

# THE ORAL CARE CONNECTION

Systemic Lupus Erythematosus

# COMMON ORAL CONDITIONS

- ◉ 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



## YOUR DENTAL HEALTHCARE PROVIDER

Routine and preventative dental care by your dentist can improve the quality of life and help manage the symptoms of Lupus.