# Meth Mouth and Dental Considerations

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## Course overview

- History of Methamphetamines
- Composition
- Interaction
- Physical and mental signs and symptoms

<table>
<thead>
<tr>
<th>Short term physical and mental effects of methamphetamines</th>
<th>Long term physical and mental effects of methamphetamines</th>
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<tbody>
<tr>
<td>Euphoria, surge of energy</td>
<td>High blood pressure</td>
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<td>Seizures, tremors</td>
<td>Increased risk behavior</td>
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<tr>
<td>Sweating, clammy feeling skins</td>
<td>Stroke, heart infections, cardiac arrest</td>
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<td>Nausea, vomiting, diarrhea, loss of appetite</td>
<td>Liver disease, lung disease, Kidney disease</td>
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<td>Breathing rate and blood pressure increase</td>
<td>Cracked teeth, destruction of oral cavity</td>
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<td>Headaches, dilated pupils</td>
<td>Sores, skin infections, acne</td>
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<tr>
<td>Surge of energy, euphoric feeling</td>
<td>Hallucinations, delusions, psychotic events</td>
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<td>Elevated body temperature, increased wounds that do not heal</td>
<td>Violence</td>
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<td>Dry mouth, bad breath, uncontrollable clenching</td>
<td>Anxiety, paranoia, insomnia</td>
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<td>Compulsive behavior</td>
<td>Weakened immune system</td>
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<td>Grinding and clenching of teeth</td>
<td>Brain damage</td>
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## Oral signs of MA use:

<table>
<thead>
<tr>
<th>Physical and social signs of MA use:</th>
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<tr>
<td>Angular Cheilitis</td>
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<td>Glossitis</td>
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<td>Candidia</td>
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<tr>
<td>Mucosal ulceration</td>
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<td>Xerostomia</td>
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<td>Facial pain, Trismus, and myofacial pain resulting in sever occlusal wear</td>
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<tr>
<td>Rapidly progressive periodontitis</td>
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<td>Rampant caries often starting on the buccal smooth surfaces of posterior teeth and the interproximal surfaces of anterior teeth</td>
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</table>
Safety tips for approaching a tweaker:

1. Keep your distance. Coming too close can be perceived as threatening.
2. No bright lights. The tweaker is paranoid and bright lights may cause them to react violently.
3. Slow your speech, lower your voice.
4. Slow your movements. The tweaker is paranoid and may misunderstand your movements.
5. Keep your hands visible, or they may feel threatened and become violent.
6. Keep the tweaker talking. A tweaker who falls silent can be extremely dangerous. Silence often means that his paranoid thoughts have taken over reality, and anyone present can become part of the tweaker's paranoid delusions. If you are threatened, call the police and tell them that this person may be under the influence of Meth or other drugs.

Assessment in the dental setting

Interaction
- Ask the right questions be non judgmental
- There is something going on in your mouth that is not normal. (SHOW) What do you think is causing these problems?
- Are you using any recreational drugs?
- We use medication in dentistry that can cause death when mixed with recreational drugs. Are you using any recreational drugs?

Refer for physical evaluation and rehabilitation
- Because the drug does cause cardiac problems a evaluation is vital
- Have a system set up ahead, referrals need to be ready, you may never see them again.
- Ask if you can speak to the patients doctor after the physical and send a note on the findings to the doctor
- Do not give anesthesia until the patient has not been using for 24 hours. Have that confirmed by their Physician
- Include drug counselor in decisions on pain control

Pain Control
- No Patient deserves to live with pain.
- Anti-inflammatory first drug of choice
- Long lasting anesthetics such as marcareine
- Many teeth will not be painful, check for doctor shoppers
- Avoid Narcotics due to cardiac reactions
- Vitamins
- Understanding soft drinks
- Yogurt for thrush

Nutritional counseling
- Limiting sugar
- Frequent rinsing
- Balancing diet
- Soothing gels and pastes
- Xylitol supplements
- Cleaning tools that are simple and easy to access and anti-bacterial

Prevention measures
- Fluoride
- Fluoride varnish with xylitol on ALL surfaces
- IRM
- Remineralizaion formulas
- Glass Ionomer Sealant used in the scoop and seal method
- Temporary acrylic crown and bridges are the recommended treatment until the results are visible from the use. This may take up to two years

Home care item
- Portable, easy to use, antimicrobial home care items

Restorations
- The affects of meth are not always seen during use. It may take years for the affects to take place as a result of the vasoconstriction and exposure to acid
- Glass Ionomer Sealant used in the scoop and seal method

Resources for Rehabilitation:

MethResources.gov
The federal government’s comprehensive directory of information and programs related to methamphetamine.

Office of National Drug Control Policy – Methamphetamine Fact Sheet
http://www.whitehousedrugpolicy.gov/drugfact/methampheta mine/ Detailed description of methamphetamine and other resources.

211: National organization for connection needs with service organizations

Substance Abuse & Mental Health Services Administration
Rehab locations
http://dasis3.samhsa.gov/
Locations of Rehabilitation centers and treatment center throughout the united states

National institute on drug abuse
http://www.drugabuse.gov/MethAlert/MethAlert.html
Resources and information on trends in use, prevention, identifying users, treatment options.

References available upon request