

# **PUTTING THE MOUTH BACK IN THE BODY**

The Role of Oral Health in Addiction, Treatment & Recovery

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# ORAL HEALTH IN ADDICTION

- The **Centers for Disease Control and Prevention (CDC)** notes that, in 2014, **10.2 percent of Americans**, ages 12 and older, reported some type of illicit substance abuse in the past month.
- Many people think drug abuse only damages the **lungs, stomach, heart, or brain**
- Many types of drugs damage the **teeth and gums**.
- People who struggle with addiction often neglect oral hygiene because they **cannot afford** a dentist or they simply **stop caring** about brushing their teeth.

# DRUGS THAT AFFECT ORAL HEALTH

- Alcohol
- Cocaine
- Amphetamines
- Opioids and Opiates
- Marijuana
- Tobacco
- Over the counter medications:
  - Antihistamines & Aspirin

# WHAT DRUGS DO TO YOUR TEETH



# **THERE ARE SEVERAL WAYS THAT EACH DRUG CAN, INDIVIDUALLY, DAMAGE ORAL HEALTH.**

- Dry mouth, which increases acid in the mouth and leads to rotting enamel
- Acid reflux, which also rots enamel and hurts soft tissue
- Grinding teeth
- Loss of blood flow to roots and gums
- Ulcers or sores in the mouth that can become infected
- A focus on attaining more drugs instead of caring for oral hygiene
- Nutritional deficiencies that can damage teeth and gums
- Greater intake of high-sugar food or beverages, which rots teeth

