

THE  
2ND DECADE



MYOTONIC  
DYSTROPHY  
FOUNDATION



## 2017 MDF Annual Conference

Sept. 8–9, 2017 San Francisco



MYOTONIC  
DYSTROPHY  
FOUNDATION

Care and a Cure

# MYOTONIC DYSTROPHY AND ORAL HEALTH

Darci Trill, MS, RDHAP

# GOLDEN SCALERS MOBILE DENTAL HYGIENE

BRUSHING = GOOD



CLEAN TEETH = HAPPY



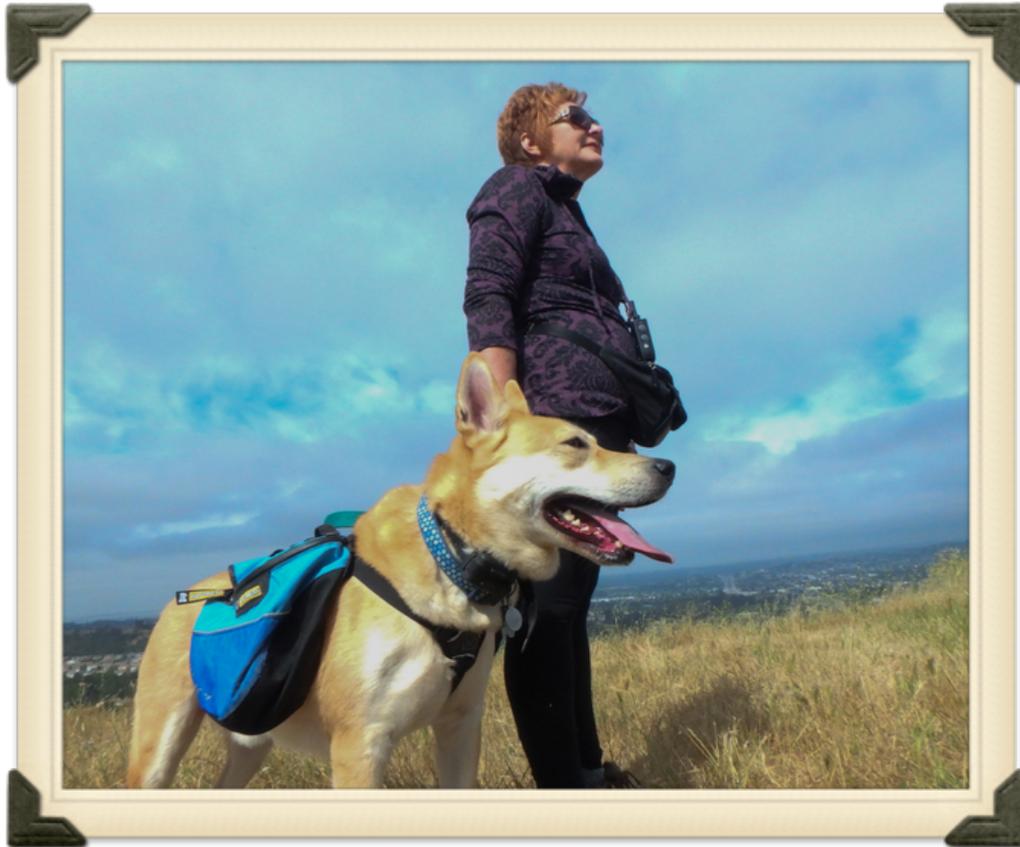
# THE ISSUE



Limited dental



# MY HIKING BUDDIES



# ON THE ROAD

MOBILE  
EQUIPMENT



# A DIFFERENT APPROACH

- SOME OF OUR CLIENTS



# BEDSIDE



# CLIENT IN A WHEELCHAIR



Poulos © 2007 [www.Playback.net](http://www.Playback.net)

# PEOPLE ARE DYING.....



IF A PICTURE IS WORTH A THOUSAND WORDS.....



BUT MY GUMS ALWAYS BLEED.....



