



Oral Care
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Huntington Association



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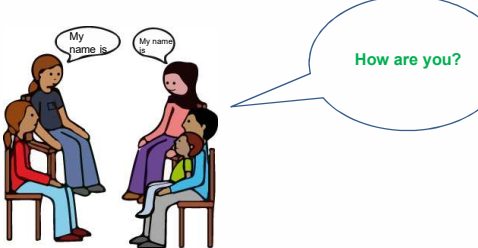
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Workshop

- My background
Your background and experience
- About Mun-H-Center
- Oral health
- Consequences in the oral cavity– HD including exercises
involuntary movements
cognition
- How we can support – including exercises
Assistive devices at home and at the dentist

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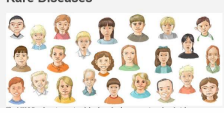
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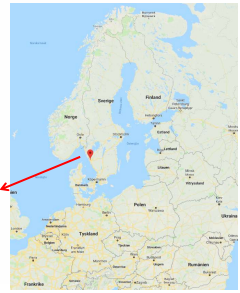


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Rare Diseases





Gothenburg, Sweden

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Specialist dental care

Information dissemination

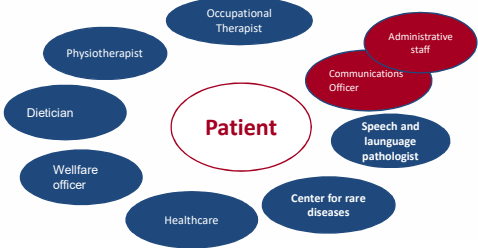
Research and development

Orofacial assistive devices

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Multi professional way of working



Patient

Physiotherapist

Occupational Therapist

Administrative staff

Communications Officer

Speech and language pathologist

Center for rare diseases

Healthcare

Welfare officer

Dietician

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We publish information

- on our web **mun-h-center.se**
- in our app, **MHC-appen**
- on **Facebook**
- on **Youtube**
- and in our **newsletter**



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RHS, THE LAY ASSOCIATION HUNTINGTON'S DISEASE IN SWEDEN APPROACHES THEIR TARGET GROUPS IN A CREATIVE AND UNIQUE WAY USING THE WEB, IN PRACTICAL NURSING GUIDANCE.

Wellcome to talk about our education programme

www.huntington.se

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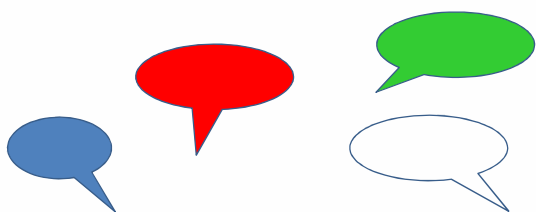
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Why care about oral care?



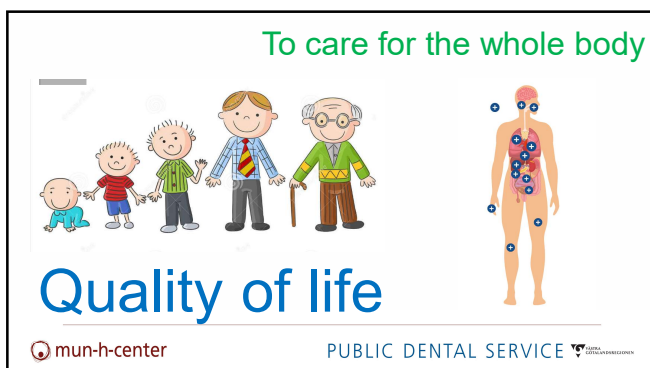
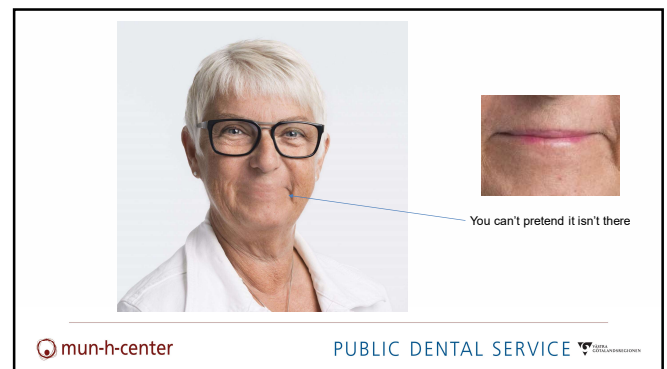
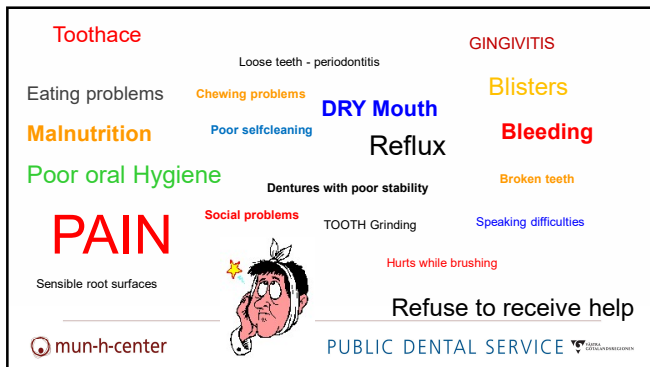
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Time to deliver the message - you aren't able to perform oral care by yourself any more



