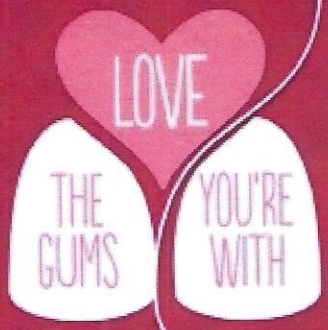
# BEHIND EVERY GREAT SMILE ARE *glorious gums.*

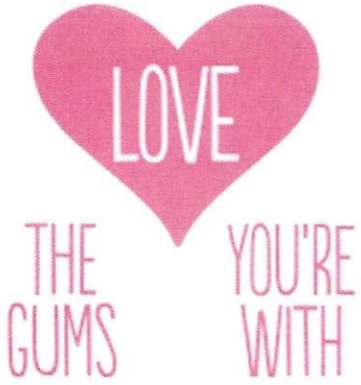


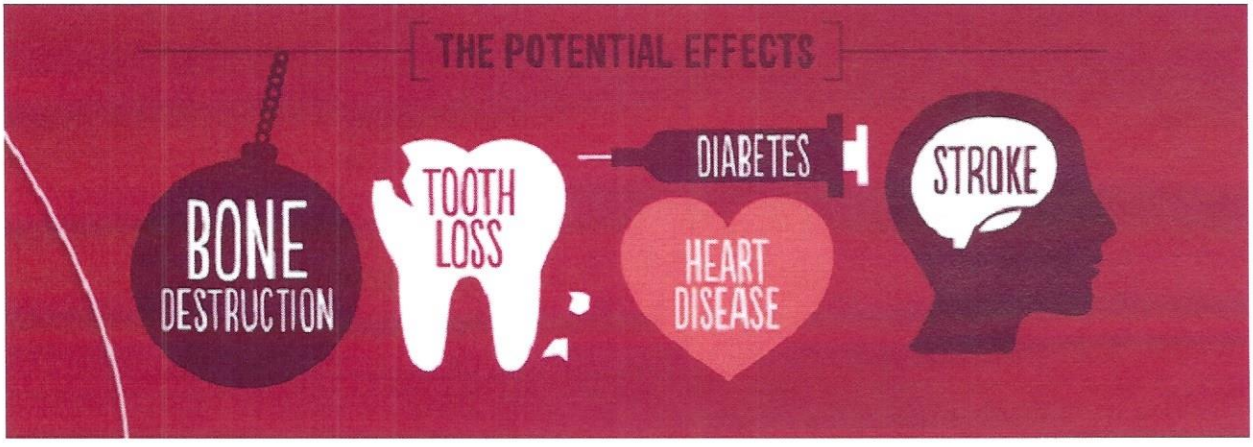

When it comes to your gums, you get out what you put in - so give them a little love. And make sure to add a visit to the periodontist to your oral health routine. Find a perio near you at perio.org.

A friendly message from the American Academy Of Periodontology.

## GUM DISEASE FACTS:

- Gum disease is the #1 reason people loose teeth today
- 85% of the population has some form of gum disease
- Gum disease does not cause pain; that's why the ADA calls it the "Silent Killer". When it starts to hurt it is almost always too late and the tooth is about to be lost.
- Main symptoms of gum disease are puffy, red gums and bleeding



