

Through the Eye and Mouth: Under Appreciated Early Detectors of Disease

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Disclosure

- ▶ Speaker has nothing to disclose

Learning Objectives

- ▶ Explain why routine dental and vision exams are important for other than tooth restoration and vision correction
- ▶ Describe some of the major health warning signs and symptoms that are typically identified in conjunction with routine dental and eye exams that can have serious consequences if not identified and treated as early as possible
- ▶ Describe how primary care provider teams should speak with their patients about the importance of routine dental and eye exams for more than dental care and vision correction, and explain the importance of follow-up with primary care providers if conditions are identified
- ▶ Explain how feedback from dental and eye exams can be included as part of the routine primary care medical history
- ▶ Be able to explain to active duty service members the importance of oral and vision care as part of medical readiness and to routinely remind service members of their duty to maintain their oral and vision health as part of a broader focus on health

Agenda

- ▶ Dental Care - Health Benefits beyond the obvious
- ▶ Dental Comorbidity
- ▶ The Eyes and Mouth-Windows into health
- ▶ Vision and identification of systemic diseases

Quick Dental Facts

- ▶ 3 million miles - Length of Floss Produced each year in the U.S.
- ▶ 122 yards - Average Length **each Person** who flosses uses yearly
- ▶ 64% - Percentage of Americans 18-64 who get a dental exam each year
- ▶ 64.3% Percentage of Americans over 65 who get a dental exam yearly
- ▶ 1 US Quart - Amount of Saliva you produce each day
- ▶ 90% - Percent of Diabetics that have periodontal disease

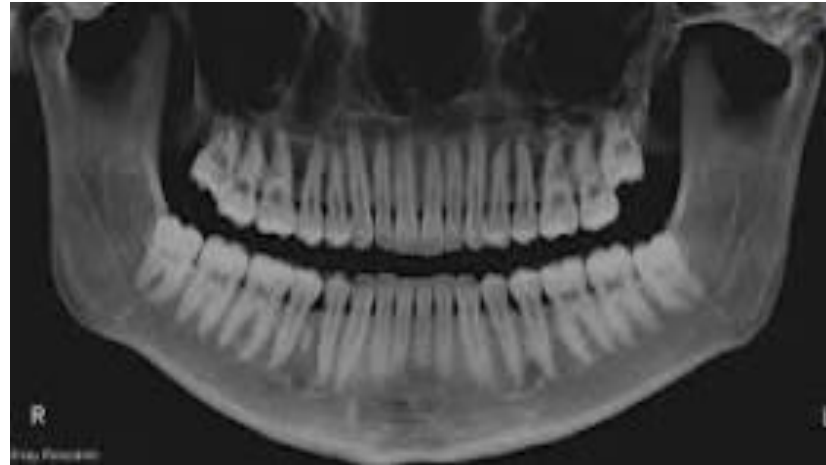
The Average Dental Patient

- ▶ Gets a cleaning every 'few' years
- ▶ Brushes once a day, typically in the morning
- ▶ Flosses PRN (if at all)
- ▶ Has had at least one cavity in the last 4 years
- ▶ Thinks that using an ultrasonic tooth brush is insurance against gum disease



The Standard Dental Exam

- ▶ History and recent events
- ▶ Examination of the oral cavity and tongue for any suspicious areas (Cancer, etc.)
- ▶ Neck exam (swollen lymph nodes, suspicious nodules)
- ▶ X-Rays
- ▶ Recession measurement
- ▶ Enamel testing and hardness



Your Mouth - A Window Into Your Overall Health

- ▶ **Endocarditis** - Infection of the inner lining of your heart chambers or valves (endocardium) typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to certain areas in your heart
- ▶ **Cardiovascular disease** - Although the connection is not fully understood, some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- ▶ **Inflammatory conditions** - Rheumatoid Arthritis has been associated with dental caries but it's still unclear whether there is a direct or secondary effect in the disease.

What conditions can be linked to oral health?