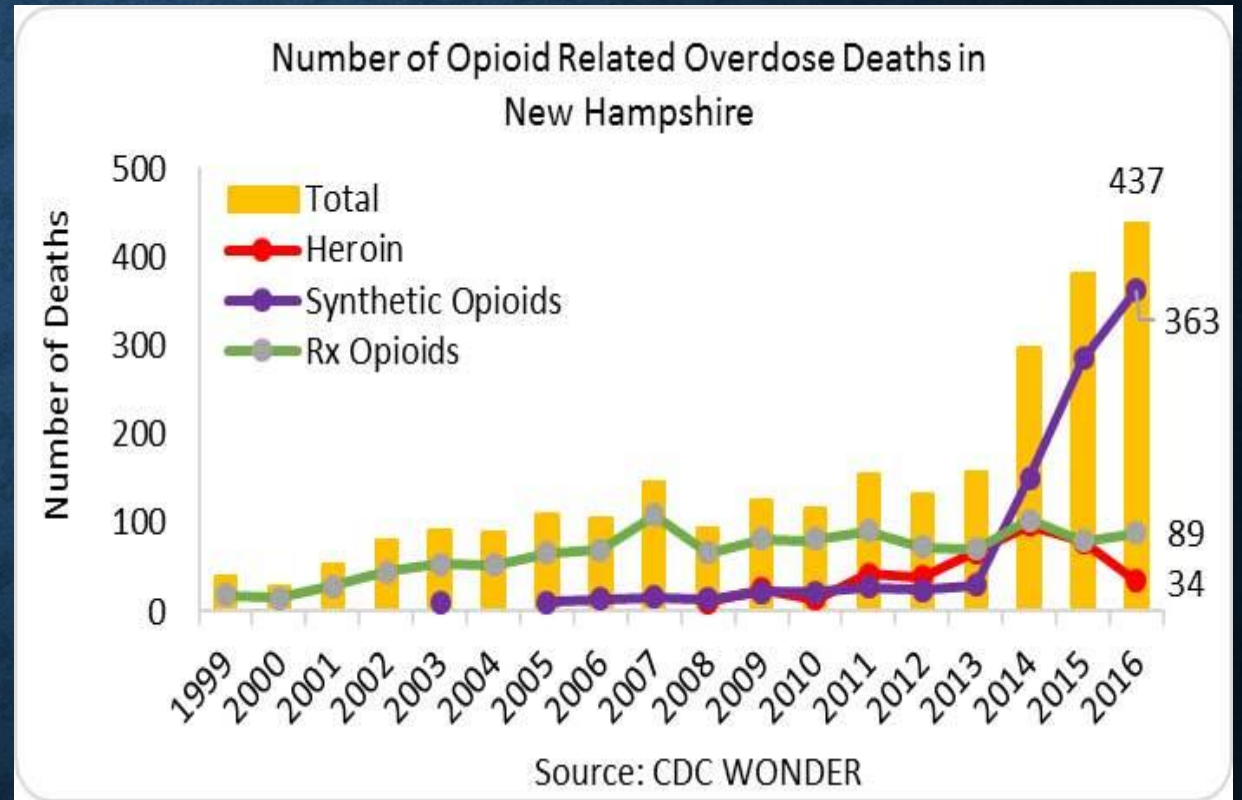
**DRY MOUTH, WHICH INCREASES ACID IN THE MOUTH AND LEADS TO ROTTING ENAMEL**



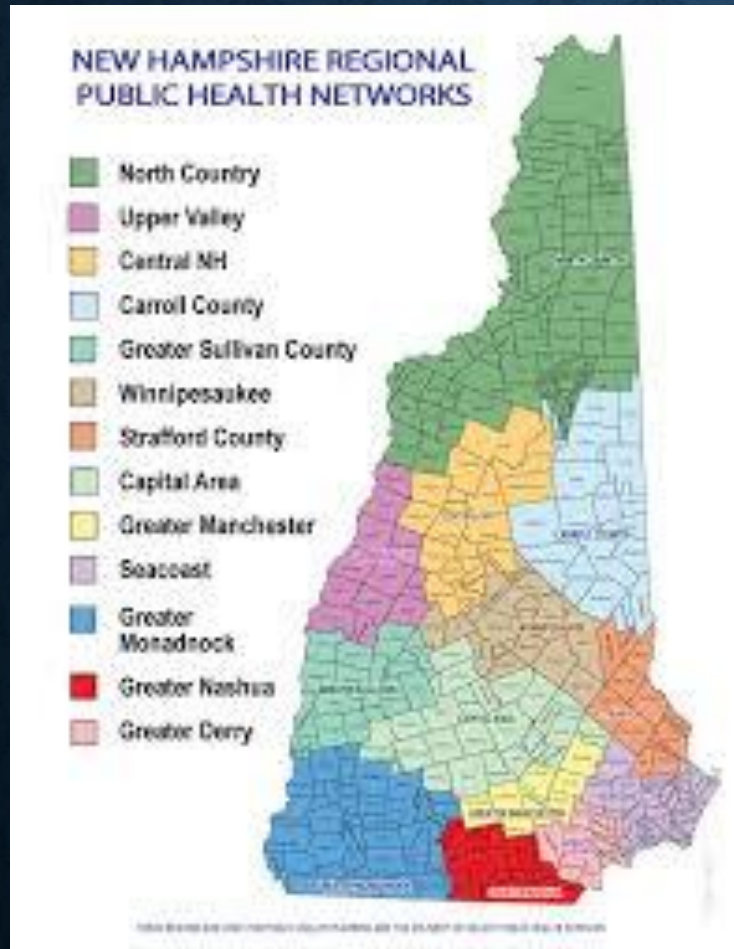
[orangectdentist.com](http://orangectdentist.com)

# DRUG USE NEW HAMPSHIRE

- Opioid/opiate, methamphetamine, & cocaine/crack treatment admissions increased by **28%** from 2016 to 2017.
- In 2017, NH was number 3 in the U.S. in per capita Opioid Deaths w/ **483**.



# ORAL HEALTH IN NORTHERN NH



- In 2014, **Coös** County had the highest rate of tooth decay among third graders, with over half (**56 percent**) showing evidence of either treated or untreated tooth decay.
- Rates of untreated decay were below 10 percent in all of the remaining counties except **Grafton (11.7 percent)**.