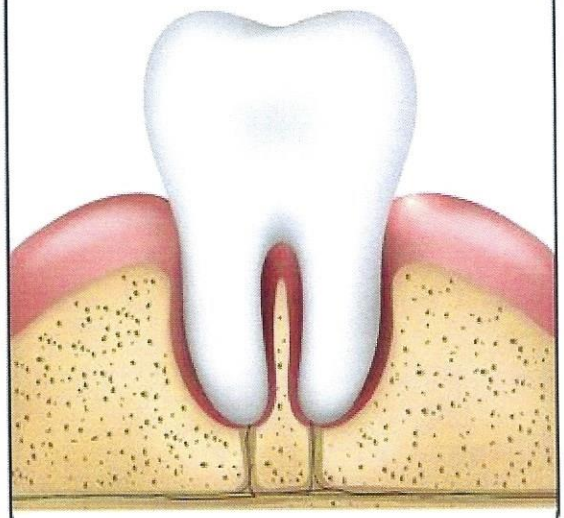



# PERIODONTITIS

INFLAMMATION OF THE GUMS

## 1.

### HEALTHY GUMS AND TOOTH

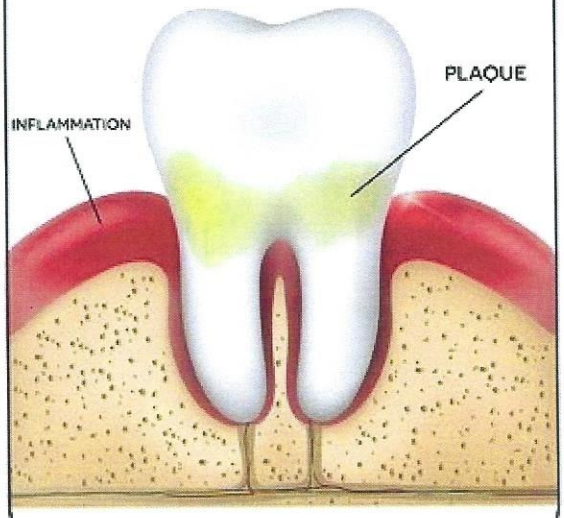


## 2.

### GINGIVITIS

THE EARLY STAGE OF PERIODONTAL DISEASE

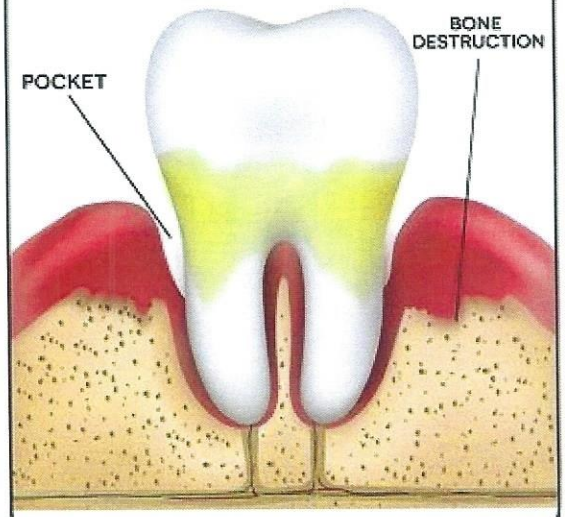
PLAQUE INFLAME THE GUMS AND BLEED EASILY




