

#### HIV Care & Oral Health – An Update

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# Learning Objectives

- Describe common signs and manifestations intra-orally seen in patients
- Discuss dental management of patients with HIV
- Discuss cultural sensitivity training for general primary and dentistry care providers



# PAST & PRESENT.....



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#### And we are still fighting...



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#### HIV Has Cost America Too Much for Too Long

#### 700,000+

American lives lost to HIV since 1981

#### \$28 billion

Annual direct health expenditures by U.S. government for HIV prevention and care

Without intervention and despite substantial progress another

#### 400,000

Americans will get HIV over 10 years despite the available tools to prevent infection



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#### New HIV Diagnoses Have Declined Substantially, But Progress is Stalled





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# **HIV Nationally**

Rates of HIV Diagnoses Among Adults and Adolescents in the US in 2015, by State



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#### HIV Disproportionally Affects Certain Groups

#### Percentage of HIV Diagnoses in 2017





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# Early Diagnosis Essential But Many People at Risk for HIV Not Tested Annually

7 in 10 people at high risk who weren't tested for HIV in the past year saw a healthcare provider during that time. More than 75% of them weren't offered a test.





Ending the HIV Epidemic



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#### How Does HIV Affect the Mouth?

- The mouth may be the first part of the body to be affected after HIV infection
- Infection can cause trouble chewing or swallowing, which may prevent a barrier to taking HIV medications or eating properly
- HIV-related oral conditions occur in a large proportion of patients, and are frequently misdiagnosed or not treated adequately
- Common mouth issues in people with HIV:
  - Dry mouth (Xerostomia)
  - Thrush (Candidiasis)
  - Gum disease (Acute Ulcerative Gingivitis/Periodontitis)
  - Canker sores (Aphthous Ulcers)
  - Warts (Human Papillomavirus)



#### **Xerostomia**

- The prevalence of xerostomia (the subjective complaint of dry mouth) and salivary gland hypofunction (objective evidence of reduced saliva secretion) has been reported to be in the range of 2% to 10% in HIV positive patients
- Use of Crystal methamphetamine is associated with increased risk of HIV acquisition
- Rapid Dental Decay known as meth mouth
  - Xerostomia
  - Bruxism
  - Poor Diet
  - Sugar cravings
  - Corrosive constituents: lithium, sulfuric acid, lye





#### **DRY MOUTH QUESTIONNAIRE**

- 1. Does the amount of saliva in your mouth seem to be too little, too much, or you don't notice it?
- 2. Do you have difficulties swallowing?
- **3.** Does your mouth feel dry when eating a meal?
- 4. Do you sip liquids to aid in swallowing food?



#### **Treatment for Salivary Hypofunction**

- Oral balance gel and spray
- Tom's of Maine TP for dry mouth (apricot, xylitol)
- Orajel Dry Mouth TP, gel, spray
- SalivaSure (xylitol), Scandinavian
  Formula
- Trident gum Recaldent (CPP-ACP), xylitol
- Cevimeline (Evoxac) 30 mg
- Green tea polyphenols
- Evening Primrose Oil



### **Cevimeline HCL**

- Cevimeline HCL is a cholinergic agonist which binds to muscarinic receptors.
- Muscarinic agonists in sufficient dosage can increase secretion of exocrine glands, such as salivary and sweat glands and increase tone of the smooth muscle in the gastrointestinal and urinary tracts.
- Approved by FDA to increase salivary secretions in patients with Sjogren's Syndrome (30 mg tid).
- It has been suggested that cevimeline may have clinical implications in the management of xerostomia secondary to irradiation, HCV Infection and drug therapy (Scully 04).



### **Topical Antifungals for OPC**

AGENTS	FORM	STRENGTH	USE
Nystatin	Tablets	100,000 unit	Dissolve 1 tab TID
Nystatin	Pastille	200,000 unit	Dissolve 1-2 QID
Nystatin	Suspension	100,000 unit	5mL S&S QID
Clotrimazole	Oral troche	10mg	Dissolve1tab 5/day
Amphotericin B	Suspension	1mg/mL	1mL S&S QID
Amphotericin B	Lozenge	100mg	QID
Amphotericin B	Tablet	10mg	QID