# HEALTHY MOUTHS DON'T BLEED



# WHAT WE KNOW

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- MOST COMMON FORM OF MUSCULAR DYSTROPHY
- CAUSES MUSCLE WEAKNESS AND MUSCLE LOSS
- AFFECTS 1 IN 8,000 PEOPLE WORLDWIDE
- NO CURE

# SOME CHARACTERISTICS

- MUSCLE WEAKNESS
- HEART ABNORMALITIES
- CATARACTS
- INSULIN RESISTANCE



# OTHER ISSUES



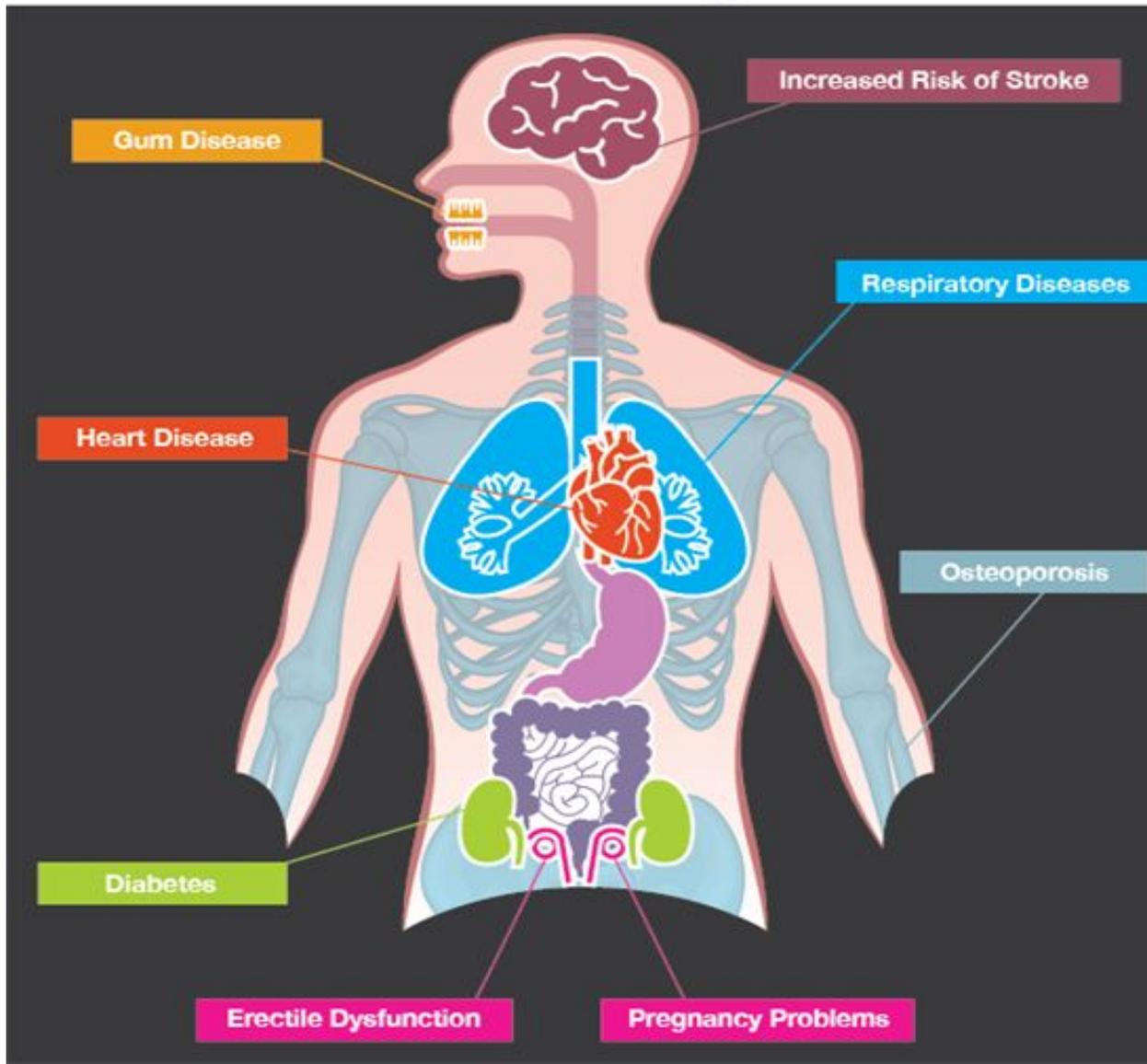
SWALLOWING

IRREGULAR HEARTBEAT (ARRHYTHMIA)