## 3.

### PERIODONTITIS

POCKETS AND MODERATE BONE LOSS

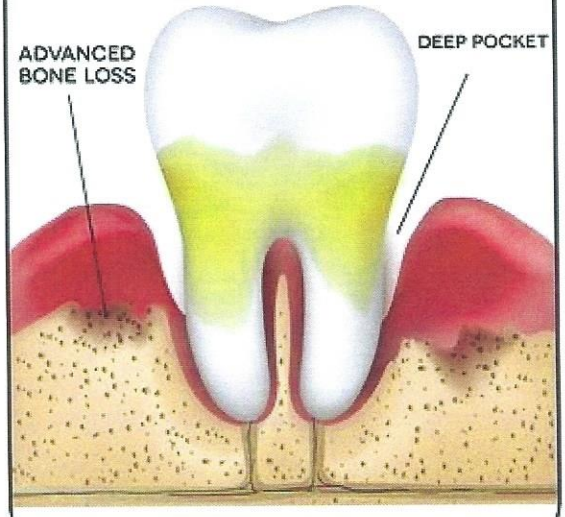



## 4.

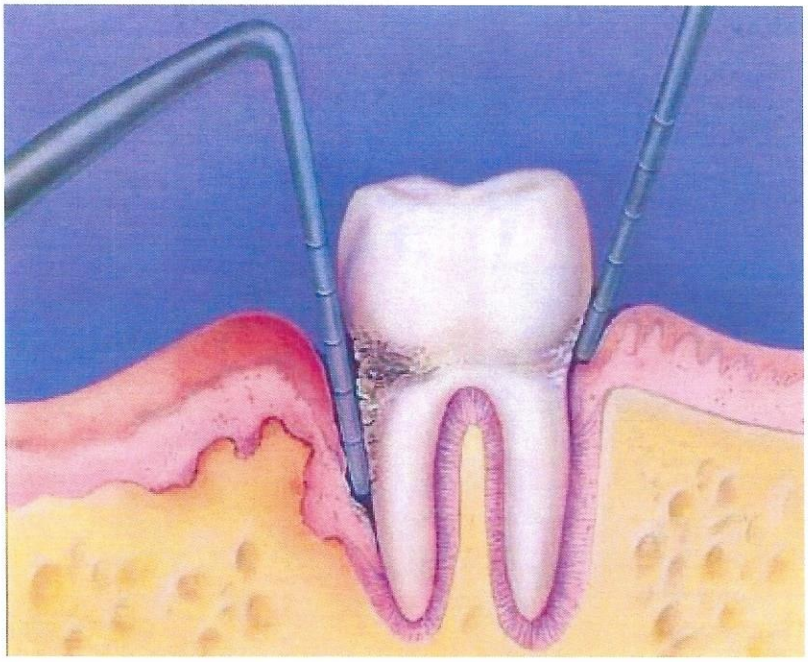
### ADVANCED PERIODONTITIS

SEVERE BONE LOSS AND DEEP POCKETS

TOOTH IS IN DANGER OF FALLING OUT

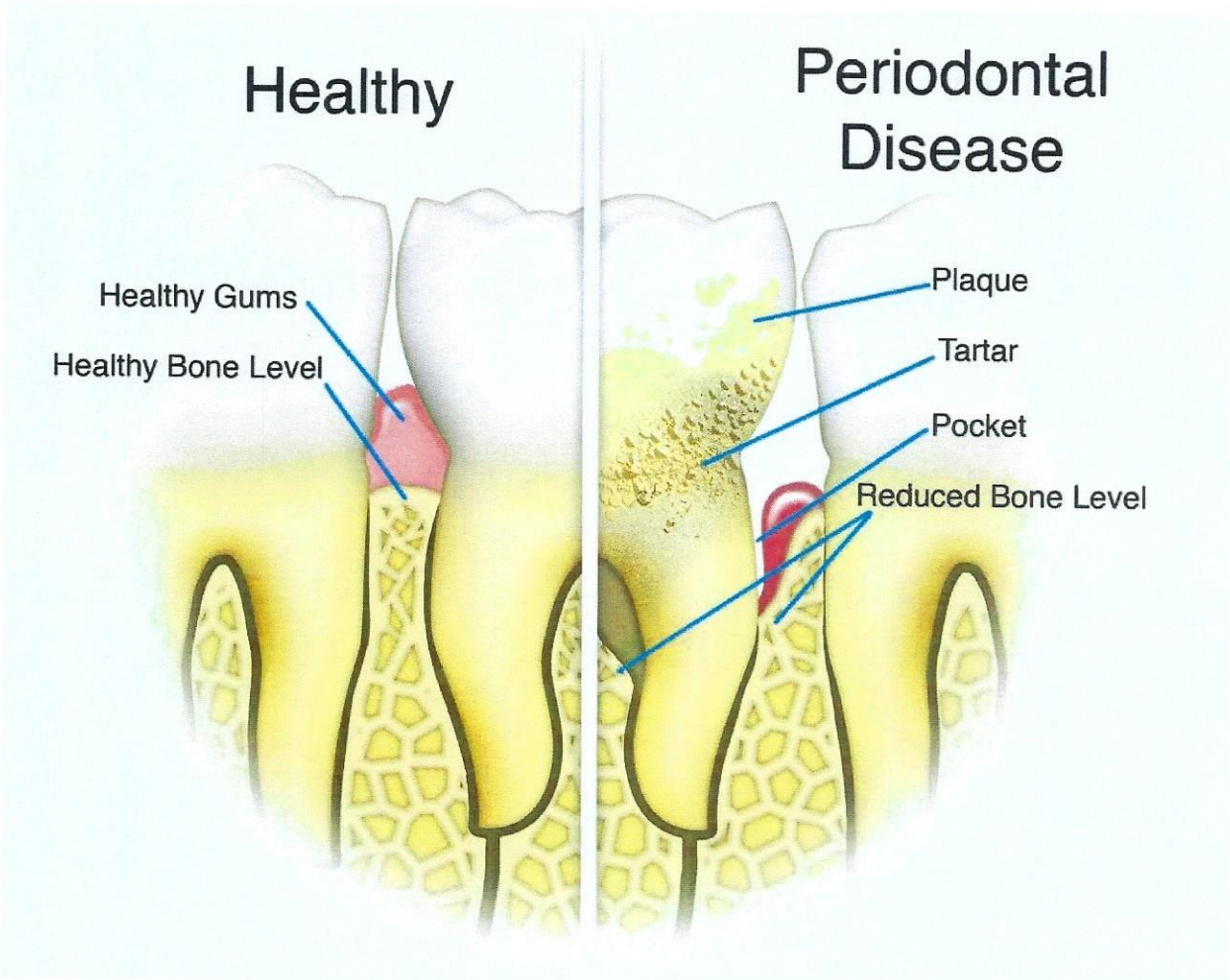


## HOW DO WE TEST FOR GUM (PERIODONTAL) DISEASE?



We measure the gums using a special instrument that gently slides in between your teeth and gums. This helps us determine the depth of the pockets around the tooth. You will hear us call out numbers; keep in mind 2's and 3's are healthy and 4's, 5's, and 6's means there's an infection. Your toothbrush can reach 2-3mm under your gums meaning you can adequately clean the area; if the pocket is greater than 3mm it is unable to be cleaned with a toothbrush and that's when a hygienist needs to clean the area with special instruments. Your toothbrush cannot clean in between your teeth no matter how good you brush; that's why it is very important to clean in between your teeth in some way, i.e. Flossing, Waterpik.

We also will evaluate the level of jawbone that is holding your teeth in place using the x-rays we've taken today.

