

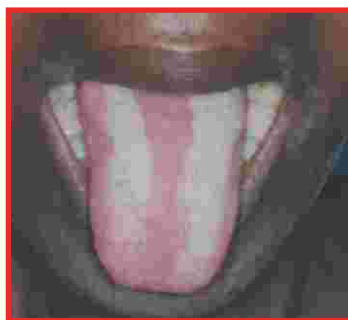
ORAL MANIFESTATIONS of HIV/AIDS



▲ Parotid Gland Enlargement



▲ Angular Cheilitis



▲ Erythematous Candidiasis



▲ Pseudomembranous Candidiasis



▲ Oropharyngeal Candidiasis



▲ Recurrent Aphthous Ulcer



▲ Herpetiform Ulcers



▲ Primary Acute Herpetic Gingivostomatitis



▲ Oral Hairy Leukoplakia



▲ Necrotising Ulcerative Gingivitis



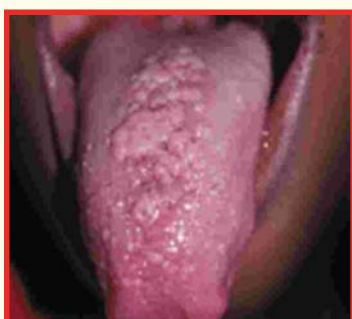
▲ Necrotising Ulcerative Periodontitis



▲ Kaposi's Sarcoma



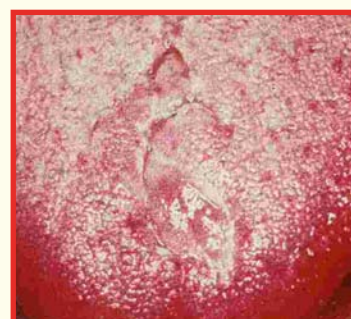
▲ Kaposi's Sarcoma



▲ Human Papilloma Virus



▲ Syphilis
Syphiloma/Gumma on tongue



▲ Tuberculosis

MOUTH CARE PACKS

Taking care of your mouth and teeth is a very important, often overlooked, part of maintaining general health. Early and routine oral health care is an important component of total health care. It can prevent infections and give you clues to your overall health and your immune system.

If you are infected with HIV, good oral health and dental care become more important. Oral problems may be the first indication of HIV disease and may serve as a good barometer of HIV infection; simple dental problems may become more serious when the immune system is weak. These problems may be treated more easily when found early. Basic guidelines are:

- ▶ Examine the face, neck and mouth weekly; many oral manifestations can put a strain on your immune system - and who needs that?
- ▶ Inform your health care worker of any changes in these areas. Unusual dental problems may be a sign of HIV progression and may help your health care provider determine the best time to start treatment with HIV-fighting drugs.
- ▶ Inform your oral health professional of your HIV status
- ▶ Have frequent dental examinations, cleaning and any other necessary treatment. Neglected oral health problems may lead to pain when eating, which leads to bad nutrition. Bleeding gums and open sores are possible routes of transmission of HIV and other infections that could threaten the health of loved ones.
- ▶ Brush and floss daily.
- ▶ Eat a healthy, balanced diet.

In response to these needs, the oral hygienist of Program Oral Health (KZN) have developed a "Mouth Care Pack" initiative to assist patients to greatly improve their oral health. The mouth care pack consists of:

- ▶ A soft toothbrush
- ▶ Fluoride toothpaste
- ▶ Bicarbonate of soda
- ▶ Chlorhexidine gluconate mouthwash
- ▶ Anti-bacterial soap
- ▶ Disposable cups
- ▶ Improvised dental floss
- ▶ Instruction leaflet and lemons to complete the package

HOW TO USE THE MOUTH CARE PACK

- ▶ Plastic Spoon - scrape tongue clean daily
- ▶ Brush the teeth and tongue thoroughly as demonstrated and clean the toothbrush with anti-bacterial soap or bleach and leave out to dry
- ▶ Rinse mouth with Bicarbonate of Soda - 1 teaspoon in 1 litre of warm water - as often as possible. Mix fresh everyday
- ▶ Shake the bottle of chlorhexidine gluconate 0,2% mouthwash thoroughly before use.
- ▶ Place two capsful of mouthwash in a cup and rinse mouth thoroughly for one minute while bending the head forward. Spit out and do not rinse mouth out with water or eat or drink for half an hour after this treatment. Do this after breakfast and before sleeping NOT at the same time as brushing your teeth or taking other anti-fungal treatment.
- ▶ Drink lots of fluid. Preferably clean water with fresh lemon and drink as much of this as you like.



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