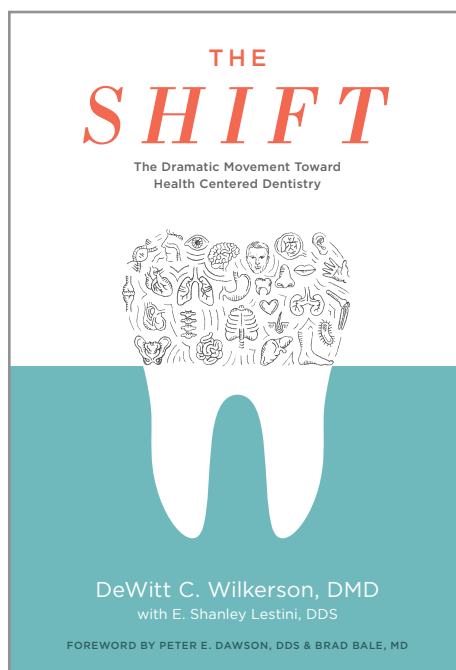


Integrative Dental Medicine

IDM Checklist



	Infection/Inflammation			Airway /Breathing Disorders			TMD/Occlusion Disorders		
History Signs & Symptoms	Caries/Toothaches	-	+	Mouth Breather	-	+	Joint Discomfort	-	+
	Bleeding Gums	-	+	Snoring	-	+	Popping/Clicking	-	+
	Oral Sores	-	+	Sleep Apnea	-	+	Limited Opening	-	+
	Tobacco/Toxins	-	+	Daytime Sleepiness	-	+	Sore Muscles	-	+
	High Blood Pressure	-	+	Poor Sleep Quality	-	+	Nerve Pain	-	+
	Pro-inflammatory Diet	-	+	Nasal Congestion	-	+	Bruxism (Grind or Clench)	-	+
	Chronic Pain/Stress	-	+	Forward Head Posture	-	+	Poor Bite	-	+
	Diabetes	-	+	Tongue Tie	-	+	Worn Teeth	-	+
	Gastric Reflux	-	+	Chronic Cough	-	+	Tongue Thrust	-	+
	Physical Inactivity	-	+	Deviated Septum	-	+	Crooked Teeth	-	+
Evaluation Clinical signs	Visual Inspection	-	+	Neck Circumference >16"	-	+	ROM Atypical	-	+
	Periodontal Probing	-	+	Mallampati Score >2	-	+	Muscle Palpation	-	+
	Oral Lesions	-	+	Scalloped Tongue	-	+	Joint Palpation	-	+
	Lymph Nodes	-	+	40% Tongue Restriction	-	+	TMJ Load Testing	-	+
	Swollen Tonsils	-	+	Nasal Stenosis	-	+	CR to MIP Slide	-	+
				Skeletal Profile		+			
Screening & Testing	Radiographic Imaging	-	+	Overnight Pulse Oximetry	-	+	Doppler Auscultation	-	+
	Hb A1c Testing	-	+	Home Sleep Test	-	+	Imaging (CBCT/MRI)	-	+
	Salivary Testing	-	+	Heart Rate Variability(HRV)	-	+	Dawson Photo Series		
	Oral Cancer Screening	-	+	Polysomnogram(PSG)	-	+	Diagnostic Study Models		
	Reflux Symptoms Index (RSI)						Dawson Wizard Analysis		
Differential Conclusion	- Negative	+ Positive		- Negative	+ Positive		- Negative	+ Positive	

	Infection/Inflammation	Airway /Breathing Disorders	TMD/Occlusion Disorders
Treatment	<p>Oral Infections & Systemic Inflammation</p> <p>↓</p> <p>Eliminate Caries Periodontal Protocol</p> <p>Tx/Extract Abcessed Teeth</p> <p>Counsel Anti-inflamm. Diet</p> <ul style="list-style-type: none"> • Chronic Pain/Soreness • Reduce B.P. • Reduce Blood Sugar/ Diabetes • Alkaline for Gastric Reflux <p>Counsel Anti-Inflamm. Lifestyle</p> <ul style="list-style-type: none"> • Physical Activity • Stress Management • Sleep Hygiene • Smoking Cessation • Avoid Toxins <p>Refer Oral Lesions</p>	<p>Management & Resolution</p> <p>↓</p> <p>Nasal Breathing</p> <ul style="list-style-type: none"> • Buteyko Training • Mouth Taping <p>Oral Myofunctional Therapy Allergist-Allergy Testing E.N.T.-Airway Evaluation</p> <p>MANAGEMENT PROTOCOL</p> <ul style="list-style-type: none"> • Increase Vertical Airway • Increase Horizontal Airway • Sleep Position, Non-Supine • Weight Loss • Retest • Work with Sleep MD <p>RESOLUTION PROTOCOL</p> <ul style="list-style-type: none"> • Expand Oral Airway • Expand Upper Airway • Expand Posterior Airway • Release Tongue-Tie 	<p>Phase 1 / Phase 2</p> <p>↓</p> <p>Phase 1</p> <ul style="list-style-type: none"> • Appropriate Orthotic • Anti-inflammatory Meds/Diet • Physical Therapy prn • C1/C2 Therapy prn • Injection Therapy prn • Surgical Referral prn <p>Phase 2</p> <ul style="list-style-type: none"> • Definitive Occlusal Therapy • Post Tx Orthotic prn

