



Geriatric Oral Health Within the 4Ms

Dr. Tabrizi DMD, MPH
March 5, 2024



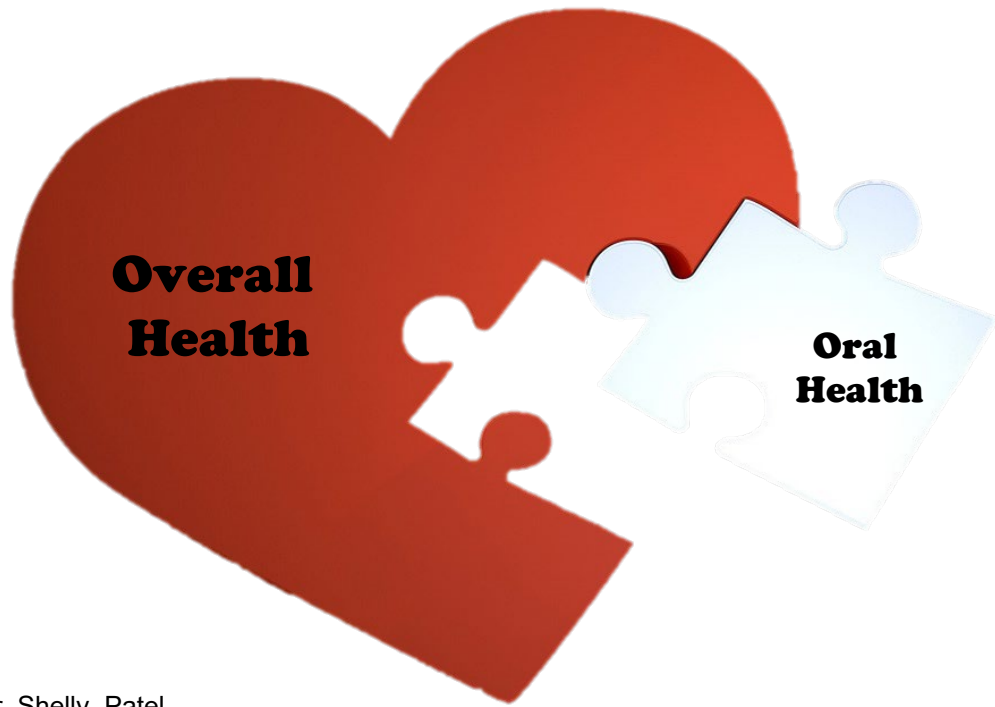
Seminar Instructor



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Dr. Shelly. Patel



Oral Health and Overall Health



Learning Objectives

- Why most medications increase the risk of oral diseases.
- Ways to protect their mouth from cavities, gum disease.
- Prevent or slow down the process of deterioration of gums and teeth.
- How to care for fixed and removable dental prosthesis

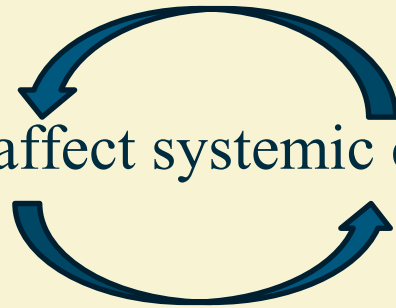
Oral Health with the 4Ms

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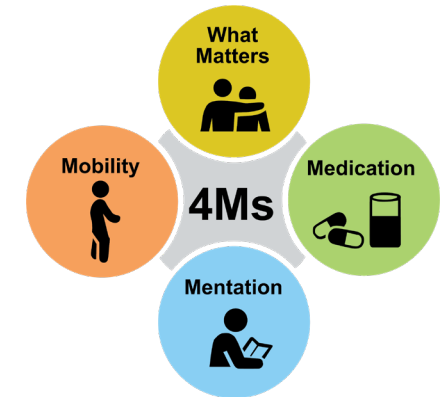
- Patient priority (what Matters)
- Medication
- Mentation
- Mobility

By Improve oral Health, Improve overall Health

Oral health affect systemic conditions



A Person- Centered Oral Health yields better clinical outcomes



Oral Health within the 4Ms

- **What Matters (Patient Priority)**

- *Values*
- *Ethics*
- *Health beliefs*

- **Medication**

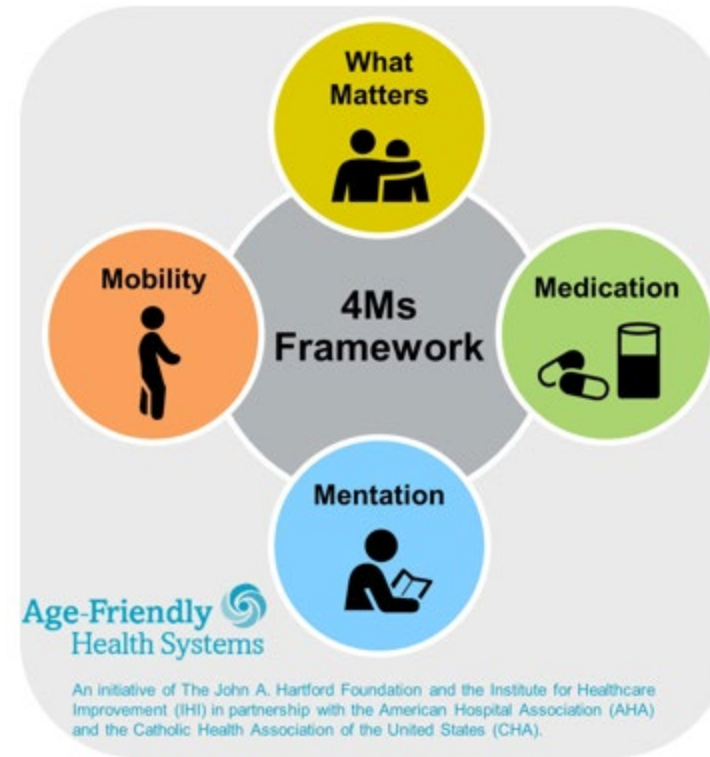
- *Class of Medications*
- *Anticholinergic properties*
- *Dose/ Duration*

