

CE Course Handout

The 21st Century Dental Hygiene Therapist - Discussing Difficult Topics With Our Patients

**Friday, June 10, 2016
2:30-5:30 p.m.**

Sex, Drugs & Alcohol The 21st Century Dental Hygiene Therapist

Presented by Catrice Opichka, RDH

Pure Education

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E-Cigarettes

ENDS - Electronic Nicotine Delivery System

Developed: 2003

Available in US: 2006

E-Cigarettes contain a BATTERY, ATOMIZER & CARTRIDGE.

Cartridges can be pre-filled or refillable.

E-Cigarette Ingredients

PROPYLENE GLYCOL

FORMALDEHYDE

ACETALDEHYDE

NICOTINE

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Regulations / Laws

Cigarettes

E-Cigarettes

Smoking Trends

80.5% of all smokers trying to quite using e-cigarettes use both cigarettes and e-cigarettes at the same time.

The CDC reports that smoking statistics are at their lowest in the last 22 years.

However, high school students starting e-cigarettes have doubled ever year since 2011.

Smoking Cessation Resources

Centers for Disease Control and Prevention / cdc.gov

American Heart Association / heart.org

Smoke Free / smokefree.gov

Discussing E-Cigarettes and Vaping

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Marijuana

Marijuana can be used in several forms:

Smoking is the most widespread form, and most common. It is easy to prepare, using the whole cannabis plant. The effects are relatively rapid.

Water Pipe – Bong uses the cannabis plant that is smoked through a layer of water. Using the water removes some of the tar and irritants from the plant. The effects are similar to smoking cannabis.

Hashish comes from the extraction of the trichomes from the cannabis plant. The bud and leaves are separated and the bud is retained. The strongest THC is found in the bud of the plant. The result is condensed and potent, having a delayed but prolonged effect.

Types of Hashish:

Solid or Resinous

Bubble Melt Hash

Dental Effects: Xerostomia, Candida albicans, tachycardia, oral yeast infections.

Negative effects of marijuana:

Risk of addiction	Schizophrenia (in those genetically susceptible)	Impaired short term memory
Risk of motor vehicle accidents	Depression or anxiety	Altered judgment
Chronic bronchitis	Abnormal brain development	Low level of confidence
Diminished lifetime achievement	Lower IQ	

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Benefits of Medical Marijuana

- ✓ Stimulating appetite for patients with AIDS and associated wasting syndrome.
- ✓ Reducing chemotherapy induced nausea, vomiting, severe pain, and some forms of spasticity.
- ✓ Reducing inflammation in: Rheumatoid Arthritis, Crohn's Disease, and Ulcerative Colitis.
- ✓ New research showing benefits in patients with spinal conditions, chronic pain, and seizures.

Marijuana Cessation Resources

Marijuana Anonymous / marijuana-anonymous.org

SMART Recovery / smartrecovery.org

Healthy Place / healthyplace.com

Discussing Marijuana

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HPV and Oral Cancer

2016 Oral Cancer Statistics

_____ Americans die each year from oral cancer.
_____ people will lose their battle with oral cancer each.
Someone dies from oral cancer every_____.

Traditional Oral Cancer Risk Factors

_____, _____ and _____
are traditional risk factors for oral cancer.

Cancers are found in the floor of the mouth and the lateral borders of the tongue.

Human Papilloma Virus Oral Cancer Risk factor

HPV 16 & 18 are the most common strains that cause oropharyngeal cancers.
79 million Americans are currently infected.
CDC states that everyone who is sexually active will have an HPV infection within
their lifetime.

Cancers are found in posterior of mouth - tonsils, tonsillar pillar, base of tongue and
oropharynx

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Human Papilloma Virus

You can get the HPV virus in the following ways:



Not Getting Vaccinated & Multiple Sexual Partners increase the risk of HPV.

HPV Vaccine

Two companies provide three options for HPV vaccination.

