during pregnancy

- Dental x-rays
- Local anesthetics
- Dental restorations
- Antibiotics
- Analgesics



DENTAL CARE IS SAFE AT ANY POINT IN PREGNANCY

OSTEOPOROSIS AND THE MOUTH



What is osteoporosis?

- Abnormal amount or architecture of bone

- High risk in women:
  - Age 50-59: 14%
  - Age 60-69: 22%

- Higher risk and early onset in IDD due to:
  - Decreased mobility
  - Genetic disorders
  - Medications
  - Nutritional deficiencies (Ca, D)

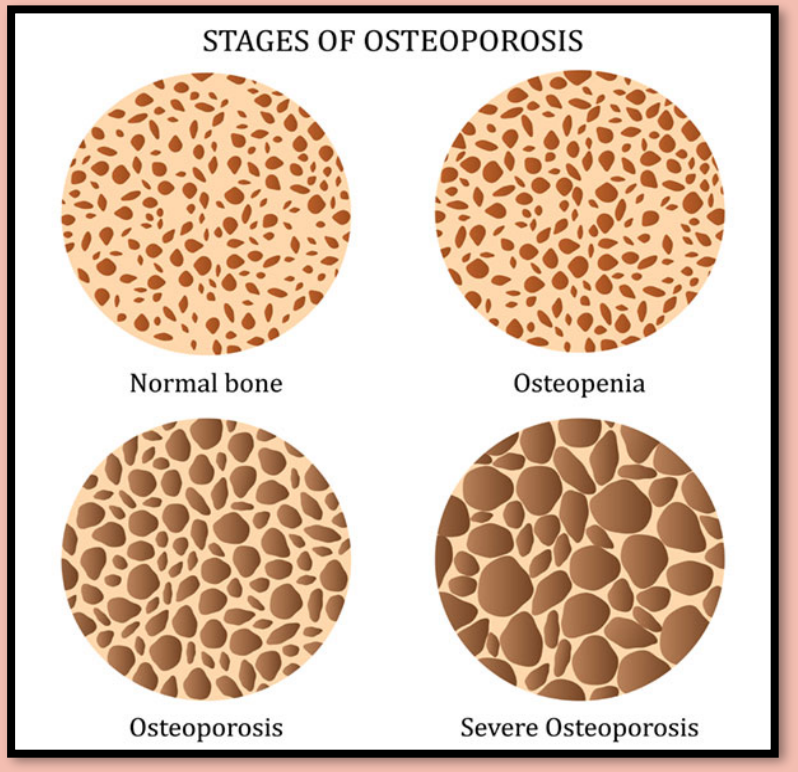


image: Perio NYC

Osteoporosis and the mouth

What is periodontal disease?

A chronic disease causing progressive destruction of the bone and supporting structures of the teeth

- Postmenopausal women with osteoporosis are 86% more likely to have periodontal disease

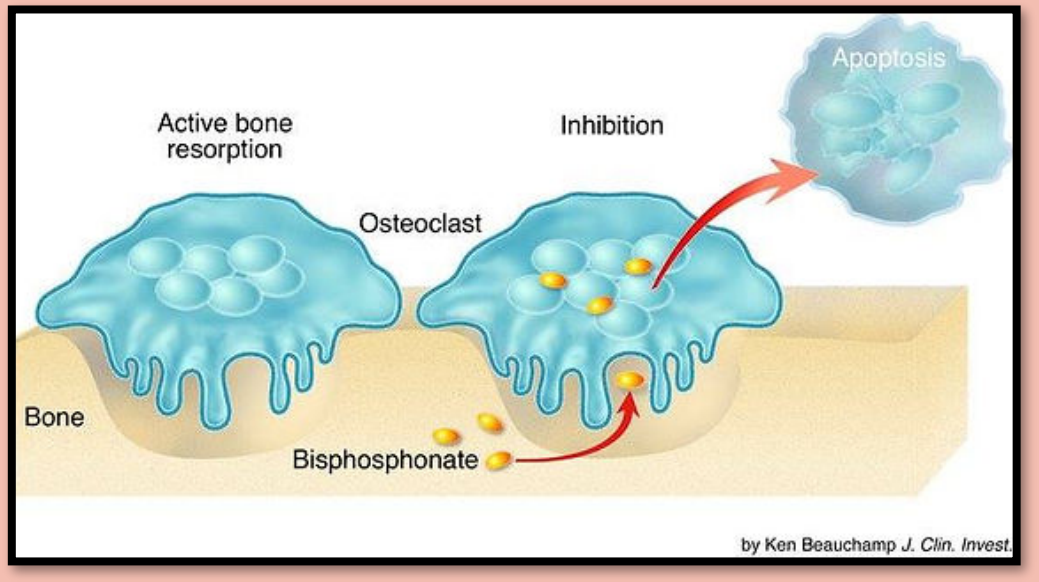
- Anyone with a history of osteoporosis or periodontal disease will have accelerated bone loss and greater likelihood of lost teeth



Bisphosphonates

- Medications used in treatment of osteoporosis and bone metastases
  - May be oral or IV
  - Different dosing schedules

- Common bisphosphonates include:
  - Alendronate (Fosamax)
  - Risedronate (Actonel)
  - Ibandronate (Boniva)
  - Zoledronate (Reclast, Zometa)
  - Pamidronate (Aredia)



Bisphosphonates and the mouth

- BRONJ (bisphosphonate-related osteonecrosis of the jaws)
  - Bone dies and becomes exposed
  - Pain, infection, spread
  - Often precipitated by dental treatments
  - Prevention is the best treatment!
- Risk
  - Risk outweighed by medication benefits
  - Very low risk
  - Even lower risk for oral meds (<1%)





ORAL HEALTH AND DEMENTIA



Dementia and women

- Individuals by age:
  - 75-84: 19%
  - 85-up: 47%
- Women make up 2/3 of people living with dementia
- More common, occurs earlier in IDD
- Lifetime risk at age 65: 20-21%
- Women progress faster
- Strong effect of :
  - Estrogen
  - APOE-e4



Oral health: a risk factor for dementia

- Modifiable, contributory factor

- Higher risk with:
  - Poor oral health: 20-25%
  - Tooth loss: 15-40%
  - Fully edentulous: 40-50%

- Denture use reduces risk
  - Chewing and nutrition play a role in decreasing risk and progression



ORAL SELF-INJURIOUS BEHAVIORS



What is oral self-injurious behavior (SIB) ?

- Includes:
  - Cheek biting
  - Lip biting
  - Tongue biting
  - Biting arms/hands/fingers
  - Picking perioral tissues

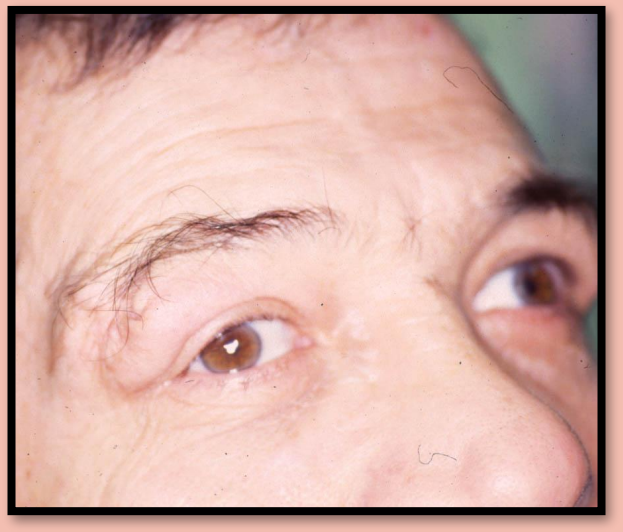






Causes of oral SIB

- Biological/medical
  - Genetics
  - Pain
  - Neurological
  - Sensory
- Psychological
  - Communication
  - Avoidance
  - Emotion regulation
  - Stresses






SIB in IDD

- Prevalence in IDD:
  - Overall: 4-15%
  - ASD: 27-42%
  - Up to 33% in severe ID
- Genetic syndromes:
  - Lesh-Nyhan: 100%
  - Prader-Willi: 73%
  - Cornelia DeLange: 55-95%
  - Fragile X: 54%
- Is gender a factor?



Dealing with SIB

- Determine the cause
  - How long has this been going on?
- Maintain hard and soft tissues where possible
  - …but soft tissues take priority
- Multidisciplinary approach
  - Psychiatric/behavioral therapy
  - OT/PT
  - Dental

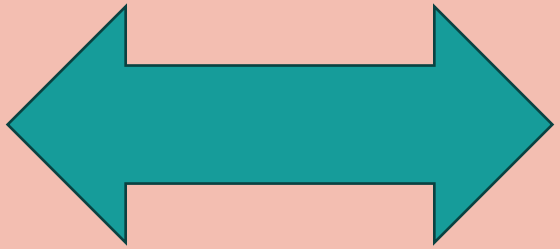


DIET AND NUTRITIONAL ISSUES



A bi-directional relationship

NUTRITIONAL ISSUES ISSUES



ORAL HEALTH

The impact of poor oral health

- Poor gingival and dental health can lead to…
  - Difficulties in chewing and swallowing, leading to…
    - Dyphagia → aspiration / respiratory complication
  - Increased risk of chronic diseases as a result of :
    - Diet choices (obesity, diabetes, cardiovascular)
    - Infection
    - Malnutrition
      - Role of sensory issues



Eating disorders and bulimia

- Incidence higher in the IDD population
  - Up to 3x non-IDD population
  - Possibly due to:
    - Stigma
    - Trauma
    - Body dissatisfaction
  - Less likely to be diagnosed
    - Diagnostic overshadowing
    - Lack of access to dental care



SUMMING IT ALL UP

A few takeaways…

- The mouth is important
- MOUTH →HEALTH
  HEALTH←MOUTH
- Women have different oral health concerns than men
- Don’t ignore problems
- Dental care is safe and effective



Keep your mouth and body healthy!

- Oral home care
  - Toohbrushing
  - Flossing
  - Mouthrinsing
- Watch what you eat
- Watch what you drink



Health care and you

- When you visit your doctor, talk about your mouth
- When you visit the dentist, talk about your health
- Know your history:
  - Medical diagnoses
  - Medications
  - Allergies



Thank you!

Do you have any questions?