

Cannabis and Oral Health: What Dental Teams Should Know

CareQuest Institute Continuing Education Webinar

August 8, 2024

Housekeeping

- We will keep all lines muted to avoid background noise.
- We will send a copy of the slides and a link to the recording via email after the live program.
- We'll also make the slides and recording available on carequest.org.

To Receive CE Credits:

- Look for the evaluation form, which we'll send via email within 24 hours.
- Complete the evaluation by **Friday, August 16**.
- Eligible participants will receive a certificate soon after via email.

We appreciate your feedback to help us improve future programs!



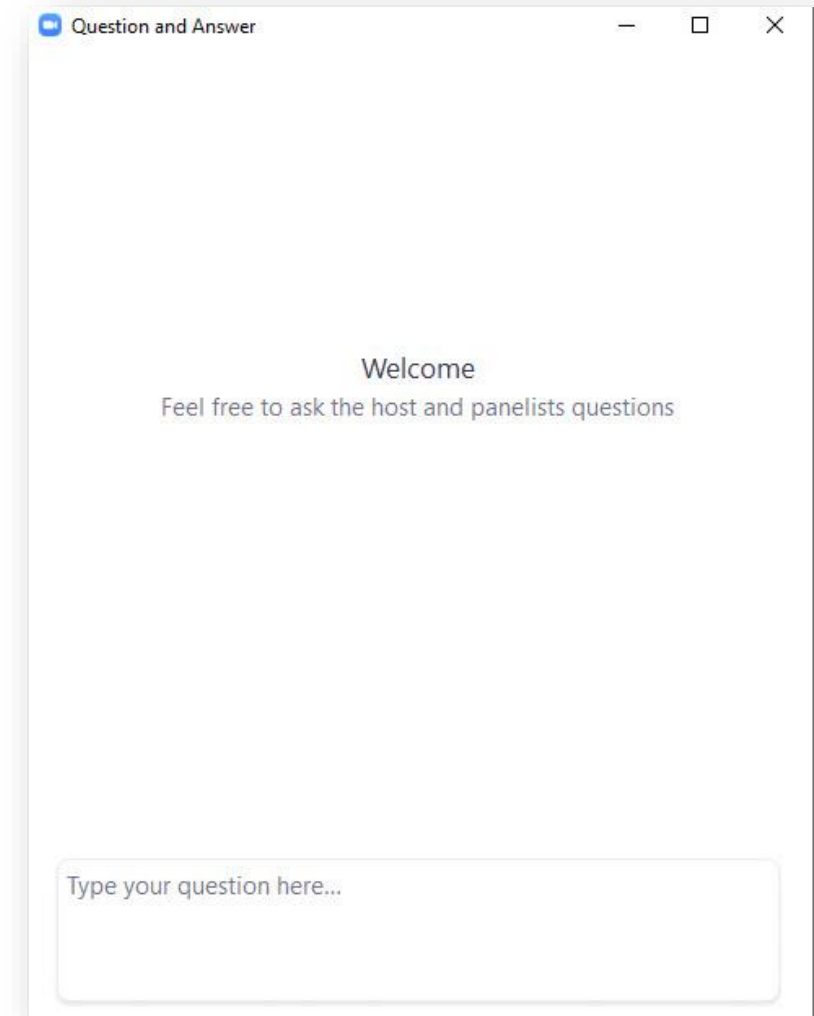
The CareQuest Institute for Oral Health is an ADA CER-P Recognized Provider. This presentation has been planned and implemented in accordance with the standards of the ADA CER-P.

*Full disclosures available upon request



Question & Answer Logistics

- Feel free to enter your questions into the **Question & Answer box** throughout the presentations.
- We will turn to your questions and comments toward the end of the hour.



Learning Objectives

- Identify key concerns and potential benefits of cannabis use related to oral health.
- Explain the current trends in cannabis use and their possible implications for oral health outcomes.
- Discuss strategies for integrating knowledge about cannabis use and oral health into patient education and treatment.