Cervarix	Gardasil	Gardasil 9
HPV 16 & 18 June 2009 Girls	HPV 6, 11, 16, 18 June 2006 Girls December 2010 Boys	HPV 6, 11, 16, 18 & HPV 31, 33, 45, 52, 58 December 2014 Girls & Boys

HPV Coverage – United States vs. Australia.

United States

Girls ages 13 - 17

39.7%

Boys

21.6%

CDC's National Immunization Survey (published 7/31/2015)

Australia

Girls & Boys ages 13 - 17

73.1%

National HPV Vaccine Program Register (published (6/20/2015)

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The Human Papilloma Virus contributes to the following cancers:

Cervical Cancer	%
Vulvar Cancer	%
Vaginal Cancer	%
Penile Cancer	%
Anal Cancer	%
Oropharyngeal Cancer	%

Centers for Disease Control and Prevention 2015

HPV Vaccine Resistance

Common Side effects for HPV include: Pain, swelling, itching bruising, nausea, dizziness, vomiting, pain in legs and muscles.

For more information on HPV vaccination safety:

CDC

Vaccine Adverse Event Reporting Systems (VAERS)

www.vaers.hhs.gov

IOM

Institute of Medicine Adverse Effects of Vaccines Report

Social Stigma / Sexual Behaviors

It is difficult for parents to imagine their children sexually active; however, the changing sexual behaviors of our teens have made HPV impossible to ignore.

Teens & Sex

Percentage of teens having sex in the United States:

7% by 12-13

28% by 15

48% by 17

61% by 18

More than 25% teens have had more than one partner.

11% high school students have had more than four partners.

Journal of Sex Research

80% of sexually active people ages 14-44 have had oral sex with an opposite sex partner.

Individuals admit to not using condoms during oral sex.

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HPV Education in the Dental Practice

“HPV education is like climbing a mountain”
Catrice Opichka, RDH

Choose a Guide

Start at Basecamp

Assemble Your Team

Create the Map

Train and Practice

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Cancer Resources

Oral Cancer Foundation | www.oralcancerfoundation.org

American Cancer Society | www.cancer.org

National Cancer Institute | www.cancer.gov/cancertopics

Discussing HPV and Oral Cancer

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Methamphetamine

Debut of methamphetamines was in 1919. It quickly became popular with drug users because of the lasting effects of the drug.

Cocaine = 1 hour high Methamphetamine = 12 hour high

What does Meth do?

Releases high levels of neurotransmitters and allows them to accumulate in the brain. These stimulate brain cells and produces prolonged euphoria.

- ✓ Dopamine
- ✓ Norepinephrine
- ✓ Serotonin

Meth can be:

- ✓ Snorted
- ✓ Smoked
- ✓ Injected
- ✓ Taken Orally

_____ produces the most damaging oral/dental effects.

Meth is more damaging than: LSD, Heroin & Mushrooms.

Decay of tooth surfaces and destruction of periodontal condition is swift.

Why does “Meth Mouth” happen?

- ✓ The substances used to create Meth are highly acidic compared to any other drug. This creates excess acid in blood, changing the PH of saliva.
- ✓ Meth causes vasoconstriction of the blood vessels in the salivary glands, causing severe xerostomia.
- ✓ One result of the drug is paranoia, causing increased hyperactivity that often results in bruxism. This has a negative effect on weakened teeth and causes periodontal destruction.
- ✓ Meth causes cravings for sugar, called Buzzing. Increased sugar intake contributes to decay.
- ✓ Because the drugs effects are long, it increases the time between home care.

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Stages of Meth Mouth

Stage 1:

Stage 2:

Stage 3:

Patient Treatment

Methamphetamine addiction is very difficult to treat.

- ✓ We can help our patients by encouraging them to discontinue use of the drug
- ✓ Help them improve their dental hygiene while they are using the drug.
- ✓ Stress the importance of improved nutrition, so they don't make their condition worse.

Dental Recommendations

- ✓ Increase salivary flow.