Time for help



It's better to sit down while brushing, then it's easier to focus

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Gingivitis, plank



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Calculus is common on the lower front teeth and on the upper molars. It affects the gingiva. If not treated it could develop into...




Periodontitis, the inflammation becomes worse if not treated and the teeth can become loose.

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Periodontitis

2008



2019



Woman with periodontitis, heavy smoker avoiding oral care..

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Effects on the Oral motor function

Impaired oral motor skills affect self-cleaning so that food residues remain in the mouth for a long time.

There is a risk of being bitten in the cheek or tongue due to involuntary movements



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Lack of self cleaning.



Effects of involuntary movements....

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Bite sore

The dentist made a soft splint to be used during the healing process



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Grinding teeth



2011



2014



2018

Woman born 67

Hard to stop, sometimes we try Botox injections or a hard plastic bait rail, (but often it's not accepted)

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Self cleaning after having a meal

Time for exercise



Chew those biscuits to understand what happens if there is no selfcleaning or if there is a problem with reflux.

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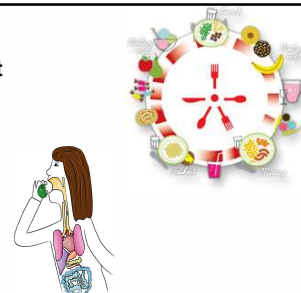
What could happen if you eat or drink very often?

(The mouth and teeth need rest to recover after consuming food or drink)

and if you at the same time have a **dry mouth**

and **poor oral care** ?

Caries.....



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Caries



On the border between teeth and gingiva



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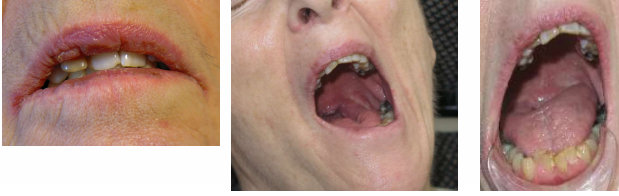
What problems can be caused by dry mouth? Besides caries.

discomfort, difficult to swallow, talk.....

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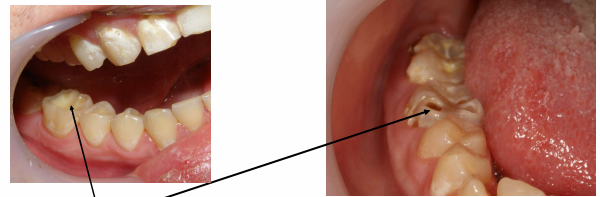
Cracked lips, burning in the mucous membrane, dried mucous, harder to swallow, dentures do not stuck, difficult to speak, general discomfort



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Which problems can be caused by reflux ?

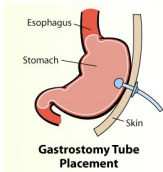


Erosion, lesion, burning in the oral mucous membrane

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Is the oral health affected by parenteral nutrition ??



The nutrient solution may, in conjunction with gastro esophageal reflux, occur in the oral cavity and cause problems.

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At the same time we know that **persons with HD have an increased need of calories depending on increased metabolism in the cells and the involuntary movements** entails a more frequent eating.



We have to **back up** this with energy-dense diet and prophylactic oral care.

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Sores and blisters



Look into the mouth and see if there is any sore or blister

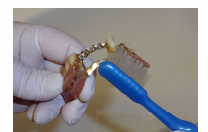
Sores and blisters in the oral mucous membrane and on the tongue can cause pain and difficulties eating, speaking and teeth brushing.

Oral candidiasis

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Dentures can be a problem.....



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What can you/we do to prevent?



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Questions the HD team ask the patient

Who is your ordinary dentist and when was the last visit?
Is the contact regular - how often and to what professions?
Will you go to the visits?
Do you have financial dental support (or is it time to apply)?
How do you brush your teeth and keep clean between - we ask the patient and, when appropriate, the staff / person who helps
Do you have any problems with your oral health?

How to eat / drink ?

