

Gum and Periodontal Disease

Signs of Gum Disease

- Red and swollen tender gums
- Bleeding during brushing and flossing
- Gums that pull away from teeth
- Pocket between the gum and tooth
- Persistent odor

Gum Disease increases the risk for:



TOOTH LOSS



HIGHER SUGAR LEVELS



STROKE



PRETERM BABIES



HEART DISEASE

DID YOU KNOW?

Gum disease is an infection of the tissues that support the teeth and is usually caused by plaque. It ranges from its mild form, Gingivitis, to its most severe form, Periodontitis. Nearly 50 percent of Americans over age 30 have Periodontitis.

Risk Factors for Gum & Periodontal Disease



GENETICS

While genetics may play a role, no gene to date has been identified that has a larger impact on periodontitis than environment influences, such as tobacco use and diabetes.



TOBACCO USE

Many non-cigarette alternatives are often marketed as healthier than smoking, but tobacco, in any form, is harmful. There is no such thing as a harmless tobacco product.



CERTAIN MEDICATIONS

Discuss any medications with your dentist, especially those that cause dry mouth



POOR ORAL HYGIENE

Only a dental health professional can remove tartar build up once it spreads below the gums.

DID YOU KNOW?

Gum & Periodontal disease can be reversed by proper hygiene and regular cleanings at the dentist. Delta Dental of Oklahoma covers preventive care visits at 100 percent.