

Previously periodontal disease was considered to be an oral problem only, but in the last few years research has shown that it increases the risk for a number of serious diseases including heart attack, stroke, diabetes, and negative pregnancy outcomes.

Causes of Periodontal disease

Poor Oral Hygiene

Plaque remaining on the teeth can lead to periodontal infections.

Smoking and Use of Tobacco

Raise your chances of getting severe forms of the disease and may limit success of treatment.

Pregnancy

Changes in hormone levels may make the gums more sensitive to plaque.

Stress

Makes it hard for the body to fight off infection.

Medications

Some drugs, such as birth control pills, antidepressants, heart medicines, seizure medicines, and cancer drugs may affect your gums.

Clenching or Grinding Your Teeth

Puts extra force on the supporting tissues and could speed up the disease.

Diseases

Some diseases like diabetes and AIDS make you more prone to infection and may make periodontal diseases more severe.

Poor Diet

Can make it harder for the body to fight infection.

Bridges That No Longer Fit

Raise the chances of retaining plaque.

The Purpose of Periodontal Treatment

Periodontal Disease is an ongoing infection in the pockets surrounding the teeth. The deeper the pockets, the more serious the infection. The purpose of periodontal treatment is to remove the infection and encourage healing of the pockets. Effective treatment can reverse much of the damage.

Removing Plaque and Calculus

To remove the habitat for the bacteria and provide a smooth, clean surface for the gum tissue to reattach, we use specialized instruments. This procedure is called scaling and root planing and is performed at the beginning of the treatment process.

Killing The Harmful Bacteria

Lasers have been found to kill bacteria without any of the resistances and side effects of antibiotics. At the beginning of each appointment, we will treat each tooth for a few seconds with the laser to kill the bacteria. The process is easy and painless. This prevents the bacteria from entering the bloodstream during treatment.

At the end of the appointment, we will irrigate your mouth with a special Chlorine Dioxide preparation that will flush out and kill most bacteria that remain. We suggest you continue this process during home care.

Regenerating Attached Tissue and Bone

If you have pockets greater than 3mm in depth, we will use our laser again to vaporize the diseased tissue and treat the surfaces of the root to encourage new attachment. This will help reduce the pockets at each appointment and may even help regenerate lost bone.

Periodontal Surgery

We find that if we can treat the disease early, periodontal surgery can usually be avoided. However, in cases with especially deep pockets that do not resolve through our non-surgical treatment, surgery may be necessary. Begin treatment early.

Centers For Dental Medicine
(877) GUM-CARE
(877) 486-2273
Info@centersfordentalmedicine.com
www.centersfordentalmedicine.com



Item #BR-0390

Periodontal Disease

Are You At Risk?



Palmer Distinctive Dentistry

John J. Palmer, DMD

301 The Parkway, Suite B

Greer, SC 29650

(864) 879-6494 • (888) 291-5712

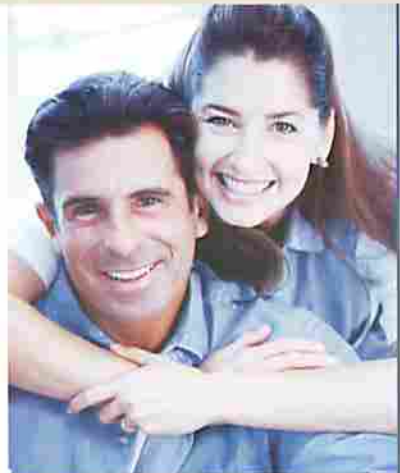


Everyone Is At Risk For Periodontal Disease.

Gum disease is caused by natural processes taking place in the mouth every day. More than 75% of the population will have it some time in their lives-and it does not go away by itself. Over 70% of all tooth loss is caused by gum disease, not from cavities.



Healthy gums hold a beautiful smile in place!



You can help prevent periodontal disease at home with a few simple steps:

- ▶ Brush your teeth thoroughly twice a day using the toothbrush suggested by your dentist.
- ▶ Use toothpaste containing Chlorine Dioxide provided by your dentist.
- ▶ Rinse after brushing with the Chlorine Dioxide Rinse provided by your dentist.
- ▶ Irrigate before bedtime using a Hydroflon Oral Irrigator to clean between the teeth.
- ▶ Use the Pharmaden™ nutrition program suggested by your dentist.
- ▶ Stop Smoking.
- ▶ Let your dentist or hygienist know if you have bad breath or if your gums bleed when you brush.

What is Periodontal disease?

