2019 Oregon Dental Conference®
Course Handout

Anne Guignon, RDh, MPH, CSP
Course 3170: “Relief the Packs a Punch: Spotlight on Medications”
Saturday, April 6
9:30 - 11 am
Relief that packs a punch

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Erosion vs caries

- progressive loss of hard tissue
- chemical loss - not bacterial
- most important factor - hypersensitivity
- erosive lesions – generally sensitivity

Erosion - a multifactorial condition

- chemical loss - not bacterial
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Erosion - surface softening

- citric acid pH 2.3
- 6 X 5 min/day
- 10 days
- stored in salt solution

How does erosion happen?

- root structure - pH 6
- enamel - between pH 5 and 5.5
- fluorapatite - pH 4.5

Acid erosion

- critical pH – is a dynamic number
- dependent - salivary calcium and phosphorus
- average resting salivary pH 6.4 – 7.

Critical pH

- root structure - pH 6
- enamel - between pH 5 and 5.5
- fluorapatite - pH 4.5
Erosion – complicating medical conditions

GERD – gastric esophageal reflux
- 7% adults - daily episodes
- 36% monthly
- children also experience GERD

Anorexia
- <7% - binge/purge subcategory refuse to maintain normal weight

Bulimia
- typically normal weight
- self induced vomiting after eating

Health history - Questions

taking or using? then… what are you doing? partner for clues

Hidden risks

Multiple terms – quality of life

- dry mouth / syndrome
- hypo-salivation
- xerostomia

Protection

- dilution
- lubrication
- cleansing
- increase pH

Protection

- buffering-neutralizes
- remineralization
- anti-microbial
- healing

Medications - OTC and Rx

- HBP
- nausea
- anxiety
- depression
- pain
- appetite control
- seasonal allergies

Respiratory

- seasonal allergies
- facial anatomy
- dust / wind
- nasal congestion
- coughing

Conditions - lead to dehydration

- fever
- vomiting
- excessive sweating
- diarrhea
- blood loss
- burns


**Effective**
- easy to use
- simple dosage
- acceptable taste
- stable over time

**Dry products**
- swallowed pills
- coated discs
- gummy chews
- particle inhalers
- slow release lozenges or hard discs
- chewable tablets

**Hybrid preparations**
- powders
- effervescent tablets
- dispersible tablets
- dissolved in water or other fluids prior to swallowing

**Sweetness**
- sucrose
- lactose
- glucose
- fructose
- high fructose corn syrup
- xylitol
- thickener
- preservative
- antioxidant
- stabilizer
- sorbitol
- maltitol
- mannitol

**Sugars - hidden or in plain sight**
- Sucrose - can be 80% in syrups

**Compromises**
- sip on sweet drinks
- require no chewing / preparation
- high carb nutritional supplements

**pH, titratable acidity, citric acid**
Testing pH

- Liquid
  - dry glass container
  - 1/2 tsp product
dip clean strip

- Spray
  - dry paper towel
  - spray strip
  - saturate indicator

Titratable acidity

- bind (chelates) calcium
- accelerates calcium loss
- maintains pH below 5.5

But it’s............
healthy, natural, organic, homemade, safe, has vitamins, and natural sugar

Kombucha digestive aid

- Kombucha tea
- fermented - tea + sugar + yeast + bacteria
- contains vinegar
- pH 2.8 - 3.2

Propel....now vitamin and calcium enhanced

- water
- sucrose syrup
- flavors
- citric acid
- sodium citrate
- potassium citrate
- Splenda (sucralose)
- ascorbic acid (potassium)
- citric acid disodium EDTA
- Vitamin B 5
- Vitamin B 6
- Vitamin B 3
- Vitamin B 12
- Vitamin D
- One 8 oz contains
  - 10 Calories
  - 35 mg of sodium
  - 3 g of carbohydrates
  - 2 g of sugar

Kombucha tea

- 2 tsp twice daily
- sweeten with honey
- pH 2.8 - 3.0

But drinking lemon-water does not expose the teeth to excessive amounts of time to high citric acid levels in the mouth, thereby causing no harm to the enamel. In fact, it
improves plaque-stained teeth and bad breath.
Inactive ingredients

Drug Facts (continued)

Inactive ingredients: zinc and antioxidant (stabilized). Other ingredients: corn syrup, water, invert syrup, soy lecithin, natural flavor, and citric acid. 

Questions? 1-866-963-3482. You may also reach us by e-mail at: info@Delsyn.com

Clitor acid
High fructose corn syrup
Fructose
Sorbitol

Bottled water!!!
PH levels of 5-5.5 are common

Mouth rinses!!!
PH levels 3.5 to 5

Dental products
Good......and bad

Fluoride platforms

Professional

Home

Stannous Fluoride
Zinc Phosphate
• anti-cavity, anti-gingivitis and anti-sensitivity
• bioavailable stannous and fluoride
• protective mineral shield
• stabilizes stannous fluoride
• optimal fluoride and stannous ions

Children’s Sinus Support™ does not contain any harmful stimulants found in many over-the-counter drugs.

This chewable tablet is sweetened only with xylitol, which is natural, safe and supports dental health.

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The why

- combat illness
- provide relief
- support health

Concerns

- packs into occlusal
- sticky / adherent
- slow release dissolving contact time
- sugary content pH / ttratable acidity chewable tablets
- long clearance frequency night time

Health history - Questions

- taking or using?
- then... what are you doing?
- partner for clues

Contact me: anne@anneguignon.com
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Childhood asthma
Leading childhood chronic disease

- 8.4% - all children
- 10% - age 5-19
- 13% black
- 10% - all boys
- 7% - all girls
- 14% Puerto Rican

- learning
- playing
- sleeping

- 60% persistent
- 40% intermittent
- top reason for missing school
- complex
- expensive

- allergens
- smoke
- pollution

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INGREDIENTS: WATER (AQUA), ALCOHOL DENAT., GLYCERIN, XYLITOL, CANNABINOIDS EXTRACT, POLYSORBATE 20, POTASSIUM SORBATE, SODIUM BENZOATE