Webinar

Cannabis and Oral Health:

What Dental Teams Should Know

Thursday, August 8, 2024

7-8 p.m. ET

ADA CERP Credits: 1



Moderator

Josefina Ortiz Wolfe,
PhD, MBA, MPH, RDH,

Education Manager,
CareQuest Institute
for Oral Health



Presenter

Ellyce Clonan,
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Clinical Assistant Professor,
University at Buffalo School
of Dental Medicine




Cannabis and Oral Health: What Dental Teams Should Know

“High”lights in Research, Policy, and Practice

Ellyce Clonan, DDS, MPH, MA



Agenda

- I. Cannabis: The Basics
 - II. Cannabis and the Human Body
 - III. Practical Implications
- 
- A close-up photograph of a cannabis leaf with serrated edges, resting on a wooden surface. The leaf is dark green and has a prominent central vein. The background is blurred, showing more greenery.

Questions:

Have you had a patient in your chair under the influence of cannabis?

Do your health history forms specifically ask about cannabis use?





Cannabis: The Basics

Part I



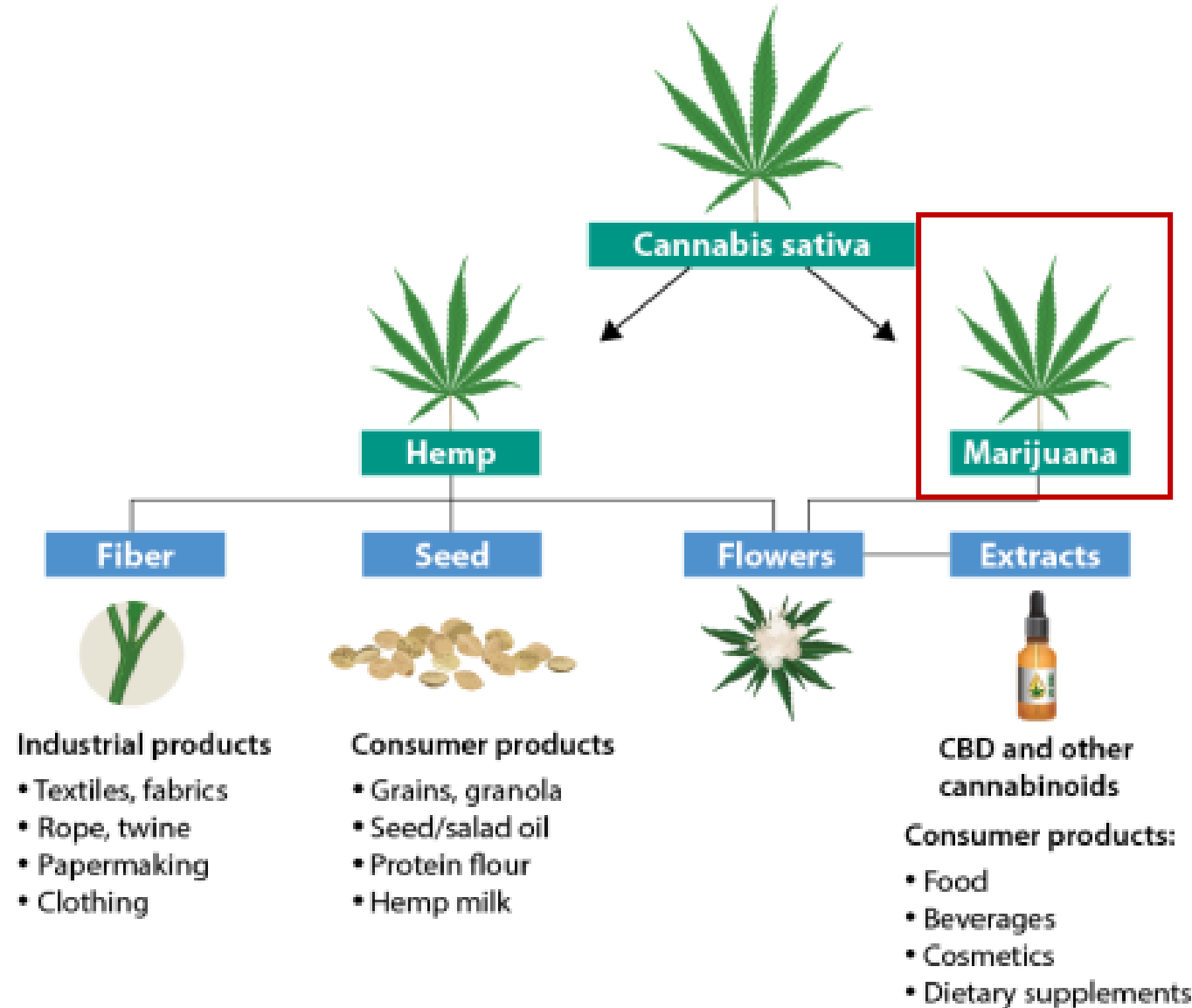
What is Cannabis?