### Systemic Antifungals for OPC

AGENTS	FORM	STRENGTH	USE
Ketoconazole	Tablet	200 mg	1-2 tablets QD-BID
Fluconazole	Tablet	100 mg	1 tablet QD
Fluconazole	Solution	10mg/mL	10 mL QD
Itraconazole	Capsule	100 mg	200 mg QD
Itraconazole	Solution	10mg/mL	10-20 MI QD-BID





#### Aphthous Ulcers

	Minor RAS	Major RAS	Herpetiform
Location	BM, FOM Tongue,	LM, Palate Tongue	All oral mucosa
Number	1-10	1-5	5-100
Size, cm	<1.0	>1.0	<0.3
Pain	Mild	Severe	Mild
Duration, d	7-14	15-60	7-14
Scarring	Rare	Common	None
Comments		HIV	

#### Immunopathogenesis

- Predominantly cell-mediated immune responses involving T cells and Tumor Necrosis Factor (TNF) α production
- TNF α induces inflammation by its effect
  - 1. Endothelial cell adhesion (pre-ulcerative)
  - 2. Neutrophil chemotaxis (ulcerative)



# Goals of therapy

#### **Primary**

- 1. Decrease symptoms (pain relief)
- 2. Reduction of ulcer duration
- 3. Restoration of normal oral function

#### <u>Secondary</u>

- 1. Reduction in the frequency
- 2. Reduction in severity of recurrences
- 3. Maintenance of remission









## Thalidomide

- Thalidomide was synthesized in Germany in 1954 as a non-barbiturate hypnotic agent.
- Indicated for calming the symptoms of morning sickness and nausea in pregnancy
- 1961 birth defects associated (vestigial flipper-like limbs). Subsequently withdrawn in US
- In LATE 1990s several trials in US/Israel; thalidomide has proven to be effective at doses of 100 to 200 mg per day to treat aphthous ulcers in HIV patients
- May require 2-3 months of treatment before a response is observed.
- The drug of choice for recurrent major RAU in HIV positive patients



### Thalidomide

- The mechanism of action of thalidomide is not fully understood and it may be related to immune modulation, cytokine inhibition and/or antiangiogenesis
- Thalidomide inhibits TNF-ALPHA production by accelerating the degradation of messenger RNA encoding the protein

#### Side - Effects

- Development of neuropathy may be related to a cumulative dose greater than 50 g and requires electrophysiologic monitoring
- Less severe adverse effects, including sedation, headache, weight gain, nausea, constipation, and rash, are reversible when the drug is discontinued



#### HIV Associated Lipodystrophy Syndrome

Changes in fat distribution ("lipodystrophy" or "fat redistribution syndrome") associated with HIV infection

- Increases in breast size, abdominal girth,, appearance of dorsocervical fat pads (buffalo hump), multiple lipomas, peripheral lipoatrophy of face, limbs
- Metabolic parameters predictive of increased CVD
- Symptoms stigmatize patients, cause ART discontinuation



# HPV and HIV (HAART Era)

- Increased incidence of clinically-diagnosed oral warts since introduction of Highly Active Antiretroviral Therapy (HAART)
  *Greenspan et al, (2001) Leigh et al, (2002) King et al, (2002)*
- Immunosuppression and immune reconstitution (as a result of HAART) are possible causes for this increased incidence.





#### WHAT LABORATORY VALUES DO I NEED BEFORE I START DENTAL TREATMENT?



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# **Complete Blood Count with Differential**

- White cell count
- Red cell count
- Hemoglobin
- Platelets



# Red Blood Cells (RBC)

- Anemia is common in HIV/AIDS patients
  - Decrease due to antiretroviral treatment
  - Decrease due to direct action of HIV on blood marrow
- Normal 4.5 5.5 X 10<sup>6</sup> cells/mm<sup>3</sup>



# Neutrophils (Granular Leukocytes)

- Decrease means an increased risk of infection
- Neutropenia (normal 2,500-7000)
  - Below 1,000 cells/mm3 may require antibiotics
  - Below 500 cells/mm3 requires antibiotic
  - Prophylaxis
- Painful oral ulcerations should receive granulocyte stimulating factor prior to steroid therapy



# Hemoglobin

- Normal varies from men to women
  - Men 14 18g/dl
  - Women 12 16g/dl
- No contraindication for general dental procedures, including single extractions, for patients with normal bleeding time and coagulation values, and HB levels above 7.0g/dl
- Avoid respiratory depressing drugs with hemoglobin levels below 10g/dl



