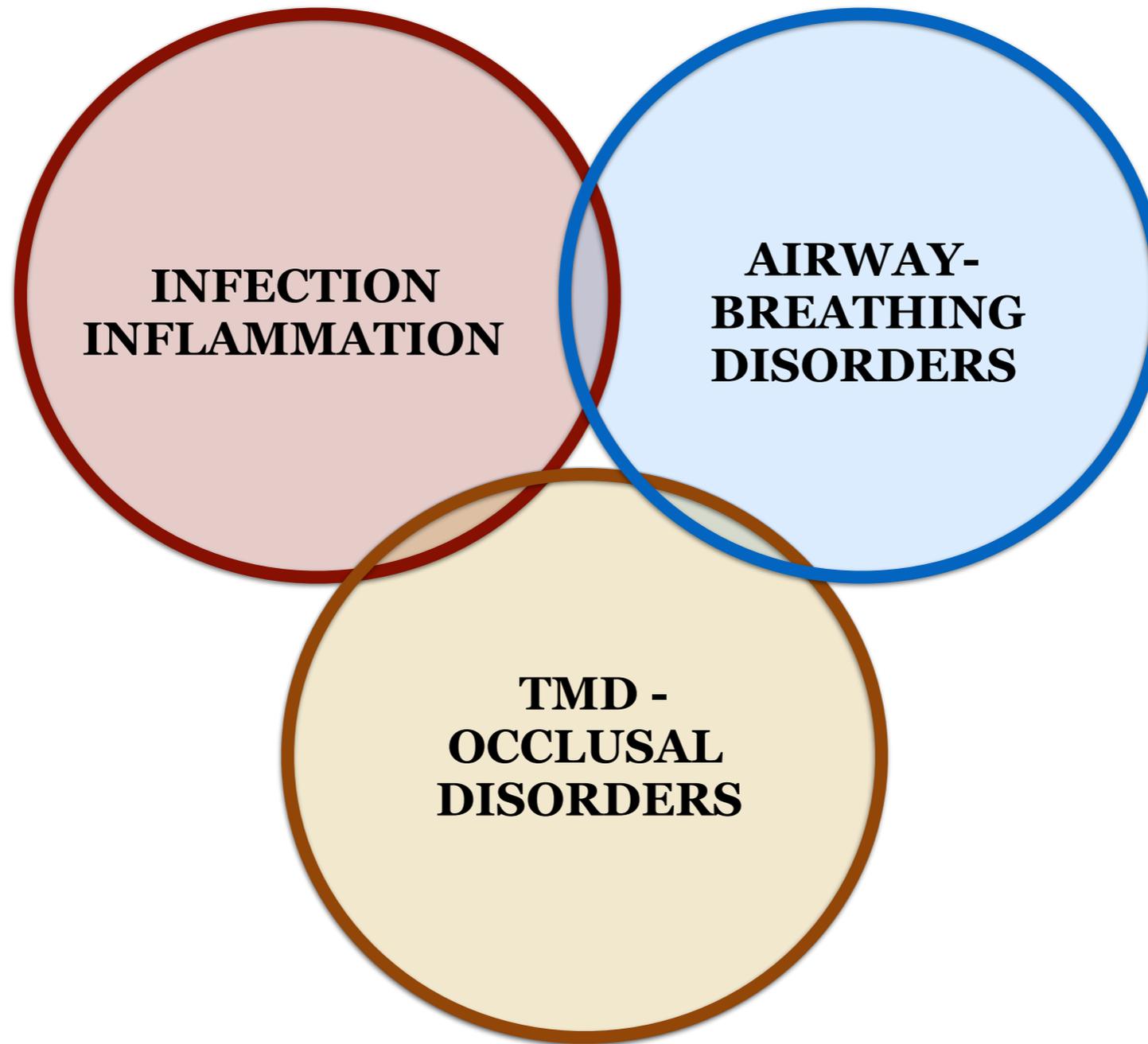


# Integrative Dental Medicine Checklist



# Integrative Dental Medicine Checklist

## Infection/Inflammation

## Airway /Breathing Disorders

## TMD/Occlusion Disorders

### Screening History

1. Caries	-	+	Mouth Breather	-	+	Joint Discomfort	-	+
2. Bleeding Gums	-	+	Snoring	-	+	Popping/Clicking	-	+
3. Oral Sores	-	+	Sleep Apnea	-	+	Sore Muscles	-	+
4. Painful Teeth	-	+	Daytime Sleepiness	-	+	Bruxism	-	+
5. High Blood Pressure	-	+	Poor Sleep Quality	-	+	Poor Bite	-	+
6. High Sugar Diet	-	+	Nasal Congestion	-	+	Clenching	-	+
7. Chronic Pain/Soreness	-	+	Forward Head Posture	-	+	Worn Teeth	-	+
8. Diabetes	-	+	Tongue-Tie	-	+	Tongue Thrust	-	+
9. Gastric Reflux	-	+	Chronic Cough	-	+	Crooked Teeth	-	+
10. Smoker	-	+	Deviated Septum	-	+	Limited Opening	-	+

### Clinical Evaluation

1. Visual Inspection	-	+	Neck Circumference >16"	-	+	ROM Atypical	-	+
2. Periodontal Probing	-	+	Mallampati Score > 2	-	+	Muscle Palpation	-	+
3. Oral Lesions	-	+	Nasal Stenosis	-	+	Joint Palpation	-	+
4. Lymph Nodes	-	+	Scalloped Tongue	-	+	TMJ Load Testing	-	+
5. Swollen Tonsils	-	+	40% Tongue Restriction	-	+	CR to MIP Slide	-	+

### Screening/Testing

1. Radiographic Imaging	-	+	Overnight Pulse Oximetry	-	+	Doppler Auscultation	-	+
2. Hb A1c Testing	-	+	Home Sleep Test	-	+	Imaging(CBCT/MRI)	-	+
3. Salivary Testing	-	+				* Dawson Photo Series		
4. Oral Cancer Screen	-	+				* Diagnostic Study Models		