- ✓ Halt tooth decay.

- ✓ Increase salivary flow.

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- ✓ Accelerated decay in teen and young adult patients.
- ✓ Look for decay on anterior buccal and in interproximal surface areas.
- ✓ Malnourished appearance, sudden weight loss, and changes in skin of the face.

The Meth Project | methproject.org

Discussing Methamphetamines

[illegible]

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Alcohol

Alcohol in Adult Patients

17.6 million adults are alcoholics or have alcohol problems.

Alcohol is a risk factor for many cancers, including:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Alcohol in Adolescent / Teen Patients

$\frac{3}{4}$ of all high school students have drunk alcohol.

Underage drinkers account for 11.4% of all alcohol consumed in the United States.

The average age young people start drinking:

Boys = 11 years old

Girls = 13 years old

Why do teens drink?

- ✓ Family problems.
 - ✓ History of childhood abuse or major trauma.
 - ✓ Behavior, school, mental health problems.
 - ✓ Close friendships to others who drink – peer pressure.
 - ✓ Other reasons?
-

Consequences of Teen Drinking

Alcohol is involved in the three top causes of teen death.

1. Alcohol related driving fatalities.
2. Homicides.
3. Suicides.

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Consequences of Teen Drinking

(continued)

Teens are more likely to engage in sexual activity at a young age.

1. _____.
2. _____.
3. _____.

Teens are more likely to be hurt, or engage in a violent crime.

1. _____.
2. _____.
3. _____.

Teens are more likely to have future drug and alcohol problems.

1. _____.

Teens are more likely to have cognitive problems.

1. _____.
2. _____.
3. _____.

Binge Drinking

Men – 5 or more drinks in a row.

Women – 4 or more drinks in a row.

Teens are more likely to engage in binge drinking because of peer pressure, and their brain is not fully developed in the areas of the ventromedial prefrontal cortex. This part of the brain is responsible for problem solving and advanced decision-making.

This area of the brain is fully developed in most adolescents around the age_____.

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National Institute on Alcohol Abuse and Alcoholism / niaaa.nih.gov

Substance Abuse and Mental Health Services Administration | [samhsa.gov](https://www.samhsa.gov)

Discussing Alcohol

[illegible]

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Bulimia

What is Bulimia?

Uncontrolled episodes of overeating (binging), followed by:

- ✓ Purging (vomiting).
- ✓ Misuse of laxatives.
- ✓ Enemas.
- ✓ Diuretics.
- ✓ Fasting.
- ✓ Excessive exercise.

The exact cause of bulimia is unknown; however, psychologists believe that the following are potential causes:

1. _____.
2. _____.
3. _____.
4. _____.

“Boys Dying To Be Thin: The New Face of Anorexia”

One million males have eating disorders. Men are less likely than women to seek help for an eating disorder.

Today, 1 in 4 eating disorder patients are male.

The male struggle with eating disorders is unique, because help is geared largely toward females.

Who gets an eating disorder?

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Dental Signs of Bulimia

Erosion is found on the enamel surfaces of the maxillary lingual teeth.

Usually seen after _____ years of bingeing and purging.

The cause of this erosion is from the repeated coating of hydrochloric acid following purging.

Signs of Bulimia

- ✓ _____.
- ✓ _____.
- _____.
- _____.
- _____.
- _____.

Treatment of Bulimia

- ✓ Individual therapy.
- ✓ Family therapy.
- ✓ Behavior modification.
- ✓ Nutritional rehabilitation.
- ✓ Medication (anti-depressants and/or anti-anxiety).

Dental Treatment

Fluoride protocol can include:

- ✓ In office varnish.
- ✓ Fluoride home rinse.
- ✓ Prescription strength fluoride in dental trays.
- ✓ Prescription strength toothpaste.

Tooth restorations can be used to restore teeth after years of bulimia wear.

Patient education is a must during active bulimia, and during recovery.

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Eating Disorders Coalition / eatingdisorderscoalition.org

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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