

Prevention

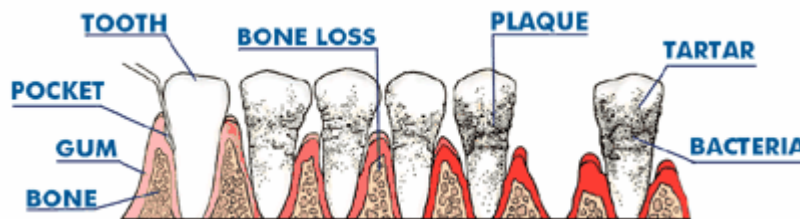
Preventing Gum Disease

What is Periodontal Disease?

Gum disease is a slow, silent, progressive condition that can eventually lead to tooth loss. The second most common disease in the world, most people suffer from some stage of it. But because its symptoms are painless, you may need treatment and not even know it.

Periodontal disease is caused by plaque, a colorless film of bacteria that forms on the teeth and gums. It takes only 24 hours for this plaque to form into harmful colonies. That's why daily brushing and flossing are so important.

Once it hardens into calculus, or tartar, plaque can eventually destroy the gum tissue. The gums begin to pull away from the teeth and these pockets are filled with more plaque. Unless treated, the jawbone supporting the teeth can be destroyed.



Current research shows that gum disease can put you at risk for heart disease, diabetes, respiratory conditions and low birth weight deliveries.

What are the symptoms?

- Gums that bleed when you brush or floss
- Red, swollen or tender gums
- Gums that have pulled away from teeth
- Teeth that are loose or have "fanned out"
- Change in bite or fit of dentures
- Pus between teeth and gums
- Persistent Bad Breath



How can you prevent it?

Floss and Brush Daily

Help prevent plaque colonies from forming in the first place by brushing twice a day and flossing before bedtime. Brush with a circular motion on inner and outer gums and back and forth on chewing surfaces. Massage gums with rubber tip stimulator.

Fight Bacteria With Mouth Wash

Use salt water or other popular antiseptic mouth washes.

See A General Dentist Twice A Year And Your Periodontist Three Times A Year

Your dentist can help remove the hardened plaque, or calculus, in places your toothbrush or floss can't reach. If the plaque growth is progressed, you may require the specialty care of a periodontist.

Balanced Diet

Good nutrition may increase the body's ability to fight off infection. Vitamin C deficiency has been linked to gum disease. Avoid sugary snacks and junk food that plaque colonies feed on.

Eliminate Oral Irritants

Smoking, chewing tobacco and excessive alcohol can impact the health of the gums.

Correct Dental Imperfections

Badly aligned teeth, defective fillings, and poor fitting bridges or partial dentures and can harm the mouth tissues, compounding the effect of gum deterioration.

Early Detection

Catching periodontal disease in its early stages is your best defense against tooth loss. Call Dr. Karla Frazier or Dr. Kelli Mack for periodontal screening exam, if you experience any symptoms.