#### **Platelets**

- Normal 150,000 400,000 cells/mm3
  - Decrease in quantity or quality will affect bleeding time
  - Below 60,000 inadvisable to perform oral surgery
  - Below 20,000 spontaneous bleeding
- HIV-associated immune thrombocytopenia (ITP)



# **Treatment Planning**

- Oral Surgery
  Blood work
- Restorative Care
- Prosthetic Care
- Endodontic Therapy
- Oral Hygiene
  Xerostomia
- Preventative Care



## Antibiotic Prophylaxis Before Dental Surgery

- There is no scientific evidence for any antibiotic prophylaxis prior to dental surgery in HIV patients (because of their HIV status)
- Indications for antibiotic prophylaxis are the same for HIV-positive patients as for any other patient.
- American Heart Association only recommends antibiotics before dental procedures for patients, those who have:
  - A prosthetic heart valve or who have had a heart valve repaired with prosthetic material
  - A history of endocarditis
  - A heart transplant with abnormal heart valve function

(Mosca, 2006)





#### The Use of Dental Implants in HIV Positive Patient



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# Background

- The association between human immunodeficiency virus (HIV) infection and the success of osseointegrated dental implants is unknown.
- The perception remains that HIV-positive patients would have a worse surgical outcome than HIVnegative patients because of suppressed immune status and poor viral control.





### Summary

- The placement of dental implants in HIV-positive patients has been a successful treatment option.
- The absolute CD4 lymphocyte count is not a predictor of success/failure.
- The viral load of patients should also be periodically monitored throughout the process of osseointegration.

Shetty KV, Achong RM. Dental implants in the HIV-positive patient. General Dent. 2005 Nov-Dec;53(6):434-7

Achong RE, Shetty KV, Block MB. Success of Dental Implants in the immuno-compromised patient (Journal of Oral & Maxillofacial Surgery April 2007)



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#### **Cross-Cultural Education of the Healthcare Workforce**

- Cross-cultural education is a key intervention strategy in reducing health disparities
  - Research studies have demonstrated its effectiveness on patient satisfaction, medication adherence, and health outcomes.
- Three Primary Approaches
  - Address attitudes: cultural sensitivity, awareness, approach
  - Increase knowledge: multicultural/categorical approach
  - Develop skills: cross-cultural approach





# **LEVELS OF CULTURAL COMPETENCE**



- Cultural Destructiveness This is the negative end of the cultural continuum. It refers to blatant attempts to destroy the culture of a given group. There is also an assumption that one group is superior to another.
- Cultural Incapacity An individual or organization lacks the capacity to be responsive to different groups, but this is not intentional. Ignorance and unfounded fear is often the underpinnings of this problem.
- Cultural Blindness This is an ignorance of cultural differences, and these individuals are often perceived as "unbiased" presuming that "culture makes no difference" in relation to the way groups act or react.
- Cultural Pre-Competence This implies movement towards cultural sensitivity. Individuals actively pursue knowledge about differences & attempt to integrate this information into the delivery of services.
- Cultural Proficiency This is the positive end of the cultural continuum. Individuals in this category hold culture in very high esteem and they are regarded as specialists in developing culturally sensitive practices.

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#### **HIV TESTING**



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#### **Undiagnosed Cases**



Figure 16 - Proportion of Persons with Undiagnosed HIV Infection in United States in 2016, by Age Group

Source: Centers for Disease Control and Prevention. Estimated HIV Incidence and Prevalence in the United States, 2010–2016. HIV Surveillance Supplemental Report. 2019;24(No. 1):1-89. Published February 2019.