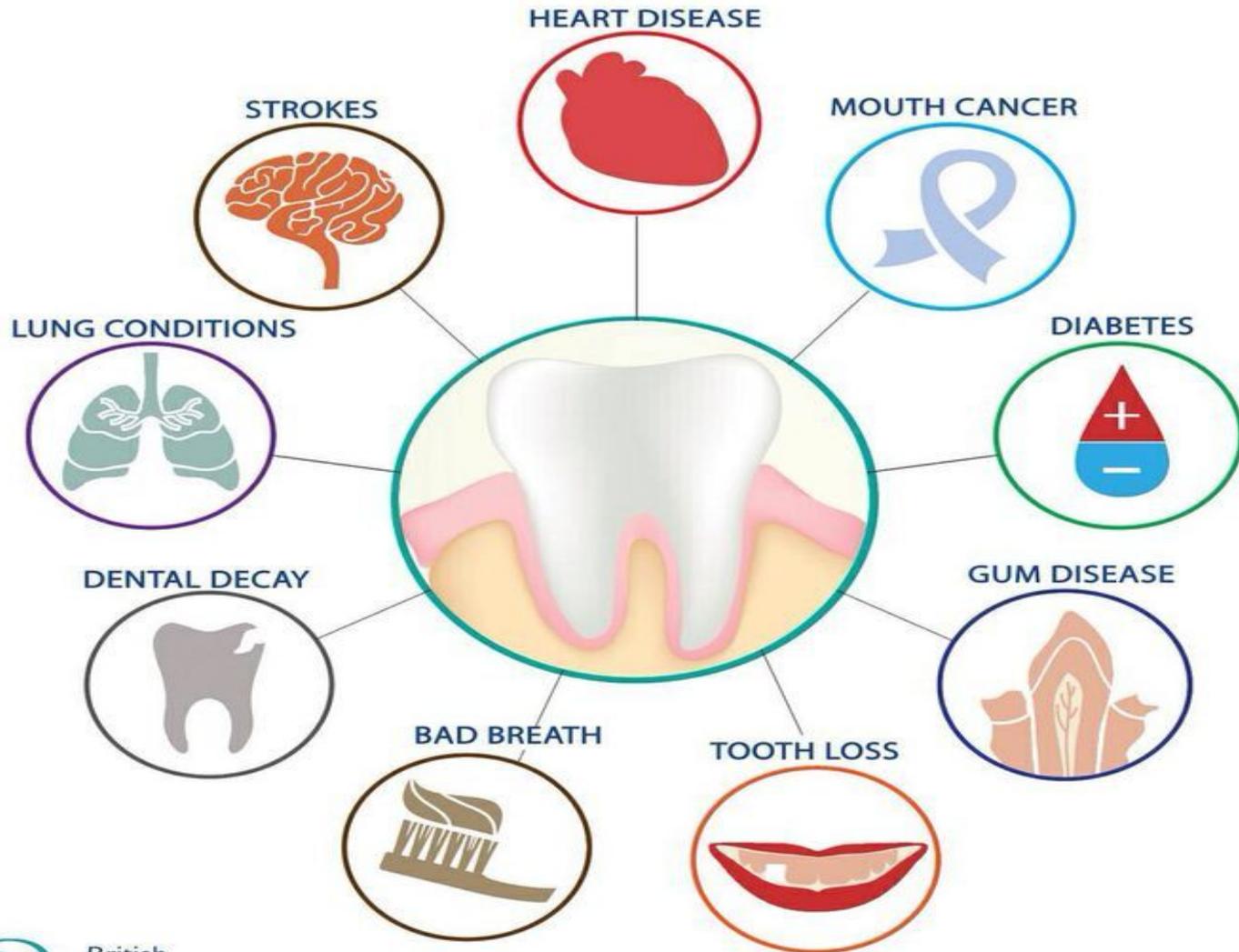
GINGIVITIS

# The Connection Between Your Oral Health and Your Overall Health

Effects of Poor Dental Hygiene



# WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



# ASPIRATION PNEUMONIA

DEFECTIVE  
SWALLOWING  
MECHANISM

RISK FACTORS:

\*AGE

\*POOR DENTAL  
HYGIENE



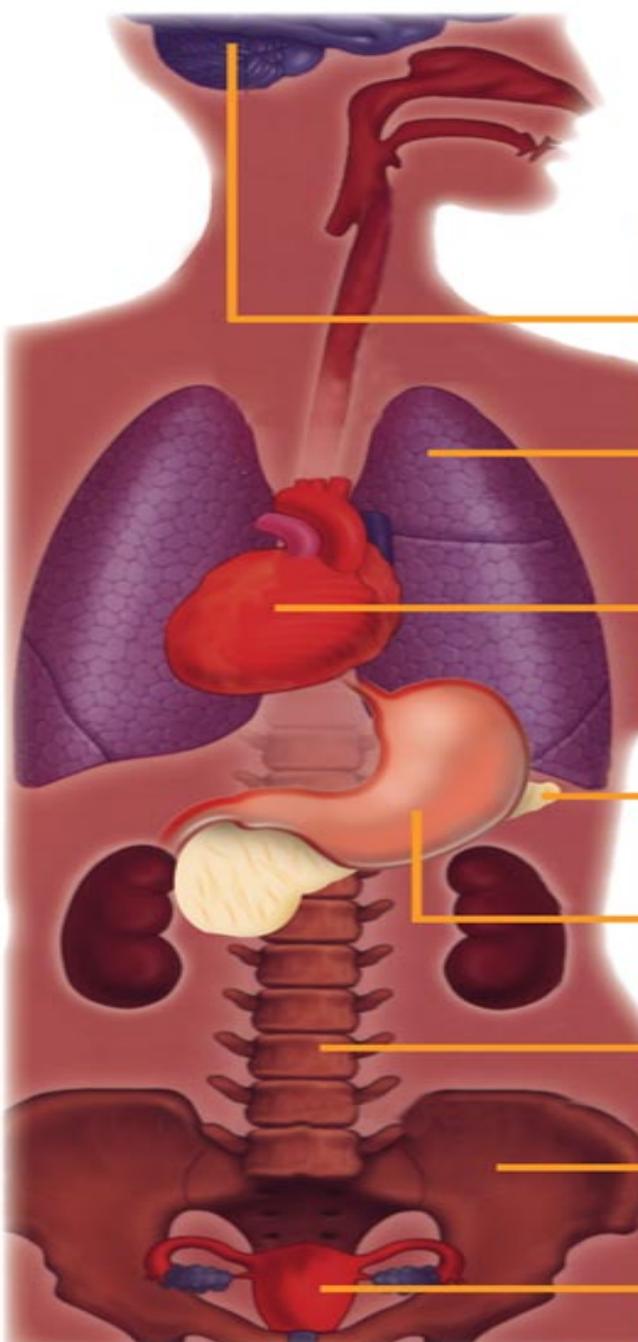
# RESEARCH SAYS.....

## Oral Care Research

**Treatment with oral hygiene alone, reduced occurrence of pneumonia in older adults in nursing homes by 30%**

**Yoneyama et.al. (2002)**





# Gum Disease Can Kill More Than Your Smile

Bacteria that builds up between the tooth and gum can enter into the bloodstream whenever your gums bleed. This bacteria can travel throughout the body and cause serious health problems.

## **STROKE**

A new study of fatty deposits lodged in the carotid arteries of stroke sufferers shows that up to 40% of the bacteria that cause the fatty deposits comes from the mouth if the gums are inflamed.

## **RESPIRATORY DISEASE** (3rd most common cause of death)

Dental plaque harbors a high number of respiratory pathogens that can be aspirated and, in turn, increase the risk in susceptible patients for pneumonia, emphysema and chronic obstructive lung disease.

## **HEART DISEASE**

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. This bacteria can get mixed up with blood-clotting cells called platelets. These clumps of cells and bacteria can lodge inside the walls of the blood vessels, causing heart-stopping clots to form. These clots are what lead to heart disease. Keeping your gums healthy can reduce your risk of a heart attack.

## **DIABETES** (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can directly improve diabetic control. A study of 48,000 men (Health Professionals Study 1986–2002) found that men who had periodontal disease had a 63% higher risk of developing pancreatic cancer than men with healthy gums.