Periodontal disease is a serious, chronic, bacterial infection of the gums that attacks and destroys the gums and bone that hold your teeth in place. The word periodontal literally means "around the teeth." Periodontal disease can affect one tooth or many teeth.

The Dangers of Bad Breath

The disease is caused by processes taking place in the mouth every day. The buildup of calculus and plaque from inadequate brushing and flossing can irritate the gums and give a place for bacteria to reproduce. Your gum tissue regenerates daily and contains sulfur. The dead tissue combines with food and bacteria producing sulfur chemicals. The sulfur compounds create bad breath and attack the gums which allows the bacteria to enter the blood stream.

If your nutrition and bodily defenses aren't up to the task, after a number of years, the gum tissue and even the bone breaks down forming "periodontal pockets" where the dangerous bacteria live and multiply. The gums become red and inflamed and begin to bleed.

Decrease your risk of systemic disease including heart attacks, strokes, diabetes, infertility, and negative birth outcomes.

The Danger of a Little Bleeding

The mouth is home to over 500 different types of bacteria. Some of these are beneficial but many are dangerous to your health. The blood vessels are a two-way street. If your gums bleed, the bacteria can enter your body causing a number of problems. Bacteria from periodontal disease have been found:

- ▶ In the arteries accelerating atherosclerosis or hardening of the arteries.
- ▶ To thicken the carotid artery increasing the rate of strokes.
- ▶ To increase blood sugar levels causing an increase in diabetes.
- ▶ To cause pregnant women to increase production of the hormone (PGE2) that induces labor-causing pre-term birth.

The Danger of Swollen Gums—Gingivitis Inflammation

Gingivitis is the beginning of periodontal disease. Inflammation in the body causes the liver to produce a product called "C Reactive Protein." High levels of CRP have been associated with doubling of the risk of heart disease, colon cancer, and even an increase in Alzheimer's disease. The CRP gets into the arteries accelerating the formation of blood clots which can cause heart attacks. One half of all heart attack patients have normal levels of cholesterol. We now test all periodontal patients to determine their CRP level and relative risk for heart attack. Treating inflamed gums can reduce the level of CRP by over 50%.

The Diabetes Connection

Over 10 million Americans have been diagnosed with diabetes, 5 million are undiagnosed, and 40 million are borderline. Periodontal bacteria can increase glucose levels, which can cause normal people to become diabetic. Additionally, diabetics have twice the incidence of periodontal disease. Research on class II diabetics shows that periodontal disease can increase their death rate by a factor of seven or more! If you have diabetes yourself or if it is prevalent in your family, it is vital to be checked for periodontal disease.

How is it Diagnosed?

Periodontal disease is usually a slow, painless, progressive disease. Most adults with periodontal disease are unaware they have it. If diagnosed and treated early, you can avoid gum surgery and safeguard your health.

If you have healthy gums, they fit snugly around your teeth. With periodontal disease, the supporting bone and gum are destroyed, forming pockets around your teeth. Your dentist or dental hygienist can determine whether or not you have periodontal disease by measuring the depth of pockets. A periodontal probe is a thin dental instrument that is used like a ruler and is inserted into the pocket. The probe measures the depth of the pocket from the crest of the gum line to the base of the pocket.

In normal healthy gum tissue, the slight space between gum and tooth, should range between 1 and 3 millimeters in depth. Indentations with a depth of more than 4 millimeters are called pockets and are evidence of periodontal disease. A depth greater than 6 millimeters indicates advanced periodontal disease and is a serious health concern.

Assessing Your Risk Factors

Periodontal disease may cause an increase in your risk factors for heart disease, strokes, colon cancer, diabetes, and many other diseases. If we find that you have significant periodontal disease, we will recommend that you take certain blood tests to assess your risk:

- ▶ High sensitivity C-Reactive Protein, an inflammation marker which is associated with heart disease, colon cancer and Alzheimer's.
- ▶ HbA1C, or glycated hemoglobin, which measures your average blood sugar over the last 2-3 months.

Signs and Symptoms

- ▶ Pain in your mouth?
- ▶ Gums bleed when you brush your teeth or eat hard food?
- ▶ Spaces developing between your teeth?
- ▶ Gums feel swollen or tender?
- ▶ Gums are receding (pulling back from your teeth) or your teeth appear longer than before?
- ▶ Persistent bad breath?
- ▶ Pus between your teeth and gums?
- ▶ Change in the way your teeth fit together when you bite?
- ▶ Sores develop in your mouth?



We're Not Just Saving Teeth...

We're Helping To Save Lives