



## **It's not just Ozempic causing bad breath...numerous medications can have an impact on oral health; dentist offers tips to counter side effects**

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Rochester, Mich.— May 1, 2024—Ozempic, a prescription medication to lower blood sugar in adults with type 2 diabetes and has quickly gained traction as an obesity fighting drug, continues to soar in popularity - with one particular and recently reported side effect gaining the attention of dentists. Joining nausea, vomiting and diarrhea, is halitosis – commonly known as bad breath. According to Jeff Haddad, DDS, a private practice dentist and owner of Rochester Advanced Dentistry and Michigan TMJ and Sleep Wellness Center, the common denominator with Ozempic and many other drugs is the tendency to cause Xerostomia, the technical term for dry mouth.

“Ozempic is newer to the market so its full implications are still coming to light, but it’s not surprising that it may cause bad breath,” Haddad said. “There are numerous medications that cause dry mouth, a key cause of bad breath, and it doesn’t matter if the medication is taken orally or by injection. For example, Ozempic is taken by injection once weekly.”

Haddad noted that other medications that can lead to dry mouth and bad breath include blood pressure medications, antianxiety drugs and antidepressants, and antihistamines. These same medications can also lead to periodontal issues as a result of saliva reduction that protects against dental decay and periodontal diseases. The popular drug Fosamax, for example, encourages users to get regular dental health exams while on the drug due to side effects that it can cause in the jawbone and potential issues following dental surgery. Still other medications may cause a salty taste in the mouth that impacts the enjoyment of food. Haddad explains that medications have an impact on the mouth because these medications affect the sympathetic nervous system and thereby thicken or reduce the production of saliva.

For patients experiencing negative oral health side effects from taking medication important to their physical health, Haddad offers the following suggestions:

1. Always make your dentist aware of all medications you are taking and if there are any changes in your medical history since your last visit.
2. Inquire with your dental provider if they would recommend prescription fluoride treatment or salivary replacements to help combat the dry mouth.
3. Consider having an extra dental cleaning visit per year so that you are evaluated every four months to identify problems early and to avoid any issues progressing.

### ***About Rochester Advanced Dentistry***

Led by dental innovator Jeffrey Haddad, DDS, Rochester Advanced Dentistry’s full-service practice specializes in complex restorative and cosmetic dentistry and treatment of TMJ disorders and sleep apnea, in addition to other advanced dentistry services. To learn more, visit the [Rochester Advanced Dentistry website](#).

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