

THE WAY OUT OF ORAL DEGRADATION IN EATING DISORDERS – AN UPDATE ON PROPHYLAXIS AND PREVENTION.

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The results of the literature analysis indicate that eating disorders (EDs) are widespread worldwide. It is known that EDs at the somatic level have cardiovascular, metabolic and osteoarticular consequences. However, it is also worth noting that EDs have a negative impact on oral health. Anorexia and bulimia nervosa are associated with biological changes (malnutrition, mineral loss), behavioural changes (binge eating, vomiting, acidic diet, hygiene deficiencies) and pharmacotherapy (addictions, hyposalivation) that threaten oral health. This paper therefore aims to describe destructive mechanisms as risk factors leading to oral health loss, but also to identify ways out in certain clinical situations.

Binge eating, vomiting and an acidic diet increase the incidence of erosive lesions and decayed teeth. As for periodontal health, studies have shown an increased risk of gingivitis and multiple gingival recessions of untypical location. Gingival recessions lead to exposure of tooth roots, dentin pain hypersensitivity, deterioration of aesthetic smile. The second objective principal will be to present preventive advice, but also to update technological innovations and active compounds in oral care products that can more effectively prevent and protect the oral cavity during long ED treatment therapy. The final conclusion is our belief that it is worthwhile to pay attention to encouraging dental care and embracing ED patients in the early stages of the disease.