- All plants derived from *Genus Cannabis*
- Each plant contains hundreds of substances called *cannabinoids*

Fun fact: Hemp is the oldest cultivated plant in the world with uses dating back to about 8,000 B.C.

Forms of Cannabis

**A note on the
“M” word...**



Modes of Delivery



Smoked, vaped, ingested, dabbed, topical...

FEDERALLY ILLEGAL

- No FDA involvement
- 4 FDA approved medications
 - ✿ *Epidiolex, Marinol, Syndros, Cesamet*

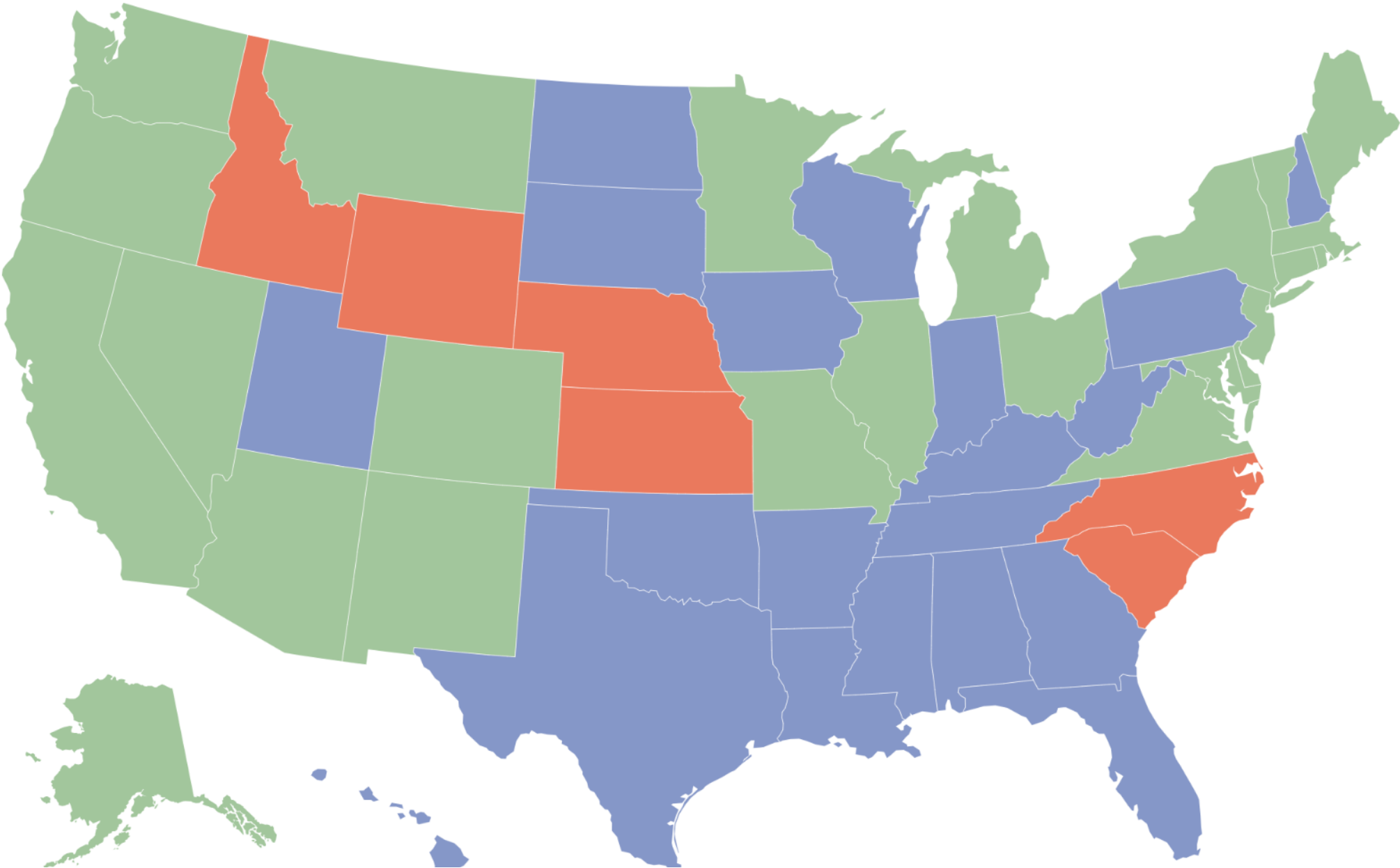
Legality

SCHEDULE I DRUG

High potential for abuse with no medical use

- ✿ January 2024: Reclassification officially recommended (*Schedule III*)

Legality



Legal status

- Fully Legal
- Fully Illegal
- Mixed

Source: DISA Global Solutions

FDA Approved
Pharmaceuticals
w/cannabis

Epidiolex

(CBD) Treatment of seizures associated with Lennox-Gastaut syndrome or Dravet syndrome

Marinol; Syndros

(Delta-9 THC) nausea associated with cancer chemotherapy; treatment of anorexia associated with weight loss in AIDS patients

Cesamet

(nabilone) nausea associated with cancer chemotherapy

Question: Can dentists prescribe cannabis?

Cannabis Law (New York State): “Certified providers are authorized to discuss and offer medical cannabis to patients for *any condition* they deem suitable