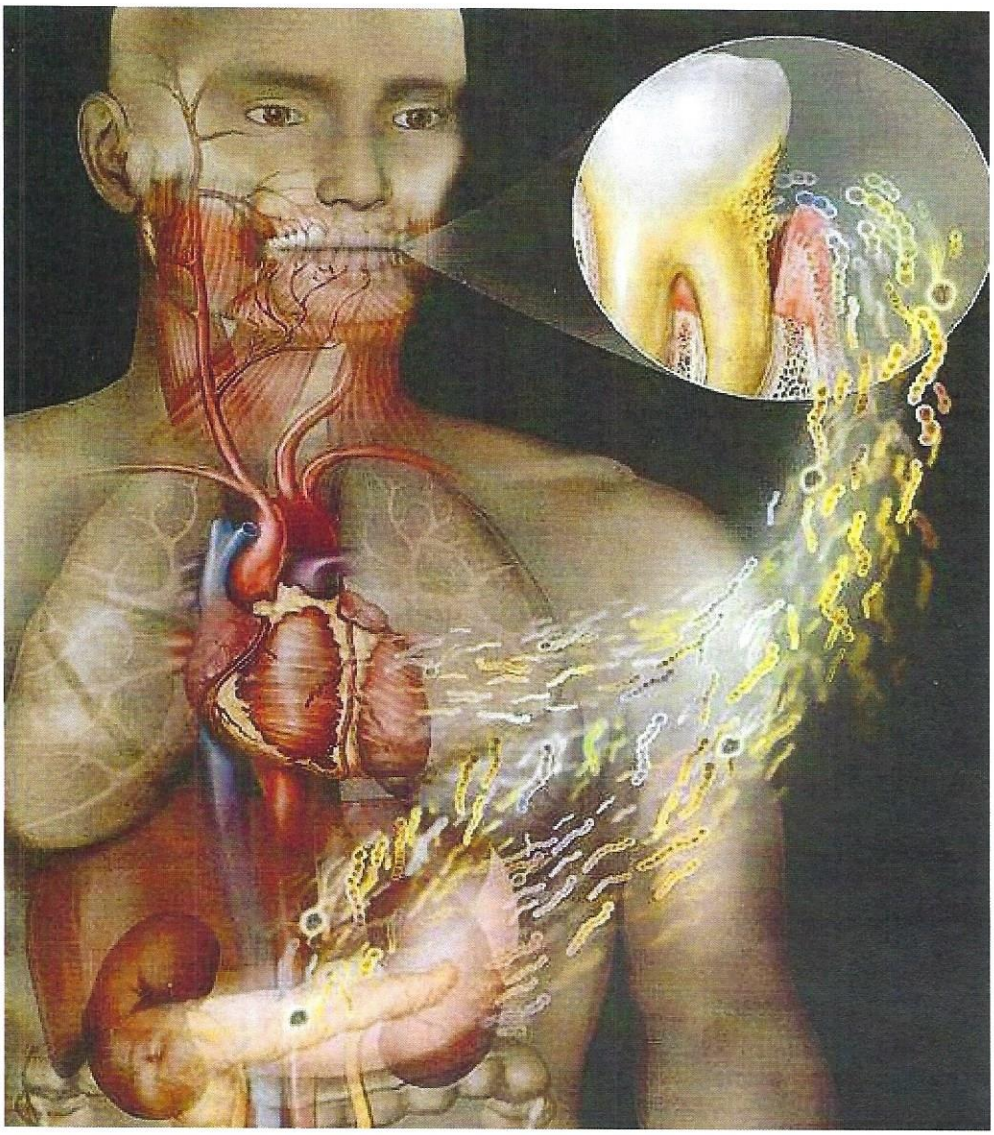



## WHAT DOES GUM DISEASE DO & HOW DOES THIS HAPPEN?

Plaque is deposited on the teeth daily. Plaque is the soft, filmy material that can be removed with brushing and flossing. If the plaque is no removed within 24 hours the soft plaque will turn into hard calculus (tartar). Tartar cannot be removed by brushing or flossing. It can only be removed in the dental office.

The tartar is bacterial deposits on the roots of the teeth that cause the gums to be swollen and infected also causing deep pockets around and between the teeth and gums. As the bacteria and tartar collect an infection develops that literally eats the bone away. The more bone that is eaten away the less support the teeth have in the jaw and the looser they get. Then end stage of gum disease is pain, swelling and tooth loss.

In addition, the bacteria that cause gum disease can also contribute to heart disease and a long list of whole body ailments.



## HOW DOES PERIODONTAL DISEASE AFFECT MY OVERALL HEALTH?

The bacteria associated with periodontal disease can affect your overall health in 3 ways.

1. The bacteria can be transported in your saliva and when inhaled can be aspirated into your lungs and can cause pneumonia or other respiratory infections. This is espeically dangerous for the elderly.
2. The bacteria enters the blood stream through inflammed pockets. This then travels to other organs and will build up on arterial walls. If this builds up in your carotid artery it can lead to a stroke and if this builds up in your coronary arteries it can lead to a heart attack.
3. Inflammation caused by this bacteria causes an inflammatory response in the body and will complicate other disease processes like diabetes, kidney disease, heart disease, etc.

****We have a special saliva test that can pinpoint what bacteria is causing the infection in your mouth.****

# DID YOU KNOW?

**Gum Disease** increases the Risk of **Head & Neck Cancer?**

AAOSH

**Tooth Loss & Gum Disease** increase the risk of **Alzheimer's Disease & Dementia**

Mayo Clinic

**Bacteria** in your mouth travels to **other parts** of your body in your **Blood Stream**

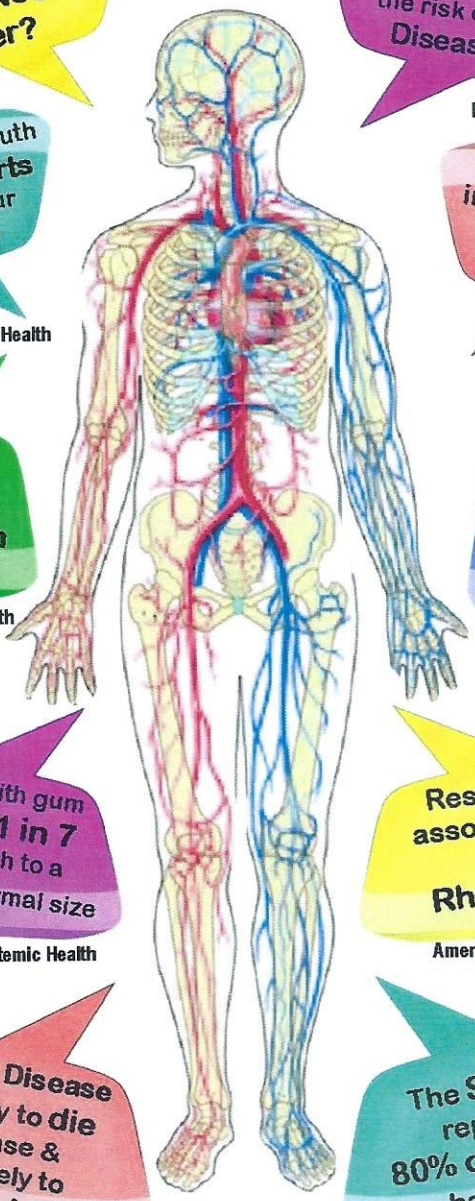
American Academy for Oral Systemic Health