						* Dawson Wizard Analysis		

### Differential Conclusion

**Negative    Positive**

**Negative    Positive**

**Negative    Positive**

# Integrative Dental Medicine Checklist

## Infection/Inflammation

### Treatment

#### Oral Infections & Systemic Inflammation



- Eliminate Caries**
- \* Periodontal Protocol**
- Tx/Extract Abcessed Teeth**
- Counsel Anti-inflamm. Diet**
  - Chronic Pain/Soreness
  - Reduce B.P.
  - Reduce Blood Sugar/Diabetes
  - Alkaline for Gastric Reflux
- Counsel Anti-inflamm. Lifestyle**
  - Physical Activity
  - Stress Management
  - Sleep Hygiene
  - Smoking Cessation
  - Avoid Toxins
- Refer Oral Lesions**

## Airway /Breathing Disorders

### Management / Resolution



#### Nasal Breathing

- OMFT/ Buteyko Training
- Mouth Taping
- Allergy Testing

#### \* Management Protocol

- Increase Vertical Airway
- Increase Horizontal Airway
- Sleep Position, Non-Supine
- Weight Loss
- Retest
- Work with Sleep MD

#### \* Resolution Protocol

- Expand Upper Airway
- Expand Oral Airway
- Expand Posterior Airway
- Release Tongue-Tie

## TMD/Occlusion Disorders

### Phase I / Phase 2



#### Phase I

- Appropriate Orthotic
- Anti-inflammatory Meds/Diet
- Physical Therapy prn
- C1/C2 Therapy prn
- Injection Therapy prn
- Surgical Referral prn

#### Phase 2

- Definitive Occlusal Therapy
- Post Tx Orthotic prn

**\*\* NOTE: Systemic Inflammation / Airway-Breathing Disorders / TMD / Malocclusion are linked.**