Recovery is a journey towards a healthy future. Make sure your mouth is a part of it!

FOR MORE INFORMATION
To find health information, or for convenient and secure access to your medical record through MyHealth Online, please visit UVMHealth.org or call us at (802) 847-0000.

DEPARTMENT OF FAMILY MEDICINE
The Robert Larner, MD College of Medicine at The University of Vermont
235 Rowell, 106 Carrigan Drive
Burlington, VT 05405

HOURS
Monday – Friday
8:00 am – 4:00 pm

PHONE
(802) 656-4330

FAX
(802) 656-3353

Medication Assisted Opioid Treatment and Your Oral Health
Oral health is an important part of your recovery.

WHY ARE PATIENTS ON MEDICATION ASSISTED OPIOID TREATMENT AT INCREASED RISK FOR POOR ORAL HEALTH?

- **Lifestyle** factors—self rated poor oral health is prevalent among current and former opioid users likely due to a variety of factors including poor nutrition, dental hygiene and high rates of alcohol and tobacco use.

- Direct effects of **opiates**—opioids are known to cause dry mouth “xerostomia” which is associated with increased rates of dental disease.

- Impact of **Suboxone®**—Buprenorphine/naloxone (Suboxone®) is an essential part of many people’s treatment plan, however, Suboxone® is an acidic medication and is administered as a sublingual film or tab. An acidic oral environment is associated with increased dental erosion.

WHY IS ORAL HEALTH IMPORTANT?

- While not the only cause, some associations have been made between poor oral health and chronic systemic diseases such as cardiovascular disease, diabetes, and obesity.
- Poor self-perceived oral health has a large impact on self esteem and quality of life. It can even effect your self confidence when applying for a job or going on a date.
- It can save you money in the long run. Low cost preventative dental care visits and cleanings reduce the need for emergency visits and costly procedures such as extractions and fillings.

SIMPLE STEPS FOR A HEALTHY MOUTH

- **Avoid Smoking**—if you’re not ready to quit consider cutting back. Reducing your exposure to cigarette smoke is a step in the right direction and will positively impact your oral health!
- **Drink Water**—sugary or acidic beverages such as soda, juice, alcohol and coffee promote irreversible breakdown of teeth.
- **Sugar free gum**—in particular gum that includes xylitol which helps neutralize the saliva and reduce tooth decay
- **Brushing**—brush twice daily for at least 2 minutes with a fluoridated toothpaste in order to remove plaque that builds up at the gum line.
- **Floss**—daily to remove debris from between the teeth
- **Find a dental home**—seek routine dental care and hygiene visits to remove heavy build up and for oral health screening.

WHO SHOULD I TALK TO ABOUT MY ORAL HEALTH?

- Talk to your medical provider about all medical concerns including your oral health.
- Ask for recommendations for maintaining good oral hygiene
- If you don’t have a dentist, ask your medical provider for a referral.

LOCAL DENTAL PRACTICES ACCEPTING ALL PATIENTS INCLUDING MEDICAID AND MEDICARE

- The University of Vermont Dental and Oral Health Clinic
  1060 Hinesburg Road, Suite 201
  South Burlington, VT 05401
  PH: (802) 847-1777

- The Community Health Centers of Burlington
  617 Riverside Ave
  Burlington, VT 05401
  PH: (802) 652-1050

- Vermont Dental Care
  32 Mallets Bay Ave B
  Winooski, VT 05404
  PH: (802) 655-2385

FIND A MEDICAID PROVIDER AT:
http://www.vtmedicaid.com/#/providerLookup