Gum Disease increases **Pancreatic & Kidney Cancer** by 62%

HARVARD

**Diabetes** & Bleeding Gums increases your risk of **Pre-Mature Death** by 400 to 700%

American Academy for Oral Systemic Health



**93%** of people with Gum Disease are at risk for **Diabetes**

American Academy for Oral Systemic Health

**Pregnant** women with gum disease have only a **1 in 7** change of giving birth to a **Healthy Child** of normal size

American Academy for Oral Systemic Health

Research has found an association between gum disease and **Rheumatoid Arthritis**

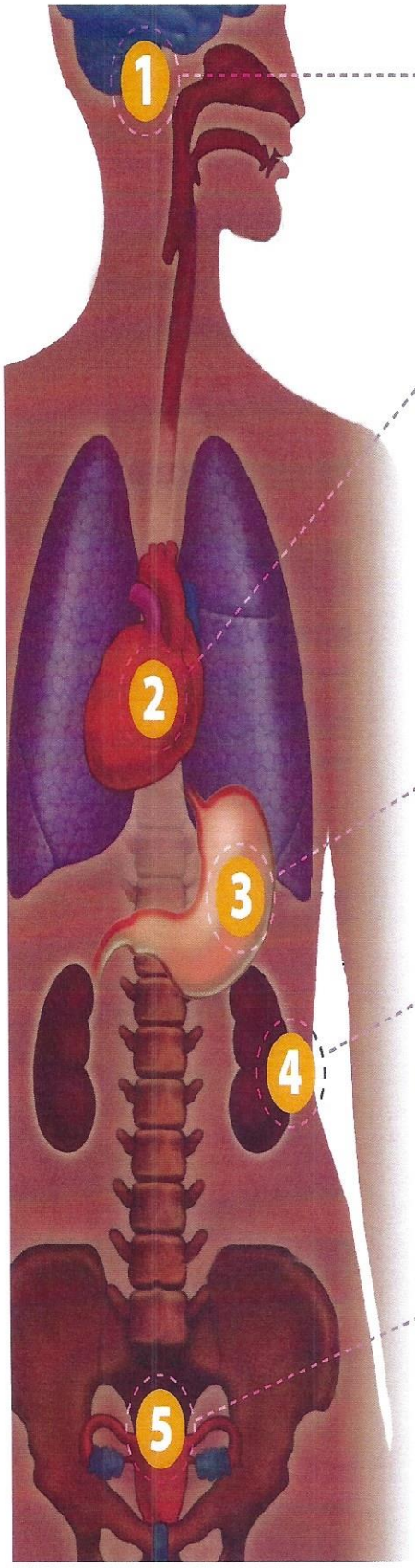
American Academy of Family Physicians

People with Gum Disease are **twice** as likely to die from heart disease & three times as likely to **die from stroke**

Mayo Clinic

The Surgeon General reports that at least **80%** of **American Adults** have Gum Disease

American Academy for Oral Systemic Health




**1 STROKE.** A recent study of fatty deposits lodged in the carotid arteries of stroke sufferers shows that up to 40% of the bacteria that cause the fatty deposits comes from the mouth if the gums are inflamed.

**2 HEART DISEASE.** Recent studies performed by cardiologists and periodontists have confirmed serious links between periodontal disease and heart disease. Bacteria from the mouth enters the bloodstream when gums are inflamed. This increases inflammation throughout the body, including the heart and arteries, and can also increase the chance of dangerous clotting. Keeping gums healthy can reduce your risk of a heart attack.

**3 ULCERS (stomach).** The bacteria that collect in your mouth when gum disease is present are the same bacteria that cause gastric ulcers. Oral bacteria can travel to the stomach and contribute to ulcers.

**4 DIABETES (pancreas).** Gum inflammation can make it difficult for diabetics to control their blood sugar. Severe gum disease can increase blood sugar levels, putting diabetics at increased risk for diabetic complications. Elimination of gum inflammation can directly improve diabetic control.

**5 PRE-TERM BIRTHS.** Women with gum disease are 7 to 8 times more likely to give birth prematurely to low birth weight babies. Researchers believe that low grade gum inflammation causes the body to release inflammatory chemicals which are linked to pre-term birth.