

It's important to take care of your mouth while treating cancer

Maintaining good oral hygiene may help reduce your risk of developing ONJ.¹ ONJ stands for osteonecrosis (OSS•tee•oh•ne•KRO•sis) of the jaw. It involves severe bone damage in and around the jaw area.²

What are some of the risk factors for ONJ?

- Tooth extraction³
- Dental implants³
- Gingivitis or inflammatory dental disease¹
- Use of dentures or other dental appliances^{2,3}

What are some of the signs and symptoms of ONJ?

- Soft tissue swelling and redness⁴
- Loose teeth⁴
- Jaw pain⁴
- Infection of gums or jaw²
- Slow healing after dental work²



Notify your physician right away if you experience any of these signs and symptoms

Keeping up with good oral hygiene may help reduce the risk of ONJ

What are some of the ways I can help keep my mouth healthy?

For good oral hygiene, the American Dental Association suggests that you⁵:

- Brush twice daily
- Floss
- Rinse with fluoride
- Visit your dentist regularly



Remember to tell your dentist that you are taking a bone-targeting medicine at each visit

PRACTICING GOOD MOUTH CARE & VISITING THE DENTIST REGULARLY MAY HELP REDUCE THE RISK OF ONJ¹



Consult your healthcare professional before receiving any major dental work^{1,2}

Fill out the card on the right and give it to your dentist at your next appointment.

Discover more bone-related health tips at

www.letstalkbonemets.com

References: **1.** Ruggiero SL, Dodson TB, Fantasia J, et al. American Association of Oral and Maxillofacial Surgeons position paper on medication-related osteonecrosis of the jaw—2014 update. *J Oral Maxillofac Surg.* 2014;72(10):1938-1956. **2.** XGEVA[®] (denosumab) prescribing information, Amgen. **3.** Yamashita J, McCauley LK. Antiresorptives and osteonecrosis of the jaw. *J Evid Based Dent Pract.* 2012;12(suppl 1):233-247. **4.** Campisi G, Fedele S, Fusco V, et al. Epidemiology, clinical manifestations, risk reduction and treatment strategies of jaw osteonecrosis in cancer patients exposed to antiresorptive agents. *Future Oncol.* 2014;10(2):257-275. **5.** American Dental Association. Healthy habits. American Dental Association Web site. <http://www.mouthhealthy.org/en/adults-over-60/healthy-habits>. Accessed August 17, 2020.



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I'm taking a bone-targeting medicine

I _____
MY NAME

am currently prescribed

NAME OF MEDICINE USA-162X-80645



**Prescribing physician
information**

Physician _____

Phone _____

Address _____
