

# **PHYSIOTHERAPY**

**- COURSE 5-**

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# **SJÖGREN SYNDROME**

# Sjögren syndrome

- Long-term autoimmune disease
- It affects the body's moisture-producing glands
- Primary symptoms:
  - **dry mouth**
  - **dry eye**



# Oral manifestations of Sjögren's syndrome

- Xerostomia can eventually lead to difficulty in:
  - swallowing
  - severe and progressive tooth decay
  - oral infections
- Despite having excellent oral hygiene, individuals with Sjögren's syndrome have elevated levels of dental caries, along with the loss of many teeth, early in the disease.

# Sjögren syndrome

- Other symptoms can include:
  - dry skin
  - vaginal dryness
  - a chronic cough
  - numbness in the arms and legs
  - feeling tired
  - muscle and joint pains
  - thyroid problems

# Treatment

- No cure
- No specific treatment
- Treatment is generally symptomatic and supportive.

# **OSTEOPOROSIS**

# Definition

- **Osteoporosis** is a skeletal disease characterized by
  - low bone mass
  - deterioration of the bone structure
  - bone fragility,  
leading to an increased risk of fracture
- A less substantial decrease in bone mass is termed **osteopenia**.

# General information

- Osteoporosis is a huge personal and economic burden.
- The combined lifetime risk of hip, forearm, and vertebral fractures coming to clinical attention is around **40%**, which is equivalent to the risk of cardiovascular disease.
- The high risk for a majority of individuals, who have already had at least one osteoporotic fracture, is neither identified nor treated.

# General information

- Osteoporosis becomes more common with age.
- About **15%** of white people in their 50s and **70%** of those **over 80** are affected.
- It is more common in women than men.
- In the developed world, depending on the method of diagnosis, 2% to **8%** of males and **9% to 38%** of females are affected.

# General information

- About 22 million women and 5.5 million men in the European Union had osteoporosis in 2010.
- In the United States in 2010 about eight million women and one to two million men had osteoporosis.
- White and Asian people are at greater risk.

# **Definition of medication associated osteonecrosis of the jaw (MRONJ)**

(According to the US specialty society (AAOMS, American Association of Oral and Maxillofacial Surgeons))

- Current or previous antiresorptive or antiangiogenetic therapy
- Exposed bone or bone that can be probed through an intraoral or extraoral fistula in the maxillofacial region that has persisted for longer than 8 weeks
- No history of radiation therapy to the jaws or obvious metastatic disease to the jaws

# Incidence

- The reported incidence of MRONJ varies.
- It is generally considered to be between
  - **1%-10%** of patients taking iv bisphosphonates for the management of bone metastatic disease
  - **0.001%-0.01%** in patients taking oral bisphosphonates for the management of osteoporosis.

Yamashita J, McCauley LK. Antiresorptives and osteonecrosis of the jaw. J Evid Based Dent Pract 2012;12(3 Suppl):233-47.