

616 Route 52, Beacon, NY 12508
(845) 831-6720

www.drjanemcelduff.com

GUM DISEASE

What is it?

You've heard of **gingivitis**? Gingivitis is the most common form of gum disease. Gingivitis is the inflammation of the gum tissue caused by bacteria normally found in your mouth. Inflammation is the body's response to injury or infection. This inflammation occurs when dental plaque (Biofilm), by-products of bacteria, are left under or at the gum line. Gingivitis is reversible, but if it goes untreated, it may lead to **periodontitis**, in which the gum detaches from the tooth, causing deep pockets to form. **Worse case scenario?** Bone and tissue that hold teeth in place are destroyed, causing teeth to loosen and fall out.

How does it happen?

Bacteria in the mouth creates plaque; an invisible film that coats your teeth. If plaque is not removed it hardens into tartar, which builds up between teeth and under gums. Over time plaque destroys connective tissue and damages bone.

Who's at risk??

- *Smokers*
- *Diabetics*
- *Poor oral hygiene*
- *Aging*
- *Stress*
- *Family history*
- *Poor nutrition*
- *During menstruation, pregnancy, and menopause*
- *A weakened immune system*
- *Certain medications, e.g. birth control, antidepressants*

Can it be prevented ?

YES!!! You **can** prevent or reverse gingivitis

- **Floss** every day and **brush** twice a day preferably with an electric toothbrush.
- See your dentist twice a year for your **professional cleanings**
- Clean your **tongue** with toothbrush or tongue scraper
- Use **antimicrobial mouthwash** designed to reduce plaque

Recent Research Findings!!!!

Research suggests a relationship between **GUM DISEASE** and **ones' overall medical health**. The research shows a strong link between gum disease and **heart disease, stroke, diabetes and pregnancy complications**.

Simmering, painless inflammation in the body is the single most powerful trigger of heart attacks, even worse than high cholesterol.

Chronic infections such as dental infections may more than DOUBLE the risk of stroke.

Diabetics with severe gum disease are TWICE as likely to die from heart disease or kidney failure than those without severe gum disease.

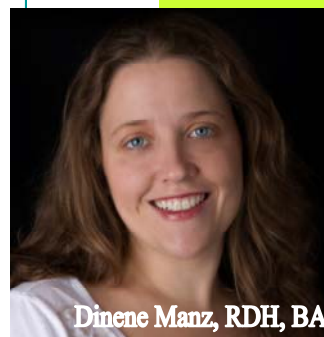
Pregnant women with periodontal inflammation and infection have a SEVEN times greater risk of having a low birthrate baby and early delivery.

What are the signs?

- Gums that bleed easily
- Persistent bad breath
- A change in the position of one's teeth
- Pus between teeth and gums
- Red, tender, shiny or swollen gums
- Gum abscesses/boils
- Persistent food impactions between your teeth



Amy Sorge, RDH



Dinene Manz, RDH, BA

Our licensed professional hygienists are qualified to discuss your periodontal needs and the correlation to any health concerns you may have.