- ▶ **Pregnancy and birth complications** - Periodontitis has been linked to premature birth and low birth weight
- ▶ **Pneumonia** - Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases
- ▶ **Diabetes** - By reducing the body's resistance to infection, diabetes puts your gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes.
- ▶ **HIV/AIDS** - Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS

What conditions can be linked to oral health? Con't

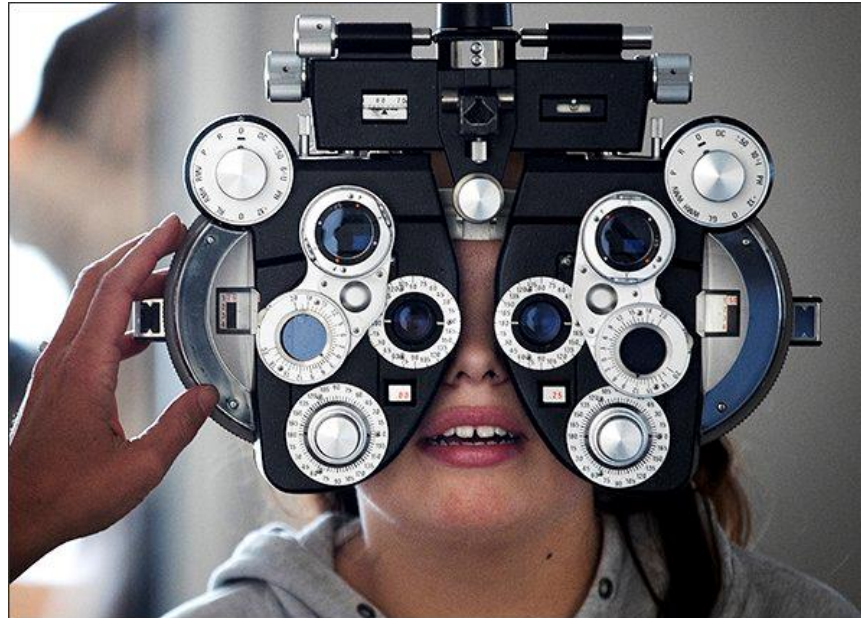
- ▶ **Osteoporosis** - This bone-weakening disease is linked with periodontal bone loss and tooth loss. Certain drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.
- ▶ **Alzheimer's disease** - Worsening oral health is seen as Alzheimer's disease progresses
- ▶ **Other conditions** that might be linked to oral health include eating disorders, rheumatoid arthritis, certain cancers and an immune system disorder that causes dry mouth

Quick Facts About Vision

- ▶ 42% - Percent of Americans who do not have a vision exam yearly
- ▶ 42% again! - Percent of Americans who have no vision insurance
- ▶ 700K and falling - Number of Lasik procedures performed each year
- ▶ 200 million - Prescription Frames sold yearly in the U.S.
- ▶ 8 million - Number of Americans with Glaucoma
- ▶ 9.4% - Percent of Population that are diabetic
- ▶ \$196 - Average cost of a pair of eye glasses

Eye Exams: What happens

- ▶ Dilation
- ▶ Glaucoma screening
- ▶ Lid and Eyelash exam
- ▶ Standard vision testing
- ▶ Optic Nerve
- ▶ Vision screening is not a substitute for an exam
- ▶ Online tools only measure vision characteristics



Healthy vision is more than just seeing clearly

Eye exams: An inside look at your health

- ▶ Annual retinal exams are one of the **least expensive and most impactful** methods for diagnosing and monitoring medical and vision conditions
- ▶ When an eye doctor performs an exam, they test visual acuity and other health wellness of the eye
- ▶ An Eye exam is the only **non-invasive way** a physician can see your blood vessels
- ▶ A routine eye exam detect signs of chronic disease such as high cholesterol, high blood pressure and diabetes

Healthy vision is more than just seeing clearly

Detections of Systemic Diseases, all from an Eye Exam

- ▶ An eye exam can detect **Alzheimer's disease** years before it begins to affect memory
- ▶ Eye exam diagnosis the risk of **hypertension** more often than a cardiologist
- ▶ Eye doctors often detect **signs of diabetes** during an examination which can lead to diabetic retinopathy

Healthy vision is more than just seeing clearly

Why/when you should obtain an annual eye exam

- ▶ **Routine eye exams** not only protect you from devastating eye diseases like glaucoma and macular degeneration, but can also detect diseases like Alzheimer's, diabetes, and heart disease years before symptoms even appear.
- ▶ **Everyone age 50 and older** should be making routine eye exams a part of their routine, preventative, screening checkups.