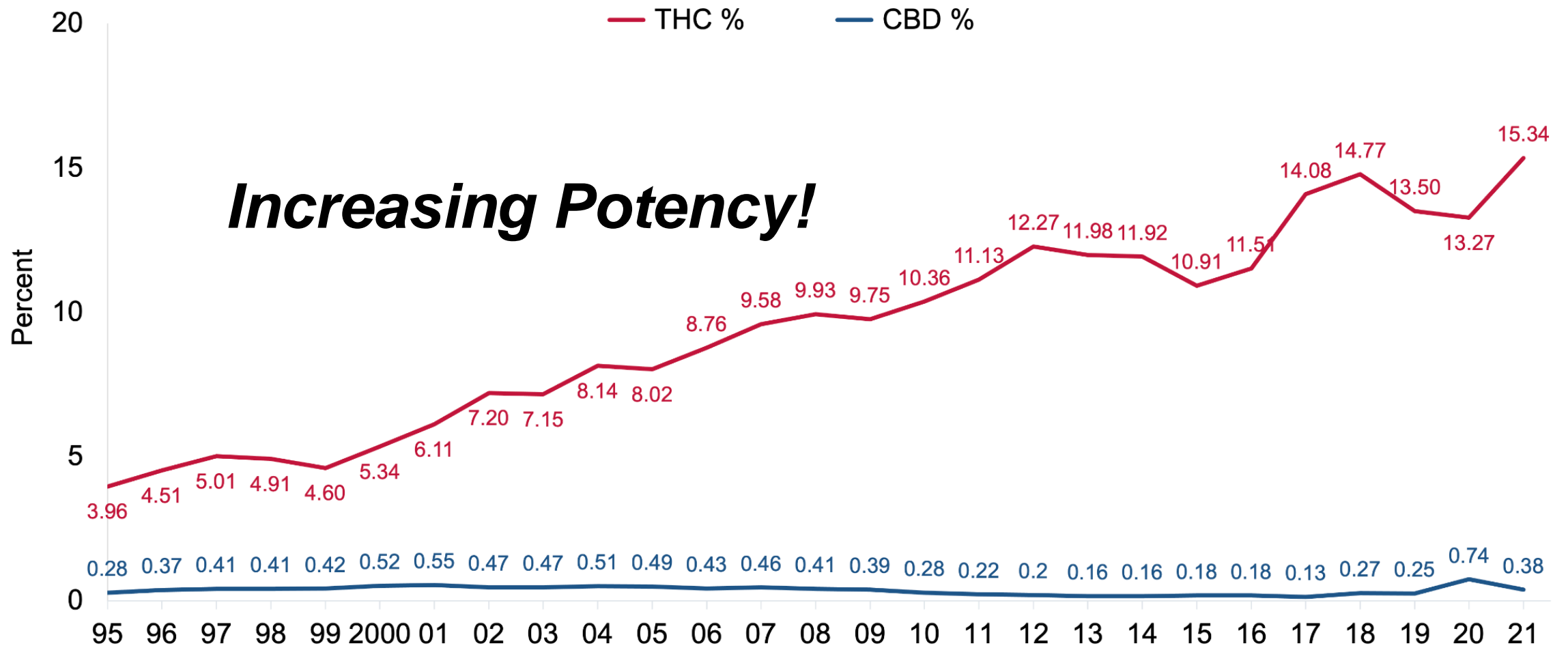
Who Is Eligible to Certify Patients?

Practitioners who are eligible to certify patients for medical cannabis include:

- **Any practitioner who is licensed, registered or certified by New York State to prescribe controlled substances to humans in New York State.** Currently, physicians, nurse practitioners, physicians’ assistants, midwives, podiatrists, and dentists can be certifying practitioners.
- Eligible practitioners who have completed at minimum an Office-approved 2-hour educational course on cannabis. For a list of approved courses visit cannabis.ny.gov/practitioners



Percentage of THC and CBD in Cannabis Samples Seized by the DEA, 1995-2021



Cannabis Use: *Prevalence in the U.S.*

- Most **commonly used** federally illegal drug in U.S.
- **55 million** Americans reported using cannabis at least once in 2019
- Rates of cannabis use have **INCREASED**



● Have never used marijuana

● Have tried marijuana before (but don't currently use)

● Use marijuana yearly ● Use marijuana monthly

Youth

- Almost 40% of high school students have reported trying cannabis
- Among 12th graders...
 - 24% report using cannabis in the last year
 - 6% report daily use
 - = 1 in 16 high school seniors

Marketing – Targeting Children?





Pregnant Women

- Pregnant women
 - **16% INCREASE**
 - Cannabis can affect fetal development, may contribute to adverse outcomes, is excreted in breast milk
- Infants and young children
 - **Increased** accidental exposures
 - Can lead to intoxication, hospitalizations, and fatal outcomes

Older Adults

U.S. adults ages 50-80 years...

- 12.1% reported use in past year
- Of those, 34.2% reported using 4x/week or more





Cannabis & The Human Body

Part II

Common Effects

Acute

- Euphoria
- Relaxation
- Altered time/space perception
- Impaired learning/memory
- Impaired thought formation
- Panic
- Paranoia
- Drowsiness
- Disorientation/impairment

Dental Considerations: Legality

- Informed consent
- Professional autonomy
- Transportation

Central Nervous System

Anxiolytic

Analgesic

Anti-inflammatory

Anti-convulsant

Therapeutic Uses:

- Chronic pain
- Cancers
- Epilepsy
- PTSD
- ASD
- **Anxiety?** Depression?

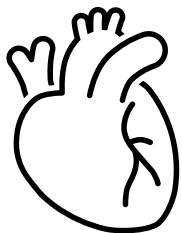


Long-term cannabis use associated with reduced cognitive functioning

Cardiovascular System

Dental Concerns

- Increased blood pressure
- Increased heart rate
- Increase in myocardial infarctions and cardiac arrhythmias
 - 5x INCREASED RISK of MI in the first HOUR following cannabis inhalation
 - Especially if smoked or vaped
- Bleeding



Caution using local anesthetic w/epinephrine

Important to monitor vitals!

Pulmonary System

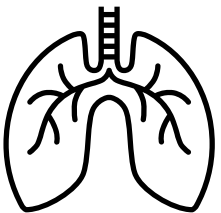
Dental Concerns

- Bronchodilation
- Hyperactivity
- Airway edema

= potential medical emergency

Considerations...

- Sedation & GA
- Drug interactions
 - ✿ Local anesthetics
 - ✿ CNS depressant (anxiolytics)
 - ✿ Opioids



Long-term cannabis use associated with reduced lung functioning

Gastrointestinal System:

Dental Concerns

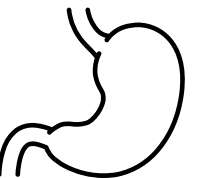
- Anti-nausea
 - Exception: Hyperemesis syndrome
- Increase appetite
 - Cannabis use associated with increase gustatory sensation with sweet foods
 - Cannabis users consume larger and more frequent quantities of **cariogenic foods**



Acid = Erosion

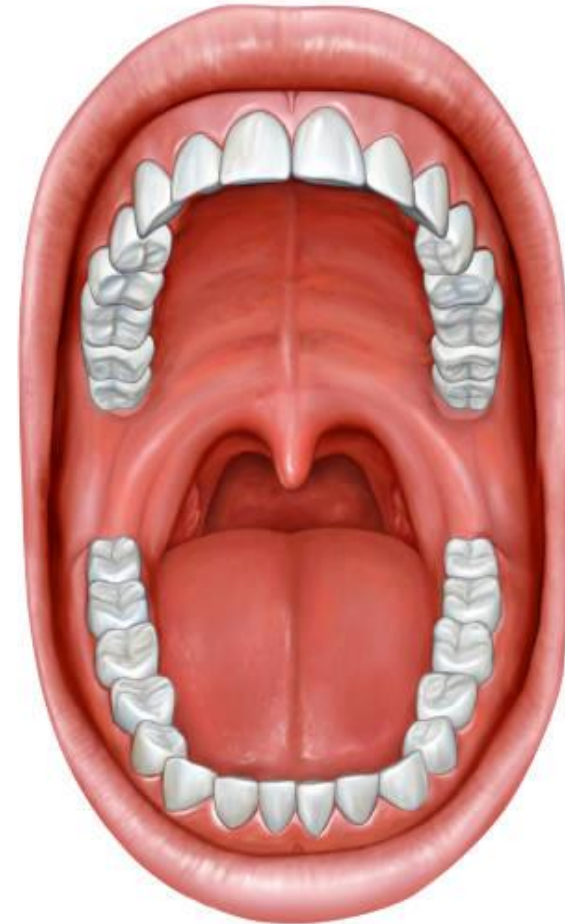


Sugar = Caries



Oral Cavity: *Potential Applications in Dentistry*

- 🌿 Dental anxiety?
- 🌿 Dental pain?
 - *Alternative to opioids?*
- 🌿 Managing oral disease?
 - *Gingivitis?*
 - *Burning mouth syndrome?*
- 🌿 Preventing oral disease?
 - *Reducing plaque bacteria?*
 - *Caries? Periodontal disease?*





Why should you avoid alcohol mouthwashes?