- **Mentation**

- *Cognition*
- *Mental Health*

- **Mobility**

- *Patient's capacity*

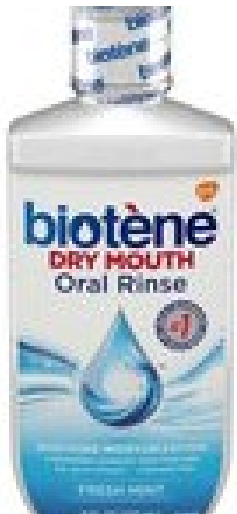


Common Dental Diseases

- **Tooth Decay**
- **Gum Disease**
- **How to Clean Your Teeth & Gums**
- **Dentures**
- **Dry Mouth**
- **Oral Cancer**
- **Finding Low-Cost Dental Care**

How to Protect Mouth from Cavities, Gum Disease

- Diet
- Oral hygiene
- Routine dental checkups (2 or 3 times a year)
- Address dry mouth



For dry mouth and has FL

Maintenance to prevent and slowdown oral diseases

- **Natural Teeth**
- **Dental Prostheses**
- **Implants**



How to Care for Fixed and Removable Dental Prosthesis



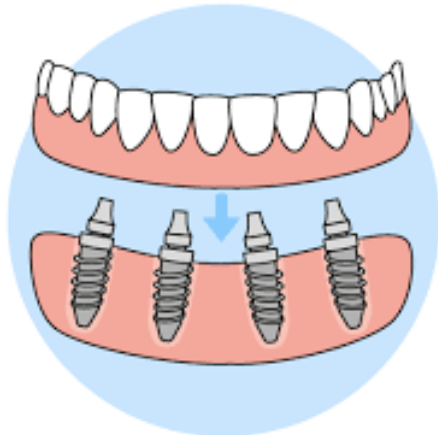
Dr. Maria Gonzalez, DDS, MS

Fixed Dental prosthesis



Natural teeth and over dental Implants

Removable Dental Prosthesis



https://www.google.com/search?q=Implant+over+denture&tbm=isch&hl=en&chips=q:implant+over+denture,g_1:metal:f136f07mtBc%3D,online_chips:upper+jaw:cqgbgx16CWY%3D&sa=X&ved=2ahUKEwj7lrSJktmEAXURPkQIHUSNDcKQ4iYoCHoECAEQRQ&biw=1903&

A few Tips Make the Right Decisions



VS



Photo Source:

https://www.google.com/search?q=Implant+over+denture&tbm=isch&hl=en&chips=q:implant+over+denture,g_1:metal:f136f07mtBc%3D,online_chips:upper+jaw:cqgbgx16CWY%3D&sa=X&ved=2ahUKEwj7lrSJktmEAxURPkQIHUSNDckQ4IYoCHoECAEQRQ&biw=1903&

Self Oral Hygiene Care

VS

Oral Hygiene provided by Caregivers



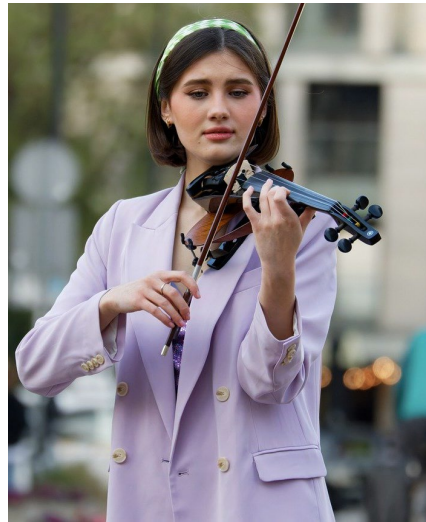
Photo Source: <https://pixabay.com/photos/search/free%20old%20people%20teeth/>

By Improve Oral Health, Improve Overall Health

Nutritional Health



Personal health



Social health



Mental health



Photo Source: <https://pixabay.com/photos/search/free%20old%20people%20teeth/>

Case #1- Emergency Room

Patient presents to the ERD. Complaining of a sore throat.

She said her primary Dr. prescribed for her antibiotics a week ago, but her through is getting worse.

She cannot even swallow her saliva! She has not been able eat or drink without pain for over a week.

**The ER physician orders x-rays of her through
And.....**



Case #2

Extreme Dry mouth (Medications and cancer treatments)
leads to generalized GUM RECESSION and ROOT
CARIES

Root Caries may lead to premature tooth loss



Dr. Tabrizi

Take-Home Points

Oral health is significant aspect of overall health

Mouth is the gate to overall health

A healthy smile rejuvenates life everyday

It's your mouth, it's your decision

Make informed decisions



Resources

Taking Care of your Teeth and Mouth

- [Tooth Decay](#)
- [Gum Disease](#)
- [How to Clean Your Teeth and Gums](#)

Source: National Institute of Aging

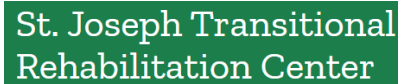
Older Adult Oral Health

Source: Centers for Disease Control and Prevention

- [Dentures](#)
- [Dry Mouth](#)
- [Oral Cancer](#)
- [Finding Low-Cost Dental Care](#)



Creating an Age-Friendly Health System & Dementia-Friendly Community in Nevada



Volunteers in Medicine of Southern Nevada

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This material is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3.75 million for five years with 0% percentage financed with nongovernmental sources, grant #U1QHP33069. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.