

# Drugs and Your Oral Health

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Medications have side effects that can affect your oral health. Side effects that may cause permanent consequences to the human being occur because drugs are not specific in their actions. Medications and drugs do not exclusively go to the cells that are involved in the problem--instead they go to tissues, blood, lymph, all cells and organs of the whole body, metastasizing side effects to the whole system.

For instance, an antidepressant could help people to improve their moods because of its doping affects, which are similar to cocaine and marijuana. The only difference is that one is sold legally by pharmaceutical companies and the other by illegal sources. But the side effects and addictive properties are very similar. Examples of the similarities include insomnia, suicidal ideation, loss or gain of sex drive, dry mouth and alteration in moods.

There are many drugs that can cause serious side effects that alter your oral health. Some of these effects include:

- Dry mouth
- Permanent tooth discoloration
- Gingival hyperplasia
- Oral lesions
- Abnormal bleeding
- Jaw clenching
- Teeth grinding

**Dry Mouth:** This can be caused by common antidepressants and anti-anxiety medications, antihistamines, anti-inflammatory drugs and narcotics in addition to drugs used for glaucoma and bladder spasms and urinary retention as well as antihypertensives. When the mouth is chronically dry, the teeth, oral mucosa and soft tissue are easily inflamed, painful and prone to infection. This environment commonly leads to tooth decay and necrosis of the nerves innervating the teeth.

**Tooth Discoloration:** This is a common side effect of some antibiotics.

**Gingival Hyperplasia:** This is a condition defined as overgrowth of the gum tissue. It is commonly caused by seizure medications, heart medications, medications for high blood pressure and immunosuppressant medications.

**Oral Lesions:** This is defined as soft tissue discoloration and inflammation. This can be caused by drugs used for blood pressure, immunosuppressants, oral contraceptives and chemotherapy drugs.

**Abnormal Bleeding:** This can be caused by drugs such as aspirin, [nonsteroidal anti-inflammatories \(NSAIDs\)](#), steroids and anticoagulants, which are used to thin the blood in common conditions associated with strokes and certain diseases associated with the heart and arrhythmias.

**Jaw Clenching and Teeth Grinding:** These can be side effects of antidepressants and anti-anxiety medications. A diet rich in sugars and sugar-forming foods cultivate the growth of parasites, viruses and bacteria. This affects our metabolism and stimulates the nervous system causing it to be "over charged" and resulting in the clenching and grinding of the jaw.

## ***Drugs Demand More Drugs***

Drugs that are prescribed for certain symptoms and diseases commonly cause side effects--this we have established. As though this weren't enough, those side effects are often treated with other drugs to counteract the initial side effects. Thus, the cycle goes on and on with more drugs being needed to counteract each other and eventually a break down of the body and mind occurs--culminating in:

- Disease
- Disorientation
- Poor digestion and assimilation of foods
- Poor quality of life
- Premature death

An example of these effects include the bleeding disorders, stomach ulcers, kidney and liver failure and anxiety that can occur from anti-inflammatory medication used for pain. Another example, cholesterol medications cause liver and kidney problems and have been associated with an increase in dramatic deaths such as suicide and murders. [The same can occur with antidepressants](#) and anti-anxiety medications.

Antibiotics are a double-edged sword in that they not only kill the bad bacteria, but they also kill the good in addition to suppressing the immune system, which opens the body and the person to further disease.

The Mitochondria, which are called the "Powerhouse of the Cell" as they produce energy, are postulated to have evolved from bacteria and were once a single unique organism before it became part of the cell's cytoplasm. The Mitochondrial Theory supports that the mitochondria inside the cells is similar or originated from a bacteria. If this possibility is true, then antibiotic therapy that is killing the bad bacteria is not only killing the good as stated above, but may also be exterminating the precious Mitochondria.

## **Supplemental Reading**

### **50 Reasons to Oppose Fluoridation**

<http://fluoridealert.org/50-reasons.htm>

### **Carbonated Water Could Damage Your Teeth**

[http://www.mercola.com/2004/jun/23/carbonated\\_water.htm](http://www.mercola.com/2004/jun/23/carbonated_water.htm)