

## **Meth Mouth, Opioid abuse, and smokeless tobacco.**

Updated 3/1/16

### **Website links**

#### **Oral Health Topics: Meth Mouth – American Dental Society**

This website gives a detailed description of what Methamphetamine (meth) is, how it's taken, and how it ultimately affects the body and oral health. Also gives explanation of what providers should look for in patients. The material is intended for physicians and dentists and available only in English. The website also provides additional links on the effects of meth on oral health. <http://www.ada.org/en/member-center/oral-health-topics/meth-mouth>

#### **Meth Mouth: How Methamphetamine Use Affects Dental Health – American Dental Society**

Geared towards patients and available only in English. The site explains what meth is and how it affects the different parts of the body, but most importantly the mouth. The site also provides a vivid picture to show what a person's teeth and gums look like when they use the drug and provides a resource to contact for those looking for help to battle their addiction.

<http://www.mouthhealthy.org/en/az-topics/m/meth-mouth>

#### **Meth Project – Thompson and Siebel Foundation**

This link leads to an audio visual interactive page that explores and answers questions about what meth does to a person's teeth. There are multiple other links that provide the audio video to explain meth's effects on other organ systems and societal dangers. Includes personal testimonies from previous meth users. This site is geared toward a general audience looking for information. <http://www.methproject.org/answers/what-is-meth-mouth.html#The-Perfect-Storm>

#### **Commonly Abused Drugs Charts – National Institute of Health**

This website gives a short breakdown of multiple street drugs and alcohol and how they affect the body and available treatment for those trying to break the habit. There are multiple tabs that led to more information including publications and studies. Geared towards the general population and available only in English. <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

#### **Chewing tobacco: Not safer than cigarettes – Mayo Clinic**

This site gives a short overview of the different types of smokeless tobacco and their long term effects on the body. The effects include addiction, cancer and gum disease. The site also provides a resource and telephone number for those who would like help quitting. Geared toward a general audience and available only in English.

<http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/chewing-tobacco/art-20047428>

### **Prescription Drug Abuse – NIDA**

This site breaks down what prescription drug abuse is and its harmful effects compiled in a Q&A format. There are multiple links that give break downs for other drugs, as well as interactive games. This site is geared towards teens and available in English and audio.

<https://teens.drugabuse.gov/drug-facts/prescription-drugs>

### **How to Handle Withdrawal Symptoms and Triggers When You Decide To Quit Smoking– Centers for Disease Control**

Site is set up in a Q&A format that answers how best to handle symptoms of withdrawal. This includes advice on dealing with nicotine cravings and how to handle depression among other topics. Geared towards current smokers and those who want to stop smoking. There are also several links at the bottom that provide additional resources for quitting smoking. Available in English and Spanish.

<http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>

### **Smokeless Tobacco and Cancer – Centers for Disease Control**

Site gives access to multiple links on tobacco. Topics include cigarette harm, second hand smoke, and cancer risk among others. Geared toward current smokers and those who want to stop smoking. Publications are available in English and Spanish.

<http://www.cancer.gov/publications/fact-sheets#tobacco>

### **Publications**

#### **Meth Mouth – ADA**

Site explains what meth is, how it's used, and its various effects on different parts of the body. Geared towards providers and available only in English. Additional links can be found at the bottom of the screen.

<http://www.ada.org/en/member-center/oral-health-topics/meth-mouth>

#### **Methamphetamine and Its Impact on Dental Care – Canadian Dental Association**

Site explains what meth is, the demographics using it and its effects on oral health. Geared towards dental providers and available only in English.

<http://www.cda-adc.ca/jcda/vol-71/issue-10/759.pdf>

#### **The Role of Dentists in Preventing Opioid Abuse – Tufts Health Care Institute**

This article explains the dentist's role in preventing opioid abuse in their patients. Explains how to prescribe, dispose and screen for substance abuse. Geared towards dentists and available only in English.

<https://www.thci.org/opioid/mar10docs/executivesummary.pdf>

## Videos

### **Meth Mouth - Dental Training Video** – South Dakota Social Services

16 minute video that highlights the effects the meth has on oral health. Geared towards dentists and available only in English. <https://www.youtube.com/watch?v=jrSGncmtwDA>

### **Opioid Use in Pregnancy: A Community's Approach, The CHARM Collaborative** – National Center on Substance Abuse and Child Welfare

An hour and a half webinar video that highlights the rise in child abuse to parents/caretakers who abuse drugs. Also highlights ways to prevent drug and child abuse. Geared towards families and medical workers and available only in English. <https://www.youtube.com/watch?v=i08DTiJ-Ho>.