

Improve Your Periodontal Health



You have been diagnosed with periodontal disease; a disease that has caused the loss of bone around your teeth. This disease process is the result of inflammation caused by dental plaque, a sticky film of debris and bacteria that forms on your teeth every day. Below is a list of ways you can participate and help limit further loss of bone that supports your teeth.

1. Remove the plaque that forms on your teeth at least twice a day. The combination of a quality electric tooth brush, floss and interdental brush is the best way to remove dental plaque. Mouthrinses and Waterpiks are a great adjunct to your oral health but are not a substitute for brushes that mechanically remove the sticky plaque film.

2. Quit smoking. Smoking is the biggest controllable risk factor for periodontal disease. Patients that smoke are at 8 times the risk for bone loss around their teeth. Cutting back to less than 10 cigarettes a day will help decrease the risk of additional bone loss compared to smoking more.

3. Manage your diabetes. Uncontrolled diabetes is another significant risk factor for periodontal disease. Check your blood sugar daily. Work with your physician to keep your A1c level less than 7.0.

4. Supplement your Diet. 1000mg of omega 3 fatty acids (*fish oil*) and an 81mg aspirin each day have been shown to significantly reduce the destructive effects of inflammation in patients also receiving periodontal therapy. Other dietary supplements such as soy products and green tea have also been shown to reduce inflammation throughout the body.

5. Remain compliant with your scheduled dental cleanings. For most patients, the effects of a professional cleaning that disrupts bacteria under your gums lasts for 90 days. After this period of time, the bacteria begin to reorganize and induce a more severe inflammatory response that can lead to further bone loss around your teeth.

Our main goal at the *Periodontal Implant Center* is to help you keep your teeth. How successful we are in accomplishing this is greatly dependent on your compliance with the treatments we recommend and your participation in assisting with the care of your mouth as outlined above. **Please understand that periodontal disease is a chronic disease that requires constant attention and management for the rest of your life.**

Risks of Periodontal Disease



Currently, dentists believe that the destructive effects of periodontal disease on the bone supporting your teeth are actually caused by your body's own chronic inflammatory response to bacteria under your gums. Several research studies have suggested that periodontal disease may be associated with other chronic inflammatory diseases, including cardiovascular disease, stroke, diabetes, pre-term pregnancy, rheumatoid arthritis, Alzheimer's, kidney disease and even certain forms of cancer. Since research has indicated that people with periodontal disease are at a higher risk for these other diseases, it is critical to maintain periodontal health in an effort to achieve overall health.

Heart Disease. Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease (increased risk for heart attack) as those without periodontal disease.

Stroke. Researchers have found that people suffering a stroke were more likely to have an infection in their mouth compared to those without.

Impaired Diabetic Control. Research has emerged that suggests that the relationship between periodontal disease and diabetes goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Pre-term and Low Birth Weight Infants. Pregnant women who have periodontal disease may be seven times more likely to have a baby that is born too early or too small.

Respiratory Disease. Scientists have found that bacteria that grow in the mouth can be aspirated into the lungs and cause respiratory diseases such as pneumonia, especially in people with periodontal disease. Scientists also believe that through the aspiration process, bacteria can cause frequent bouts of infection in patients with COPD (Bronchitis / Emphysema).

For now, the focus of treating periodontal disease remains centered on reducing inflammation in the mouth, which likely carries the added benefit of helping with the management and/or prevention of other chronic inflammatory conditions. An actual cause-and-effect relationship between periodontal disease and other health risks remains the focus of intense research.