Alcohol-based mouthwashes are damaging to the soft tissue of your mouth. Our STOP mouthwash showed higher efficacy with an alcohol-free formulation. Safe for daily use.



Oral Cavity: *Detrimental Effects*

- Xerostomia
- Leukoplakia
- Hyperkeratosis
- Nicotine stomatitis
(independent of tobacco use)
- Oral candidiasis
- Poor oral hygiene
- Bruxism
- Dental caries
- Periodontitis
- Oropharyngeal cancers



Practical Implications

Part III

I. Research



***Cannabis + Oral Health
= underexplored***

- **Significant gaps**
- Future studies necessary
 - ✿ Longitudinal studies
 - ✿ Dose response?
 - ✿ Route of delivery?
 - ✿ Form of consumption?

II. Policy

American Dental Association

*A need to
develop ethical
guidelines &
best practices!*

1. Provision of Dental Treatment for Patients with Substance Use Disorders
(*Trans.2005.329*)
2. The Practice of Dentistry and Cannabis
(*Trans.2021.300*)
Resolved, that that the ADA encourage the development of best practices for the management of patients and their caregivers, dentists, and dental team members who are under the influence of cannabis.

III. Education

AMERICAN DENTAL EDUCATION ASSOCIATION

JOURNAL *of* DENTAL EDUCATION

ORIGINAL ARTICLE

Assessing dental student knowledge on cannabis and demonstrating the need for cannabis education

Jessica S. Kruger PhD, MCHES ✉, John Lepore BS, Madelyn Mascaro MS, Gina Mersereau BS, Alyssa Tzetzko DDS, MPH, Daniel J. Kruger PhD

First published: 29 March 2024 | <https://doi.org/10.1002/jdd.13529>

***A need to enhance dental education
& training on cannabis-related
impacts to oral health***

✿ Screening and evaluation

✿ Medical emergencies

✿ Ethics

✿ Cariology

✿ Periodontics

✿ Public health

IV. Clinical Practice

As dentists are increasingly likely to encounter patients who use cannabis, they must have the knowledge and skills to adequately address the risks associated with this population

1. Administrative

- a. Question on patient health history forms – separate than tobacco!
- b. Clear policies

2. Identification

- a. Social history
- b. Oral health findings

3. Patient education

- a. Oral hygiene
- b. Nutritional
- c. Cessation

4. Interprofessional collaboration

The general question “Do you smoke” is no longer enough!

- 🌿 Do you use cannabis?
- 🌿 What type of products (vape, smoke, edible)?
- 🌿 How often?
- 🌿 How much?
- 🌿 How long?

ADA American Dental Association®

America's leading advocate for oral health

Do you use **vaping products**?

How many **alcoholic beverages** do you have per week? _____

Do you use **controlled substances** (drugs), including marijuana, for either medicinal or recreational reasons?

If yes, what substances? _____ If yes, how often is your use? Daily Several times per week Weekly Occasionally

Was the substance prescribed by a doctor? Yes No If yes, for what reason(s)? _____

Do you take any other **prescriptions and/or over-the-counter medicine(s), vitamins, herbs and/or supplements**?