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# **Testing Patients for HIV**

#### Sure Check

- Rapid HIV ½
  - Antibody detection
  - Sensitivity : 99.7%
  - Specificity : 99.9%

#### Alere

- Rapid HIV 1/2
  - Antibody and antigen detection
  - Sensitivity: 95%
  - Specificity: 100%





# **HIV Testing in Dental Settings**

- The dental setting is a promising setting in which to offer the HIV rapid test
  - Individuals are likely to have more frequent visits to a dentist than to other health care providers
  - Practicing dentists may be the only provider to see an asymptomatic person with HIV in any given year
- Many dentists already offer other screening tests and refer patients for definitive diagnoses after screening
  - If offered routinely to all patients, HIV screening could become a component of a standard dental examination



#### **HIV PREVENTION**



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#### Prevention

#### Before exposure



PrEP (pre-exposure prophylaxis) TasP (treatment as prevention) Sterile injection equipment Treatment during pregnancy



#### **During exposure**

Condom use Low-risk sexual behaviors/techniques



After exposure PEP (post-exposure

prophylaxis)



### Pre-Exposure Prophylaxis (PrEP) is Potent

- Estimated 1.1 million Americans eligible
  - But only about 10% who could benefit are using it
- Two single tablet combinations available
  - Tenofovir disoproxil fumarate with emtricitabine (TDF/FTC)
    - > 90% effective for preventing sexual transmission
    - Approved for all populations
  - Tenofovir alafenamide with emtricitabine (TAF/FTC)
    - Approved for MSM
    - Not approved for cisgender women or people who use injection drugs



#### **PrEP/PEP**

#### PREP

- Pre-exposure prophylaxis
- Given to prevent HIV infection prior to exposure
- 2-drug regimen taken daily as long as patient is at "substantial risk"
- Adherence is essential for efficacy

#### PEP

- Post-exposure prophylaxis
- Given to prevent HIV infection after exposure
- Start ASAP, within 72 hours of exposure
- 3-drug regimen taken daily for 28 days



### **PrEP in Dental Settings**

- Dental health professionals should be aware of PrEP in order to:
  - Facilitate medical history interviewing and build trust
  - Be more knowledgeable about HIV risk and more involved in reinforcing the HIV prevention self-efficacy of their patients
  - Reinforce the importance of a thorough oral soft tissue examination for signs of any oral lesions that might be associated with early HIV infection in PrEP recipients



Image source: iStockPhoto



#### **HIV Treatment Prevents New Infections**

#### HIV TREATMENT as **PREVENTION**

A HIGHLY EFFECTIVE STRATEGY TO PREVENT THE SEXUAL TRANSMISSION OF HIV



People living with HIV who take HIV medication daily as prescribed



and get and keep an undetectable viral load



LEARN MORE AT HIV.GOV/TASP

#### JAMA January 10, 2019

HIV Viral Load and Transmissibility of HIV Infection Undetectable Equals Untransmittable

Robert Eisinger, Carl Dieffenbach, Anthony Fauci

The U=U concept bridges the best of biomedical science with current concepts in behavioral and social science by removing the sense of fear and guilt that a person may be harming someone else, as well as the feeling of self-imposed and external stigma that many people with HIV experience.

Credit: NIAID

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gov

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# HIV as a Chronic Disease

- HIV can be effectively managed with ART
- Recommended to start treatment immediately after diagnosis
- Appropriate treatment can:
  - Improve quality of life
  - Reduce HIV-related morbidity and mortality
  - Restore and/or preserve immunologic function
  - Maximally and durably suppress HIV viral load
  - Prevent HIV transmission (U=U)



Image source: iStockPhoto



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### **Dental-Specific Resources**

#### •MedlinePlus: HIV/AIDS and Oral Health

The NIH National Library of Medicine's collection of links to government, professional and nonprofit/voluntary organizations with information on HIV/AIDS and oral health.

#### •<u>HIVDent</u>

#### Dental Program

Program of the Ryan White CARE Act administered by the Health Resources and Services Administration (HRSA.)

#### Organization for Safety and Asepsis Procedures

A non-profit educational foundation promoting safety and the control of infectious diseases in dental healthcare settings worldwide.

#### American Dental Association

The ADA is the professional association of dentists committed to the public's oral health, ethics, science and professional advancement.



## MATEC Resources

- Clinical Consultation Center http://nccc.ucsf.edu/
  - HIV Management
  - Perinatal HIV
  - HIV PrEP
  - HIV PEP line
  - HCV Management
  - Substance Use Management
- AETC National HIV Curriculum <u>https://aidsetc.org/nhc</u>

- AETC National HIV-HCV Curriculum <u>https://aidsetc.org/hivhcv</u>
- Hepatitis C Online <u>https://www.hepatitisc.uw.edu</u>
- AETC National Coordinating Resource Center <u>https://aidsetc.org/</u>
- Additional Trainings <u>https://matec.info</u>



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#### Questions





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