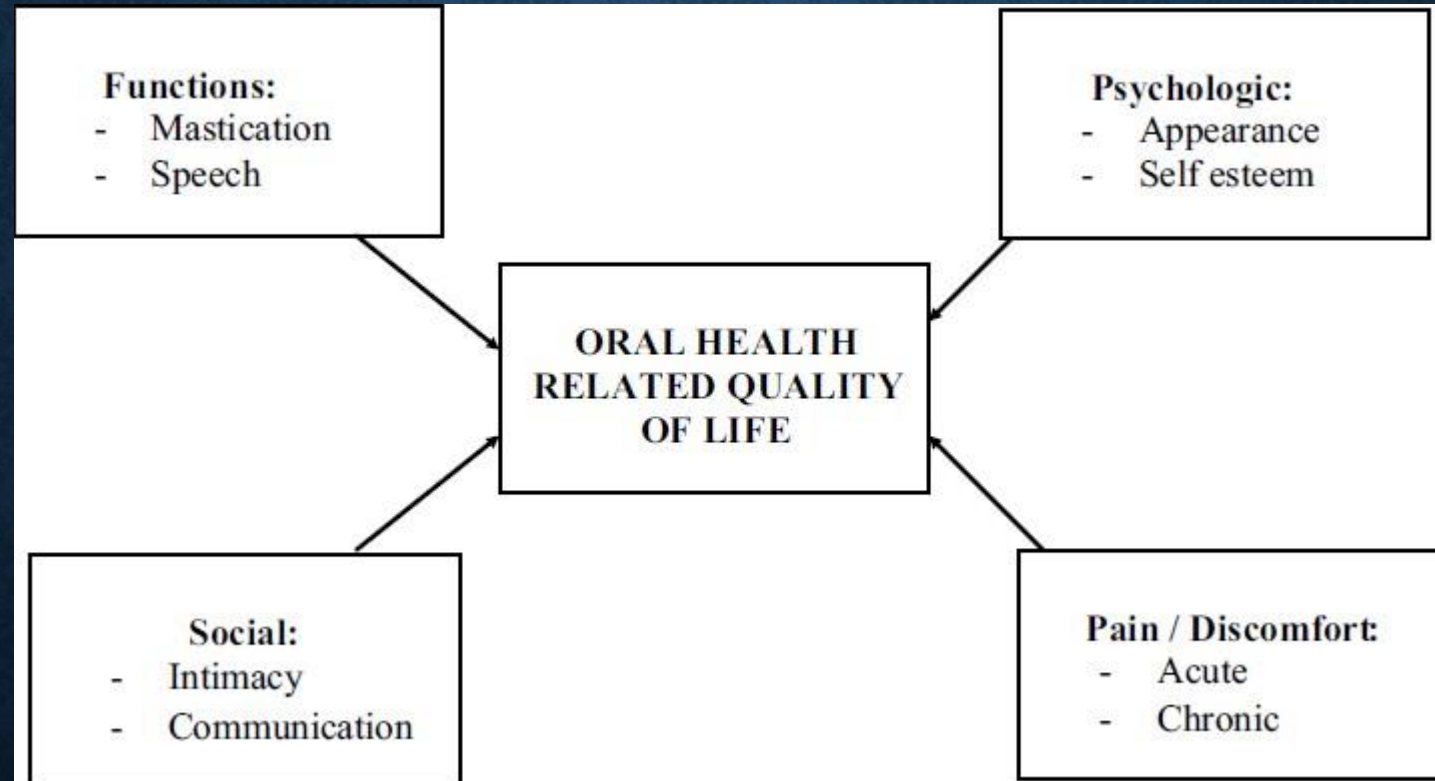


# BARRIERS

- Barriers
  - Numbers of Providers
  - Insurance Coverage
    - Medicaid
    - Affording Dental
  - Transportation



# ORAL HEALTH AND RECOVERY



# THE GOAL!



# WHAT CAN WE DO?

- Educate Patients
  - How substance abuse affects oral health
  - How oral health affects overall health
  - How to prevent poor oral health
  - How to access care
    - Medicaid
    - SFS
- Provide Treatment
  - SUD
  - Dental

# WHAT ACHS DOES FOR PERSONS WITH SUDs

- Provide SUD services
  - Education
  - Behavioral Health Counseling (Bothe SUD and Mental Health)
  - Case Management
  - Medication Assisted Treatment
- Primary Care
- **Dental**
- Vision
- Referrals to external agencies for:
  - Sober Living
  - Employment
  - Recovery Support Services

**QUESTIONS?**