If yes, please list them here and include information about how much and how often you use each one. _____

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4. **Interprofessional collaboration**

Clinical Exam

- Extraoral

- Red eyes
- Dazed
- Panic

- Intraoral

- Xerostomia
- Gingival enlargement
- Chronic inflammation
- Hyperkeratosis
- Leukoplakia/erythroplakia
- Coronal & root caries
- Severe tooth loss



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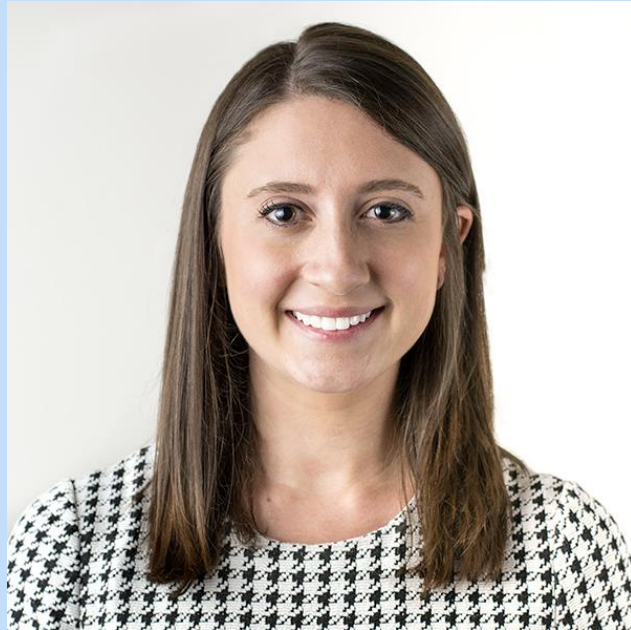
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Thank You!





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Question & Answer



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Webinar Evaluation

Complete the evaluation by **Friday, August 16** to receive CE credit. You will receive a link to the survey within 24 hours.

Next Webinar:

Cracking the Diagnostic Codes in Dentistry to Achieve Better Health Outcomes on **August 22 at 7 p.m. ET**

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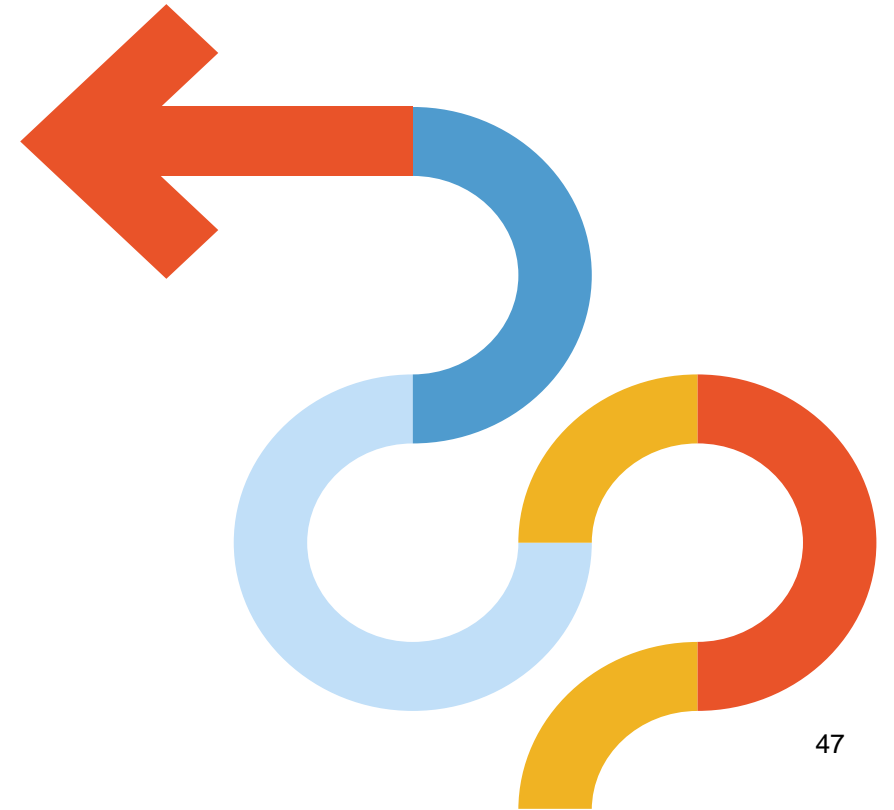
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