THE ORAL CARE CONNECTION
Systemic Lupus Erythematosus
Mucocutaneous lesions - Oral ulceration
Xerostomia
Increased risk of tooth decay
Brittle teeth
Inflammation of the Temporomandibular Joint
Oral fungal infection (candidiasis)
Halitosis
XEROSTOMIA

- Mouth burning pain
- Throat dryness, sore throat
- Difficulty swallowing
- Tongue burning pain
- Denture ridge soreness
- Taste dysfunction
- Speech problems
ORAL CARE RECOMMENDATIONS

- **OTC saliva substitutes**
  - Moi-Stir, Optimoist, Orex, Sage Moist Plus, Salivart, Xero-Lube

- **Oral moisturizing gels**
  - Laclede (OraBalance) and Sage mouth moisturizer

- **Saliva stimulants**

- **Time-release oral adhering disc such as XyliMelts (OraHealth) that contain xylitol**
ORAL CARE RECOMMENDATIONS

- Sip water frequently during the day
- Restrict use of drying drinks (caffeinated drinks)
- Avoid mouth rinses or drinks containing alcohol
- Use lip coating gels
- Use of a humidifier in the home and bedroom during sleep
Routine and preventative dental care by your dentist can improve the quality of life and help manage the symptoms of Lupus.