

Bone Health What's In Your Future?



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Pam Hughes, RDH, MS

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“Bone Health – What’s In Your Future?”

Course Overview

This program will provide dental professionals a detailed overview of osteoporosis and its treatments. In osteoporotic patients, long term treatment is essential for bone health. Routine dental care is important and should be included in the osteoporosis treatment regimen. Education will help dental professionals balance dental health needs with bone health.

A. Osteoporosis

- I. The “silent disease”, stooped posture “kyphosis”; multiple fractures in upper spine in post-menopause.
- II. Affecting 44 million Americans, expected to increase to over 61 million by 2020.
- III. 55% of the people 50+ of the 10 million have OP & 8 million are women.
- IV. Causes 1.5 million fractures annually. www.nof.org

B. Osteoporosis Risk Factors

- I. Age, Menopause, Smoking, Certain Diseases & Medications, Ethnicity/Familial History, Lack of Exercise, Small Bone Frame, Inadequate Calcium (food sources) and Dietary Concerns.

C. FRAX: Fracture Risk Assessment Tool

D. DXA Scan

E. Interventions for Osteoporosis

- I. Balanced diet rich in Calcium, Vitamin D and K
 - a. Vitamin D₃ --NHANES data, Institute of Medicine on Adequate Intake
 - b. Current thoughts on Calcium Supplements
 - c. Multivitamin
 - d. Sunshine
 - e. Foods rich in Vitamin D (egg yolks, liver, saltwater fish, dairy)
 - f. Weight-bearing exercises
- II. Medications
 - Oral Bisphosphonates:**
 - 1. Actonel
 - 2. Atelvia (second generation, version/Actonel)
 - 3. Fosamax
 - 4. Boniva
 - IV Bisphosphonates:** (3-4 weeks) for severe conditions
 - 1. Zometa
 - 2. Aredia

- Injection/Infusion:** 1. Prolia-6 mos. Subq. Injection-FDA approved 6-2010
2. Reclast (Yearly IV Infusion)
3. Forteo-Daily Injections www.health.harvard.edu

F. Osteonecrosis of the Jaw: (ONJ & BRONJ)

G. ONJ Reviews in Medical Literature

H. Position Statements

- I. American Dental Association
- II. American Association of Oral and Maxillofacial Surgeons
- III. American Society for Bone and Mineral Research
- IV. The European Society on Clinical and Economic Aspects of Osteoporosis and Osteoarthritis

I. Clinical Presentations of ONJ

- I. Oral Manifestations & Oral Connections
- II. Systematic Reviews
- III. Clinically Proven Technology for Oral Care Protocols

J. Research on Chronic Disease in Women

- I. Nurses' Health Study
- II. Women's Health Initiative

K. The Hormone Saga

L. Selected Resources:

- ❖ Centers for Disease Control and Prevention "Facts and Tools Every Woman Can Use"
www.cdc.gov/wisewoman/factsandtools.htm
- ❖ Harvard Women's Health Watch-www.health.harvard.edu/women
- ❖ National Women's Health Information Center-www.4women.gov
- ❖ ADA Advisory Statement from the ADA Council on Scientific Affairs
- ❖ www.osteoporosisinternational.org/smoke.html.
- ❖ www.nof.org
- ❖ www.ada.org
- ❖ www.osteofound.org
- ❖ www.osteoporosisinternational.org
- ❖ www.dentalcare.com
- ❖ Nurses' Health Study
- ❖ Women's Health Initiative
- ❖ JADA
- ❖ Osteoporosis International
- ❖ www.ada.org/sections/professionalResources/pdfs/topics_ARONJ_report.pdf
- ❖ www.aaoms.org/docs/position_papers/bronj_update.pdf