## **ULCERS** (stomach)

The bacteria that collect in your mouth when gum disease is present are the same bacteria that cause gastric ulcers. If the bacterial count in the mouth is high these bacteria can be constantly travelling to the stomach, reinfesting and causing a return of ulcers.

## **OSTEOPOROSIS**

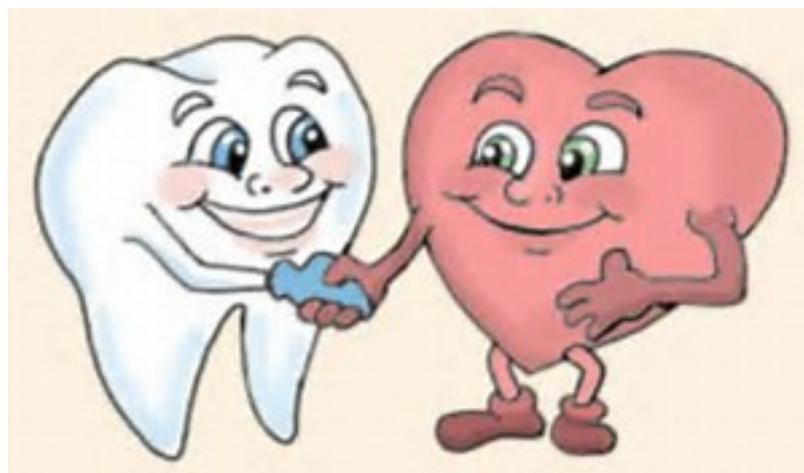
Periodontal disease may play a role in promoting osteoporosis. With tooth loss there is a decrease in proper digestion, nutrition and calcium uptake.

## **ARTHRITIS**

There is a strong relationship between the extent and severity of periodontal disease and Rheumatoid Arthritis.

## **PRE-TERM BIRTHS**

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight babies. Researchers believe that the low grade gum inflammation causes the body to release inflammatory chemicals which are linked to pre-term birth.



**PERIODONTAL DISEASE  
DOESN'T JUST AFFECT YOUR GUMS**



**IT ALSO AFFECTS YOUR ARTERIES AND  
YOUR HEART!**

**GOOD DENTAL HEALTH COULD  
MEAN GOOD HEART HEALTH**



# Oral health link to heart trouble

## US tests find that heart patients had more bacteria in their mouths

**WASHINGTON:** People with the most germ-infested mouths are the most likely to have heart attacks, United States researchers reported yesterday.

A study that compared heart attack victims to healthy volunteers found the heart patients had higher numbers of bacteria in their mouths, the researchers said. Their findings add to a growing body of evidence linking oral hygiene with overall health.

Dr Oelisoa Andriankaja and colleagues at the University at Buffalo in New York

were trying to find out if any species of bacteria might be causing heart attacks.

Their tests on 386 men and women who had suffered heart attacks and 840 people free of heart trouble showed that two types of bacteria - *Tannerella forsythensis* and *Prevotella intermedia* - were more common among the heart patients.

But more striking, the people who had the most bacteria of all types in their mouths were the most likely to have had heart attacks, they told a meeting of the International Association of Dental Research in Miami.

"The message here is that even though some specific periodontal pathogens have been found to be associated with an increased risk of coronary heart disease, the total bacterial pathogenic burden is more important than the type of bacte-

ria," said Dr Andriankaja, who is now at the University of Puerto Rico.

"In other words, the total number of 'bugs' is more important than one single organism," she said.

Doctors are not sure how bacteria may be linked with heart attacks but several studies have shown associations between gum disease and heart disease.

In Singapore, while cardiac experts said that no local research had been carried out on the link between oral hygiene and heart problems, they said a connection could not be ruled out.

Dr Stanley Chia, associate consultant at the National Heart Centre's cardiology department, said that bacterial infection in general can cause changes to blood vessels, raising the risk of heart attacks. So, bacteria from the mouth could enter the bloodstream and possibly trigger a chain reaction leading to heart attacks, he said.

And with four out of five adult Singaporeans believed to have some form of gum disease, the latest study may act as a reminder to brush up on oral hygiene.

