

CE Course Handout

Challenges and Strategies: Treating Dental Patients with Food Allergies and Gluten Intolerance

Saturday, June 11, 2016
10:00 a.m.-1:00 p.m.

Challenges and Strategies: Treating Dental Patients with Food Allergy and Gluten

Intolerance

ADHA 93RD Annual Session 2016

Ellen Karlin, MMSc,RDN,LDN,FADA

karlinldn@yahoo.com

Handout

1. Adverse food reactions
 - a. Dental patients with gluten intolerance, lactose intolerance
 - i. Be proactive!
 - ii. Gluten-free, lactose-free in the dental office
2. Prevalence Data
 - a. Science behind the increased number of food allergic patients in dental practice
 - b. Food allergy is a growing health problem (CDC)
 - c. Cause/hygiene hypothesis/theories
3. Food Allergy
 - a. Treatment is strict AVOIDANCE
 - b. Pathophysiology
 - c. Management in the dental office
4. Take precautions with allergic and gluten-free patients
 - a. Medical-dental history form
 - b. Terminology
 - c. Recognize hidden allergens in dental products
 - i. Prophylaxis paste
 - ii. Fluoride varnish

- iii. Cement
- iv. Toothpaste
- v. Mouthwash
- vi. Medication

5. Understanding labels and labeling laws:

- a. FALCPA
- b. Precautionary statements

6. Safety

- a. Incorporate food allergy /intolerance into dental office protocol
- b. Establish guidelines that are effective and realistic
- c. Know how to manage food allergic reaction
 - i. Recognize symptoms of anaphylaxis in the dental patient
 - ii. Respond to dental emergency
 - iii. Intramuscular epinephrine injection in dental emergency

7. Prevent Errors

- a. Communication/dental record
- b. Cross contact/avoid accidents
- c. Latex allergy in the dental office
 - i. Staff/dental hygienist/dental assistant
 - ii. Dental patient
 - iii. Latex/fruit syndrome

Websites:

Food Allergy Research and Education (FARE): www.foodallergy.org

American Dental Association (ADA): www.ada.org

Allergy and Asthma Foundation of America (AAFA): www.aafa.org

American Academy of Allergy, Asthma and Immunology (AAAAI): www.aaaai.org

American Academy of Pediatrics (AAP): www.aap.org

American College of Asthma Allergy and Immunology (ACAAI): www.acaai.org

Academy of Nutrition and Dietetics: www.eatright.org

Medic Alert: www.medicalert.org

National Dairy Council: www.nationaldairycouncil.org

Research/Key articles:

Boyce JA, et al. Guidelines for the diagnosis and management of food allergy in the United States: the NIAID-sponsored expert panel report. JACI 2010.

Rashid M, et al. Oral Manifestations of Celiac Disease: A Clinical guide for Dentists. J Can Dent Assoc 2011.

Memon Z, et al. An Orthodontic Retainer Preventing Remission in Celiac Disease. Clin Pediatr 2013.

Cheng J, et al. The Association between Celiac Disease, Dental Enamel Defects and Aphthous Ulcers in a United States Cohort. J Clin Gastroenterol 2010.

Shteyer E, et al. Oral Health Status and Salivary Properties in Relation to Gluten-free Diet in Children with Celiac Disease. JPGN 2013.

Condo R, et al. The Anti-transglutaminase Auto-antibodies in Children's Saliva with a suspect Coeliac Disease: Clinical Study. Oral & Implantology 2013.

Greco N. The Oral Implications of Celiac Disease. Dimensions of Dental Hygiene 2014.

Malahias T. Celiac Disease and the Dental Patient. Focus 2013.

Flores I, et al. Widespread Red Oral Lesions. JADA 2013.