

## **How to be a Saliva Expert!**

Exploring pH, saliva and the chemistry of the mouth and body

By:

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### **Introduction:**

The presenter will conduct a four-hour CE course on Saliva, pH and other related conditions. The course is designed to bring current information to the provider, which they may incorporate, into their practice. Current research will be cited along with other professional sources that were used to create this continuing education presentation.

### **Goals:**

Enhance expertise and increase awareness of pH changes in the mouth and how they relate to oral health conditions. Increase knowledge of the chemical elements in the human body and their role in overall health. Understand Xerostomia, pH of a dry mouth and the signs and symptoms related to this condition. Enhance awareness of new products and therapies that can alleviate symptoms of low salivary flow.

### **Objectives:**

By the conclusion of the presentation, the attendee will be able to analyze a patient's pH and explain acid and base on the pH scale and its significance in optimum oral health. The attendee will also be able to explain to patients how specific elements in the body affect oral and general health. At the end of this course, the attendee will be able to effectively recommend oral health products that are specifically designed for the patient with low salivary flow and match other conditions with appropriate products.

### **Course Outline:**

The attendee will have a greater understanding of the chemistry in the body and mouth.

Atoms

Ions

Chemical Bonding, Covalent Bonds, Ionic Bonds

The most common elements and their function in the human body will be discussed:

Oxygen	Hydrogen
Carbon	Iron
Calcium	Nitrogen
Potassium	Magnesium
Chlorine	Sodium

Saliva:

- Origin
- Function
- Content
- Enzymes
- Salivary flow (Hyper and Hypo)
- pH analysis

A brief history of Acid:

- The pH scale
- What Acid means
- What Alkaline means
- Foods that are acid or base. (handout)
- What is neutral?
- How to test pH.

Soda and Sugar:

- History of soda drinks with sugar
- The truth about carbonation
- Soda and tooth decay
- Drinks that should be called soda
- Ban of sugar drinks

Testing pH of various solutions:

- Saliva
- Soda
- Coffee
- Water

Why is pH is important:

- Farming
- Winemaking
- water treatment
- medicine
- oceans

lakes  
rivers  
aging and more....

Metabolism:

Digestion  
Absorption  
Elimination

What is the pH during these cycles and why it is important? (Handout)

pH and Oral Health Conditions:

Periodontal Disease  
Mild to Moderate Gingivitis  
Plaque accumulation  
Other oral conditons

Lemons and Lemon juice:

Good or bad for the mouth and body?

The Alkaline Diet:

Fact or Fiction?

What is Sodium Bicarbonate?

How is it used in our lives.

Sodium Bicarbonate and Sodium Chloride:

What is the difference?

Salts:

What are the different salts today?

Conditions related to an acidic body:

Conditions related to an alkaline body:

Water: An in-depth analysis

Different water and contents (handout)

Alkaline Water

Pre-Natal Waters

An in depth discussion of Xerostomia:

Clinical studies discussion

Discussion of salivary glands

Clinical signs and symptoms of xerostomia

Drugs that interfere with salivary flow

pH of a dry mouth:

- Management of the xerostomic patient

- Other modalities that may help

- Current products that may relieve the symptoms

- Beyond Biotene

Oral conditions that are increased from decreased saliva flow and acidic environment.:

- Decay

- Demineralization

- oral malodor

- periodontal disease.

Products that may relieve the symptoms associated with these conditions: