

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.