As Dr Koh Chu Guan, senior consultant at the periodontics unit of the National Dental Centre, observed: "A lot of Singaporeans don't visit a dentist and do not know about dental diseases."

**REUTERS**

*Additional reporting by April Chong in Singapore*

# NEXT TIME.....



SOMETIMES WE WANT LIFE TO LOOK  
LIKE THIS





**BUT.....** SOMETIMES IT  
LOOKS LIKE THIS



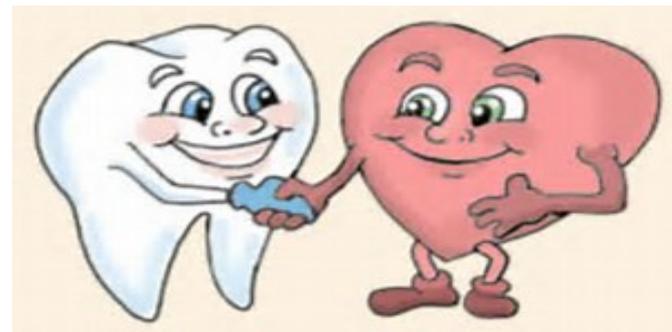
# Driving home the point...



Your health



Your choice





## A MAJOR ROLE IN ORAL HEALTH







## AN EASIER APPROACH



# Spreading Awareness

What it looks like



# MONEY .. WHO PAYS



# I'M VENDORIZED

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21 Regional centers in California  
Does not cover muscular dystrophy

# DENTI-CAL/ MEDI-CAL

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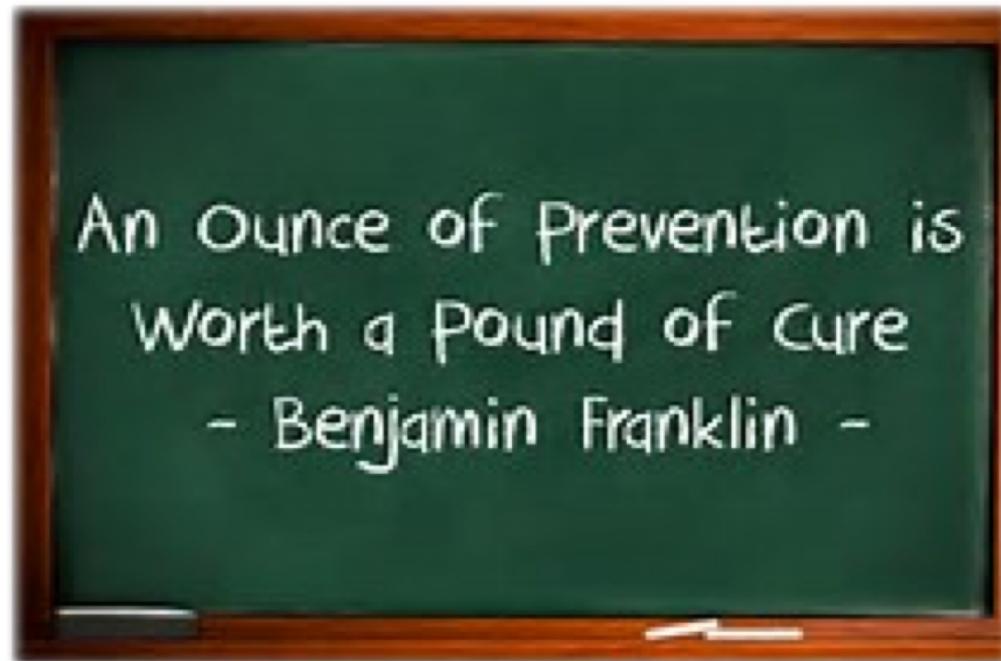
UNTIL JULY 2016

70% OF BUSINESS

LAWSUIT TO RE-INSTA TE BENEFITS

FINALLY.....

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# HOW TO PROTECT YOUR ORAL HEALTH

BRUSH  
YOUR  
TEETH



FLOSS DAILY



[WWW.GOLDENSCALERS.COM](http://WWW.GOLDENSCALERS.COM)

**DARCI TRILL, MS, RDHAP**

**trilogy@sbcglobal.net**

**510-599-5909**