We ask new patients and then follow up on a return visit. Sometimes it will be relevant with a referral to us but sometimes also to Public dental service at the place of residence if it is about not having a dentist contact. In case of sudden deterioration we ask about any possible tooth problems such as toothache in addition to other infections. Sometimes they send our oral health program along with a short letter to the treating patient, but no one has subsequently contacted us with any questions

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Economic support

Sweden

Supportsystem, Rare diseases:, attestation from a doctor that you have the diagnose, gives the person ordinary dentalcare including prophylactic care. The patient pays 100-300 skr (10-30 €) per visit up to 1100 skr (110€) then it's free during one year.

Norway: contribution to the part of the adult population that due to "congenital circumstances" have special needs for dental care

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Picture support

To remind about oral care

In the early stage



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Pictures for communication			
Exercise, using pictures			
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Picture support to prepare for brushing

www.bildstod.se
you find pictures of all categories here, for free

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Oral care at home

Viedo about oral care at home

<http://huntington.se/webbutbildningar/omva-rdnad-vid-huntingtons-sjukdom/atgardsomraden/#1487606398632-4570422a-85ff>

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Collis curve, double action toothbrush

High Fluoride toothpaste

Electric toothbrush

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Dubble-action toothbrush

Mouth angle expander

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Bite support

Proxident Oral support

Molini™ Mouth Opener

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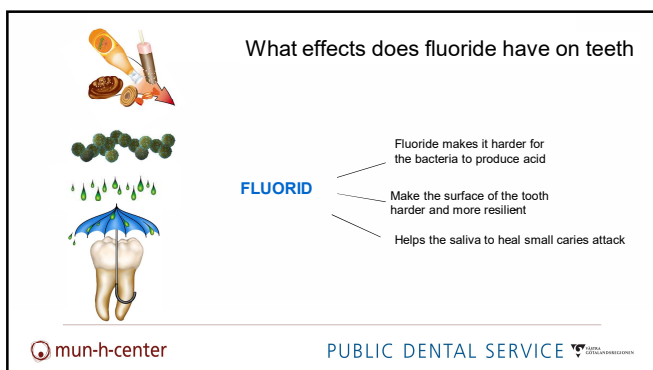
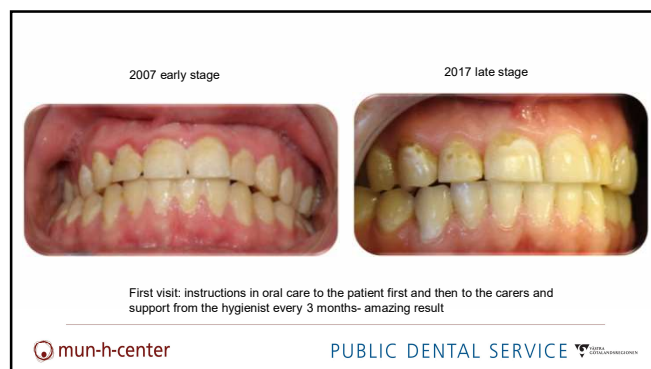
Between teeth

Interdental brush

Toothpick

Dental floss

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Fluoride

Toothpaste
Fluoride rinse
Fluorine gel
Fluoride tablets
Fluoride chewing gum
Fluoride treatment at the dental clinic



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The Oral Wipe



- Clean after meal
- Dip in grated oil to lubricate mouth
- Dip in fluorine solution and apply to the teeth
- Dip in coffee, tea, wine etc. to get a little taste.
- Dip in water, put in a plastic bag, seal, place in freezer and use as a relief.

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For dry mouth



Rapeseed oil
Flux Dry Mouth fluoride rinse
Proxident lubricating sunflower oil
Zendium Saliva gel
GUM Hydral
Flux Dry Mouth moisture gel

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Tumle treatment cushions



With support from the cushions, the body will be steady and relaxed, the involuntary movements are reduced.

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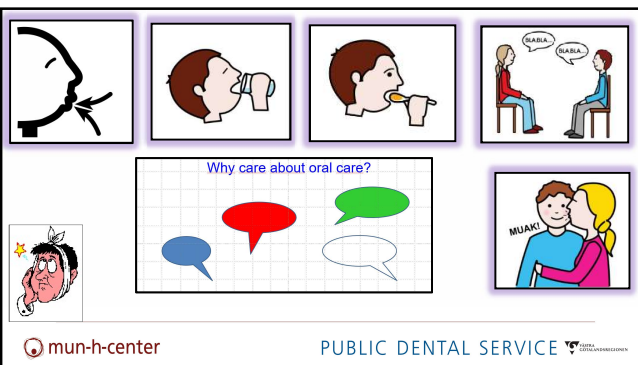
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Lasal dental cushions for information contact tine@cobi.dk



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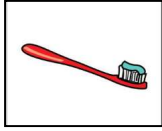
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Daily care
is the most important
thing!



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Oral Care Programme
Hand over to the dentist in
charge of the person with HD



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