

Hello Everyone, I hope this e-mail finds you all well. At our last CNJMMSG Steering Committee meeting, we decided to try something new. We will be sending out an e-mail recapping each support group meeting. That way, if you are unable to attend, you will be included in the recap. Below is the recap for the meeting held on October 5, 2016.

Invited speaker: Dr. Petar Hinic, DDS, oral and maxillofacial surgery

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Topic: OSTENECROSIS OF THE JAW (also known as MRONJ, Medication-Related ONJ, or BRONJ, Bisphosphonate-Related ONJ. Bisphosphonates are the bone strengthening drugs)

Definition:

- Patient treated with bisphosphonates or other bone strengthening drugs, or anti-angiogenic agent
- Have exposed bone for 8 weeks with no healing
- No history of radiation therapy to the jaw or metastatic disease of the jaw

\*ONJ will show up in a PET scan

\*if you have poor dental care, ONJ happens more often

\*your bite needs to be balanced

\*65% of ONJ is due to extractions

\*bone remodeling in the jaw due to the use of Bisphosphonates

Risks:

- Zometa – highest risk
- Denosumab (Prolia, Xgeva)
- Osteoporosis
- Length of Bisphosphonate therapy (4+ years)
- Extractions, implants, periodontal surgery
- Affects 2/3 of lower jaw, 1/3 upper jaw
- Having oral disease
- Affects females over males
- Corticosteroid use (Dex)
- Having other diseases
- Smoking
- Genetics

#### How to Manage:

- Prevention and Education – VERY IMPORTANT! See an oral surgeon before the start of Bisphosphonate therapy
- Stop bone treatment therapy prior to invasive dental procedures
- Maintain oral hygiene
- Avoid dental procedures that involve bone injury
- Avoid dental implants

#### Patients with MRONJ:

- Treat to eliminate pain, control infection, and minimize progression
- Consider operative therapy when other non-operatives have failed
- Remove damaged bone
- Proceed with extractions within the affected bone

- Consider Hyperbaric Oxygen Therapy  
IT IS REVERSIBLE!

Staging:

- At Risk – patients on Bisphosphonates
- Stage 0 – x-ray changes, no exposed bone
- Stage 1 – exposed bone, no pain, no infection
- Stage 2 – exposed bone with infection
- Stage 3 – exposed bone, jaw fractures, extends to other bone  
(nose, sinus)

\*DENTIST CAN PICK UP STAGE 0 ON X-RAYS BEFORE ANY SYMPTOMS\*

Thank you,

Debbie Morelli