Coordination with your Primary Care Physician

- ▶ Almost 40% of Vision providers now have electronic medical record capability
- ▶ ~80% of Dental offices now have an EMR in some form
- ▶ Over 90% of all PCP's have EMR's and can take in outside data (dental and vision records)
- ▶ As part of a history almost all PCP's are now inquiring about dental and vision status of members and encouraging them to share their records either in written or electronic forum
 - ▶ Especially important when patients are under treatment with medications for oral or vision concerns

Dental and Vision Services critical for Readiness

- ▶ Many deployments have limited services available to support service members once they are in the field or on cruise
- ▶ Minor problems that haven't been treated can flare up and cause major complications requiring service member to leave the front line and transition to a primary or tertiary treatment, removing them from their mission
- ▶ Especially true for deployments to 3rd world countries or on long cruises where readiness of the whole command/mission can be compromised for those evac movements

A Medically Ready Force

- ▶ Individual Medical Readiness is prescribed in accordance in DODD 6025.19 dtd 9 June Thi2014, that reissued DODI 6025.19
- ▶ This Directive updates responsibilities, procedures and key standards for Individual Medical Readiness (IMR)
- ▶ This instruction applies to OSD, the Military Departments (including the Coast Guard), Office of the Chairman of the Joint Chiefs of Staff and the Joint Staff, the Combatant Commands, the Office of the Inspector General of DoD, the Defense Health Agencies, the DoD Field Activities and all other organizational entities within DoD

The Personal Health Assessment

- ▶ Required annually for all Active, Reserve and National Guard-typically tied to birth month
- ▶ Typically done at a Military Treatment Facility (MTF) as a face to face assessment of health status and documented in appropriate medical record
- ▶ Each Service has their own policy on who can conduct PHAs
- ▶ PHAs include the usual height, weight, immunization, blood pressure, review of lab results if ordered, changes in health status, etc.
- ▶ Dental Exam- by a dentist required annually
- ▶ Vision Screening- visual acuity assessed and documented. If distance or near binocular visual acuity is worse than 20/40 or member complains of decreased visual acuity refer to optometry
- ▶ Near binocular visual acuity testing for service members under 45 yrs of age not required; over 45 yrs of age must be tested for reading acuity with same glasses used for distance acuity.

Family Readiness

- ▶ Military Families face many challenges including keeping up to date with health care benefits
- ▶ Access to health care for military families is at MTFs, in TRICARE Prime locations and through TRICARE Program overall
- ▶ Dental Care is very important and DoD substantially subsidizes dental care costs through the TRICARE Dental Program for active duty families
- ▶ If you are enrolled in TRICARE eye exams are a covered benefit and DoD now offers additional vision coverage including glasses through the OPM sponsored self-pay Vision Plans
- ▶ TRICARE eligible Retirees and their eligible dependents get access to MTF optometry on a space available basis and can use their TRICARE benefit as well to enroll in a self-pay OPM sponsored Vision Plan
- ▶ TRICARE eligible Retirees and their eligible dependents can enroll in an OPM sponsored self-pay Dental Plan
- ▶ TRICARE for Life retirees and their eligible dependents can enroll in OPM sponsored self-pay Vision and Dental Plans
- ▶ **IMPORTANT:** to participate in OPM sponsored self-pay plans enrollment must be done during Open Season

Questions?

- ▶ “How to Earn CE - If you would like to earn continuing education credit for this activity, please visit: <http://amsus.cds.pesgce.com>. Hurry, CE Certificates will only be available for 30 Days after this event!”