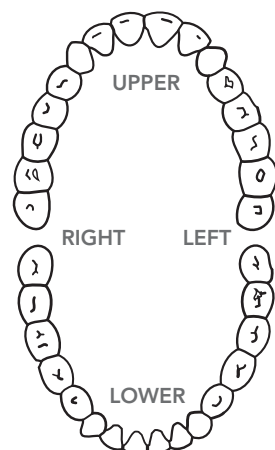


YOUR ASSESSMENT



WHAT STAGE ARE YOU IN?

- HEALTHY BONE AND GUMS
- GINGIVITIS
- EARLY PERIODONTIS
- MODERATE PERIODONTIS
- SEVERE PERIODONTIS

TREATMENT DETAILS

Individualized treatment may include any of the following:

1 - More Frequent Cleanings. It may take the bacteria at the base of the pocket up to three months to colonize into numbers able to destroy bone. Frequent cleanings can help prevent this build-up.

2 - Scaling and Root Planing. Scaling is removing the calculus deposits from your teeth. Root planing is the smoothing of the root surfaces so that the gum tissue can reattach to the tooth.

3 - Curettage. This process removes the soft tissue lining from the periodontal pocket, helping the gum tissue heal.

4 - Gingivectomy. This surgical procedure details the removal of the periodontal pocket to allow easier access for cleaning.

5 - Flap Surgery. Allows access to the root of the tooth for removal of the calculus, plaque and diseased tissue. The gum is then secured back into place.

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**IMPRESSIONS
DENTAL CENTRES**

GUM DISEASE

Your Patient Guide



DID YOU KNOW?

You may have periodontal disease and not realize it. This disease is the primary cause of the loss of teeth after age 35 with approximately 75% of adults being affected.



**IMPRESSIONS
DENTAL CENTRES**

WHAT CAUSES PERIODONTAL DISEASE?

Bacteria live in a clear, thin, sticky coating on your teeth called plaque, which continuously forms in your mouth. The bacteria in plaque are the problem because they produce toxins and enzymes that can inflame your gums, damaging the attachment of the gums and bone to the tooth.

If this plaque is not removed on a daily basis by brushing and flossing, it can harden into tartar. Tartar is a rough, porous surface, which harbours even more bacteria. The hardened tartar can no longer be brushed or flossed away. Tartar can only be removed professionally by a dentist or hygienist.

HOW IT ALL STARTS

Healthy gum tissue, or gingiva, is shaped like a collar around each tooth. At the point where the gingiva meets the tooth is a naturally occurring space called the sulcus.

The sulcus is about 1-3mm deep. Plaque that is not removed daily collects around the tooth and in the sulcus. Inflammation causes the sulcus to deepen and it becomes a pocket.

Deeper pockets are difficult to clean and become a haven for bacteria. Your gums eventually become inflamed and the bone supporting your teeth deteriorates. This eventually leads to the loosening, or loss of teeth.

The time and effort you invest now to maintain your teeth will reward you over your entire lifetime!

THE STAGES OF PERIODONTAL DISEASE

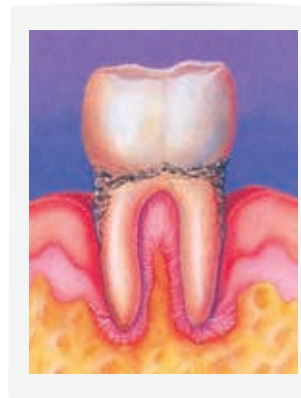
GINGIVITIS

- Red, swollen gums
- Gums bleed upon brushing
- 3-4mm pockets
- Accumulation of plaque and calculus
- Process is reversible



EARLY PERIODONTAL GUM DISEASE

- Greater inflammation of the gums
- Gums begin to recede from teeth
- Irreversible bone loss
- Up to 5mm pockets
- Unpleasant breath or taste
- Evident accumulation of plaque and calculus



MODERATE PERIODONTAL GUM DISEASE

- Gums recede and teeth appear longer
- Root surface may be exposed and sensitive
- Possible sore gums or tooth
- Breath worsens; bad taste
- 5-6mm pockets
- Bone loss 20-50%



SEVERE PERIODONTAL GUM DISEASE

- Loose or drifting teeth
- More than 50% bone loss
- Significant plaque and calculus
- Bad taste; persistent bad breath
- Tooth loss or decision to remove teeth



When the bone that supports the teeth deteriorates, it does not grow back. This can play havoc for those who may want dentures or implants because a significant amount of jawbone is required for both. Also, once your teeth have been lost to disease, the jawbone can continue to degenerate.

ARE YOU AT RISK?

- Smokers are more likely to form plaque, tartar, deeper pockets, greater loss of bone and are four times more likely to have gum disease
- Systemic diseases like Diabetes, HIV or AIDS lower the body's resistance to gum disease
- Certain types of medications, conditions, or alcohol consumption can result in a chronically dry mouth and cause irritation of the gum tissue due to reduced amounts of saliva
- Poorly fitting dental work can trap plaque and cause irritation
- Pregnancy, puberty or oral contraceptive may change hormone levels in the body, possibly causing increased sensitivity to bacterial toxins. Some studies suggest that bacteria related to gum disease may be passed along from parents