

# What is Periodontal Disease?

Periodontal disease develops when the gums remain infected for an extended time due to the presence of untreated bacteria. Infected gums (known as gingivitis) result from plaque accumulation around the teeth. You will notice redness, swelling, and bleeding inside your mouth as a result of the infection. Without treatment, this infection can cause the gums and bones that support the teeth to recede, resulting in tooth loss.

## Risk Factors for Periodontal Disease

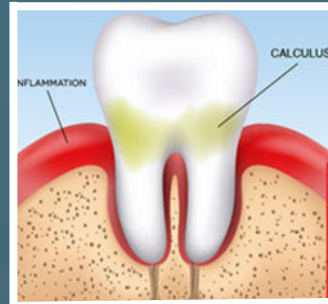
- Genetics
- Poor Oral Hygiene
- Diabetes
- Smoking
- Malpositioned or crooked teeth
- Certain Medications
- Anti-seizure medication
- Blood pressure medication
- Immunosuppressant medication
- Poorly Contoured restorations
- Stress

### Healthy Tissue



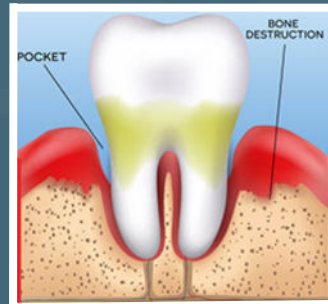
- No Bleeding
- Healthy Tissue
- No Odor
- Pockets measure 3 mm or less

### Mild Periodontal Disease



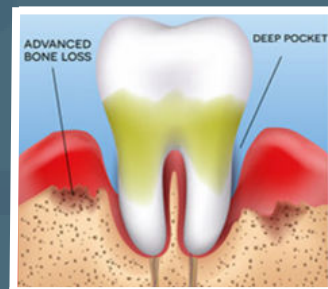
- Bleeding
- Swollen Gums
- Odor/ Bad taste
- Attachment Loss
- Pockets measure 3 mm or less

### Moderate Periodontal Disease



- Bleeding
- Swollen Gums
- Odor/ Bad taste
- Bone loss- Pockets measure 4-5mm.

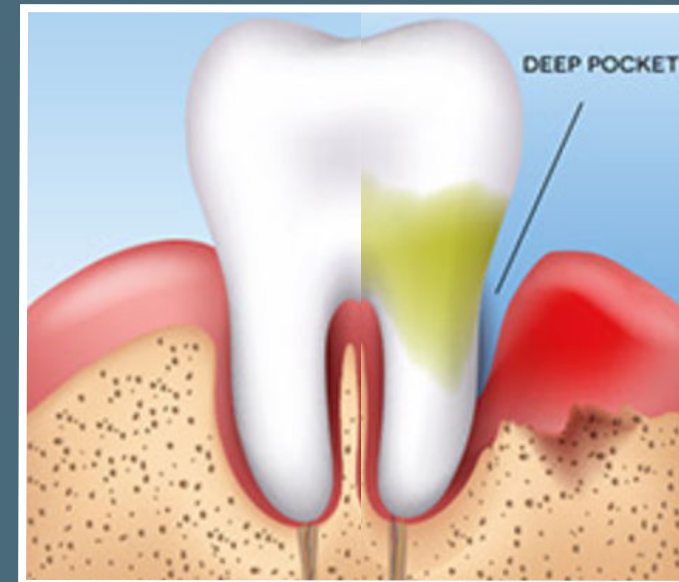
### Severe Periodontal Disease



- Bleeding
- Swollen Gums
- Odor/ Bad taste
- Gums pull away from teeth
- Severe bone loss- pockets measure  $\geq 6$ mm



## Periodontal Brochure



## The Perio-Systemic Link

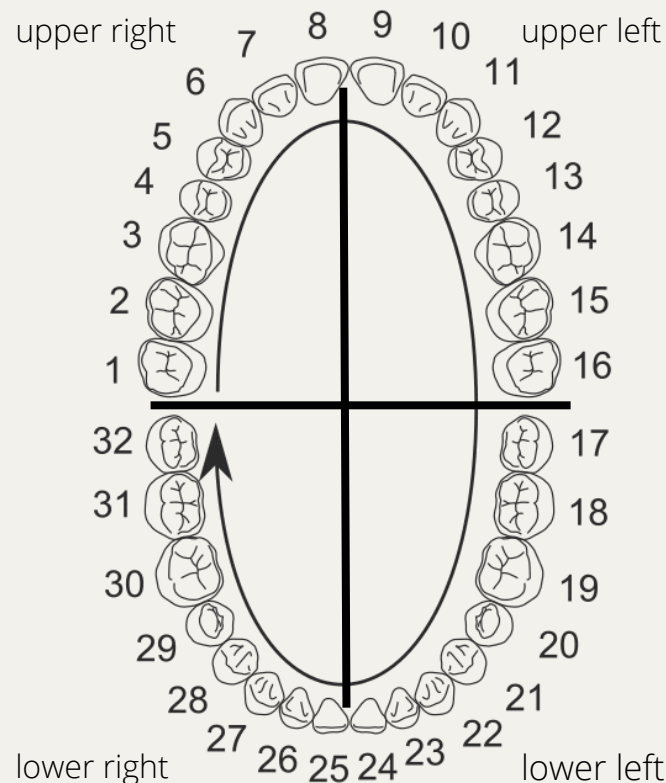
Your overall health and periodontal health can affect each other. Research has shown patients with periodontitis are more likely to suffer from diseases such as diabetes, heart disease, cancer, pre-term birth, Alzheimer's disease, and more. These systemic diseases, along with periodontal disease, cause an increase in inflammation in the body. This increase can occur from periodontal bacteria entering the bloodstream. Once in the bloodstream, bacteria can travel throughout the body, increasing inflammation and aggravating other conditions.

## Healthy Mouth

At all stages of life, maintaining a healthy mouth and teeth is essential to breathing, speaking, and eating. In a healthy mouth, the tissue (gingiva) is firm, not swollen or red, and doesn't have an odor or bleed when brushed or flossed. There are no signs of tooth decay, unusual lumps, ulcers, or colors on your tongue, cheeks, or gums. The tissue and bone should hold the teeth firmly in place, so they shouldn't be wiggly. A person shouldn't have any pain when chewing or brushing teeth.

## PERSONALIZED RECOMMENDATIONS

The periodontal treatment recommended will help decrease periodontal bacteria and aims to reduce local and systemic inflammation in the body. Reducing bacteria and inflammation in the bloodstream could positively impact the management of systemic diseases.



- Pocketing
  - 4-6mm
  - 7+mm
- Bleeding
- Bone Loss
- Tooth Mobility
- Recession

## In Office:

- Healthy Mouth Cleaning
  - 3 months
  - 4 months
  - 6 months
- Treatment of Gingival Inflammation
- Scaling and Root Planing
  - Full
  - Localized
- 4-6 Weeks Tissue Re-evaluation
- Periodontal Disease Maintenance
  - 3 months
  - 4 months
- Referral to Periodontal Specialist

## At Home:

- Electric Tooth Brush
- Waterpik
- Toothpaste Recommendation: \_\_\_\_\_
- Prescription Fluoride Toothpaste
- Antibiotic Therapy
- Interdental Aids
- \_\_\_\_\_

Scan the QR code for more information.

