

# **“Navigating Today’s Clinical Challenges”**

## **Kentucky Dental Association**

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- I. Challenges we see as professionals
  - A. Demineralization
  - B. Dental Erosion
  - C. Xerostomia
- II. Etiological factors to be identified
  - A. Acid insults
  - B. Dietary habits
  - C. Environmental links
  - D. Systemic relationships
  - E. Multifactorial links
- III. Components of this process
  - A. Etiology
  - B. Recognition
  - C. Risk Assessment
  - D. Intervention
  - E. Management
  - F. Education
- IV. Demineralization/pH factors
- V. Dental Erosion
  - A. Intrinsic Acid
    - 1.) pH values/GERD/Bulimia/Commonly observed
    - 2.) Characteristics observed in the GERD/Bulimic patient
  - B. Extrinsic Acid
    - 1.) pH values/Sources/Commonly observed
    - 2.) Environmental/Occupational factors
- VI. Soft Drinks & Their Contributing Role
- VII. Factors Related to Erosive Potential in Sports Drinks
  - A. High acidity
  - B. Buffering capacity
  - C. Xerostomia
  - D. Biofilm
  - E. Manner of ingestion
  - F. Modifying agents

- VIII. Enamel Dissolution Observed from Red Bull, Gatorade, Colas
- IX. Chemical Factors & Their Contributing Role
- X. pH of Common Foods & Drinks
- XI. Dietary Habits Link to Dental Erosion
- XII. Erosion & Enamel Vulnerability
- XIII. Destructive Processes of Tooth Structure
  - A. Dental Attrition
  - B. Dental Abrasion
  - C. Dental Abfraction
- XIV. Risk Assessment for Dental Erosion/Medical Referral
- XV. Preventive Strategies
  - A. Chairside Discussions & Treatment
  - B. Search for Clinically Proven Technology
    - 1.) Systematic Reviews-Cochrane Library
    - 2.) PubMed Clinical Queries
    - 3.) Critical Reviews in Dental Research
  - C. Plan & Implement Realistic Homecare Regimens
  - D. Stabilized Stannous Fluoride Use & Advantages
  - E. What makes a Fluoride Rinse Effective
  - F. Fluoride Varnishes
  - G. Xylitol Sources
  - H. Dry Mouth Relief

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#### References:

JADA	Cochrane Library	Public Health Policy Research
Journal of Dental Research	American Dietetic Association	Healthy People 2020
Caries Research	Access/ADHA	(NHANES)
Journal of Clinical Dentistry	Centers for Disease Control	
<a href="http://www.dentalcare.com">www.dentalcare.com</a>	Community Dentistry & Oral Epidemiology	
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