

## Medications and Oral Health



Medications have side effects that can affect your oral health. There are many drugs that can cause serious side effects that alter oral health. Some of these effects include:

**Dry Mouth:** This can be caused by common antidepressants and anti-anxiety medications, antihistamines, anti-inflammatory drugs and narcotics in addition to drugs used for glaucoma and bladder spasms and urinary retention as well as antihypertensives. When the mouth is chronically dry, the teeth, oral mucosa and soft tissue are easily inflamed, painful and prone to infection. This environment commonly leads to tooth decay and necrosis of the nerves innervating the teeth.

**Tooth Discoloration:** This is a common side effect of some antibiotics.

**Gingival Hyperplasia:** This is a condition defined as overgrowth of the gum tissue. It is commonly caused by seizure medications, heart medications, medications for high blood pressure and immunosuppressant medications.

**Oral Lesions:** This is defined as soft tissue discoloration and inflammation. This can be caused by drugs used for blood pressure, immunosuppressants, oral contraceptives, and chemotherapy drugs.

**Abnormal Bleeding:** This can be caused by drugs such as aspirin, nonsteroidal anti-inflammatories (NSAIDs), steroids and anticoagulants, which are used to thin the blood in common conditions associated with strokes and certain diseases associated with the heart and arrhythmias.

**Jaw Clenching and Teeth Grinding:** These can be side effects of antidepressants and anti-anxiety medications. A diet rich in sugars and sugar-forming foods cultivate the growth of parasites, viruses, and bacteria. This affects our metabolism and stimulates the nervous system causing it to be "over charged" and resulting in the clenching and grinding of the jaw.

**Source:**

- Dr. Joseph Mercola; [www.mercola.com](http://www.mercola.com)

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