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
PO Box 1092, Lake Stevens, WA 98258 | 920.246.4165 | catrice@pureeducation.org
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 quit 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 every 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
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:**

<table>
<thead>
<tr>
<th>Risk of addiction</th>
<th>Schizophrenia (in those genetically susceptible)</th>
<th>Impaired sort term memory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk of motor vehicle accidents</td>
<td>Depression or anxiety</td>
<td>Altered judgment</td>
</tr>
<tr>
<td>Chronic bronchitis</td>
<td>Abnormal brain development</td>
<td>Low level of confidence</td>
</tr>
<tr>
<td>Diminished lifetime achievement</td>
<td></td>
<td>Lower IQ</td>
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</table>
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
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 boarders 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
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.

<table>
<thead>
<tr>
<th>Cervarix</th>
<th>Gardasil</th>
<th>Gardasil 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPV 16 &amp; 18</td>
<td>HPV 6, 11, 16, 18</td>
<td>HPV 6, 11, 16, 18 &amp; HPV 31, 33, 45, 52, 58</td>
</tr>
</tbody>
</table>

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)
The Human Papilloma Virus contributes to the following cancers:

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical Cancer</td>
<td>%</td>
</tr>
<tr>
<td>Vulvar Cancer</td>
<td>%</td>
</tr>
<tr>
<td>Vaginal Cancer</td>
<td>%</td>
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<tr>
<td>Penile Cancer</td>
<td>%</td>
</tr>
<tr>
<td>Anal Cancer</td>
<td>%</td>
</tr>
<tr>
<td>Oropharyngeal Cancer</td>
<td>%</td>
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</tbody>
</table>

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.
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.
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.
    ______________________________________________________________
    ______________________________________________________________
    ______________________________________________________________
Be on the lookout for....

✓ 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.

Methamphetamine Resources

National Institute on Drug Abuse | drugabuse.gov

Partnership for Drug-Free-Kids | drugfree.org

The Meth Project | methproject.org

Discussing Methamphetamines
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

¾ of all high school students have drank 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.
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_______.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Alcohol Abuse Resources

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

Council on Alcoholism and Drug Abuse | sbcada.org

Substance Abuse and Mental Health Services Administration | samhsa.gov

American Cancer Society | cancer.org

Discussing Alcohol
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?

______________________________________________________________
______________________________________________________________
______________________________________________________________
______________________________________________________________

______________________________________________________________

______________________________________________________________
Dental Signs of Bulimia

Erosion is found on the enamel surfaces of the maxillary lingual teeth. Usually seen after _______________ years of binging and purging. The cause of this erosion is from the repeated coating of hydrochloric acid following purging.

Signs of Bulimia

✓ ________________________________________________________________________.
✓ ________________________________________________________________________.
  o ________________________________________________________________________.
  o ________________________________________________________________________.
  o ________________________________________________________________________.
  o ________________________________________________________________________.

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.
Bulimia Resources

National Eating Disorders Association | nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders | anad.org

National Association for Males with Eating Disorders | namedinc.org

Eating Disorders Coalition | eatingdisorderscoalition.org

Discussing Bulimia
Contact Catrice

Pure Education Facebook Page

https://www.facebook.com/pureeducation

Pure Education Website

www.pureeducation.org

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