

Healthy People Dental

Osteoporosis and Oral Health

Osteoporosis is a condition where bones become thin. So what does that have to do with mouth care? Medications commonly used to treat bone thinning have been associated with a rare, but serious, condition of the jaw that can cause severe damage to the jawbone. The same medications are often used to reduce bone pain in cancer patients.

If you are taking medications such as Fosamax, Actonel, Atelvia, Didronel, or Boniva, be sure to tell your dentist before being treated. Information about medications given to you by injection including Boniva IV, Reclast or Prolia should also be shared with your dentist.

Continue to get regular dental care while being treated for osteoporosis, and be sure to get immediate care if you experience any of the following symptoms:

- Pain, swelling, or infection of the gums or jaw
- Injured or recently treated gums that are not healing
- Loose teeth
- Numbness or a feeling of heaviness in the jaw
- Exposed bone



Healthy Mouth Recipe

August is the month for fresh peaches! A juicy peach is delicious and healthy. Did you know that popping it on the grill can make it even better? It's true! Give it a try, you might be hooked!

Grilled Peaches and Cream

Ingredients:

- 4 peaches, halved and pitted
- 2 tablespoons clover honey
- 1 cup soft cream cheese with honey and nuts stirred in
- 1 tablespoon vegetable oil

Directions:

- Preheat a grill for medium-high heat.
- Brush peaches with a light coating of oil. Place pit side down onto the grill. Grill for 5 minutes, or until the surfaces have nice grill marks. Turn the peaches over, and drizzle with a bit of honey. Place a dollop of the cream cheese spread in the place where the pit was. Grill for 2 to 3 more minutes, or until the filling is warm. Serve immediately.



Source: allrecipes.com