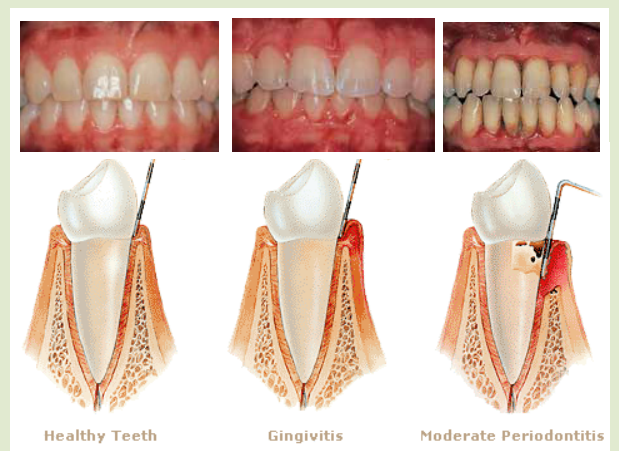


Where Do I Start?

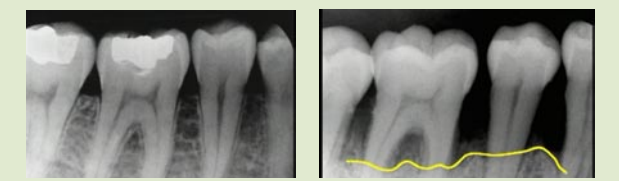
You have recently been diagnosed with periodontal disease, and probably have some questions about where your treatment begins. Read on to learn about effective means that may keep your periodontal disease under control and discover treatment options that may be right for you...

What Is Periodontal Disease?

Periodontal disease is a chronic bacterial gum infection that destroys the gum tissues and supporting bone that hold your teeth in your mouth. The main causes of this disease is bacterial plaque, a sticky, colorless film that constantly forms on your teeth, as well as your body's response to this plaque. Daily home oral care, including proper brushing and flossing, is critical in preventing plaque buildup. If plaque is not removed, it can turn into a hard substance called calculus (tartar).



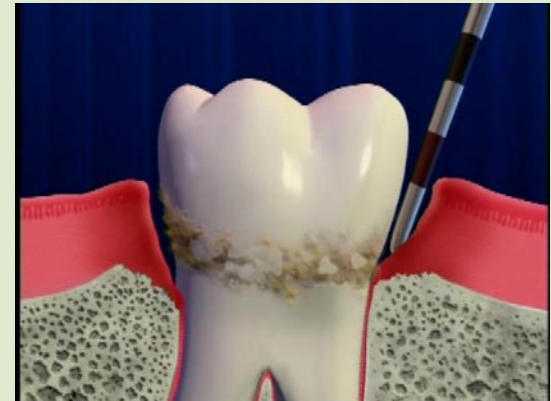
Toxins (or poisons) produced by the bacteria in plaque irritate the gums, causing infection. These toxins initiate the inflammatory process, which destroys the supporting tissues around the teeth, including the bone. Bacteria and your immune response to the bacteria can cause the gums to separate from the teeth, forming pockets that fill with even more plaque and more infection. As the disease progresses, these pockets deepen, more gum tissue and bone are destroyed, and the teeth eventually become loose. If periodontal disease is not treated, the teeth may need to be removed.



What are the signs of periodontal disease?

Almost half of American adults have some form of periodontal disease. However, the majority of these people do not even know that they have it.

Periodontal disease is often silent, meaning that symptoms may not materialize until significant bone loss has occurred. Some people may have periodontitis and not experience any symptoms and be unaware that they have disease. Common symptoms of periodontal disease include:



1. RED, SWOLLEN OR TENDER GUMS
2. BLEEDING WHILE BRUSHING OR FLOSSING
3. GUMS PULLING AWAY FROM THE TEETH
4. TEETH APPEAR LONGER
5. LOOSE OR SEPARATING TEETH
6. PUS BETWEEN THE GUM AND TOOTH
7. PERSISTENT BAD BREATH
8. A CHANGE IN THE WAY YOUR TEETH FIT TOGETHER WHEN YOU BITE

If you notice any of these symptoms, you should see a periodontist for a complete periodontal examination. A periodontist is a dentist who specializes in the prevention, diagnosis and treatment of tissues surrounding the teeth. During a periodontal examination, the periodontist will gently measure pocket depths in order to help make a diagnosis. In addition to probing depth measurements, X-rays may be taken to evaluate the health of the bone supporting the teeth.

Periodontal disease is not an infection that simply affects the mouth. Other noble organs such as the heart and lungs can be affected by the bacteria associated with periodontal disease. Below is a list of some of the effects periodontal disease can have on your overall health:

Without good periodontal health, there can not be good general health.
Periodontal disease (commonly known as gum disease) can affect the state of your whole body. Over the past few years, studies have shown a definitive link between your oral health and your general health.

Here are a few of the many health problems that can be aggravated by poor oral hygiene:

- STROKE**
 - Those with adult periodontitis may have increased risk of stroke.
- RESPIRATORY INFECTIONS**
 - Inhaling bacteria from the mouth and throat can lead to pneumonia.
 - Dental plaque build-up creates a dangerous source of bacteria that can be inhaled into the lungs.
- HEART DISEASE**
 - Those with adult periodontitis may have increased risk of fatal heart attack.
 - And are more likely to be diagnosed with cardiovascular disease.
 - Bacteria from the mouth may cause clogging problems in the cardiovascular system.
- SEVERE OSTEOPENIA**
 - Reduction in bone mass (osteopenia) is associated with gum disease and related tooth loss.
 - Severity has been connected to tooth loss in postmenopausal women.
- UNCONTROLLED DIABETES**
 - Chronic periodontal disease can disrupt diabetic control.
 - Diabetes can contribute to bacterial overgrowth in the mouth.
 - Smokers with diabetes increase their risk of tooth loss by nearly three-fold.
 - People with type II diabetes are three times as likely to develop periodontal disease than are non-diabetics.
- PRETERM OR LOW BIRTHWEIGHT BABIES**
 - Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby.
 - Our research can cross the placental barrier, exposing the fetus to infection.

Remember, there are a number of advanced oral care remedies available to control or alleviate periodontal disease, such as antimicrobial mouth-washes, flossing regularly, and certain medications, and you thought all you needed was a toothbrush!

Estheticique Summer 2011

Diabetes and the risk of Periodontal Disease: An individual with poorly controlled diabetes has an increased risk for progressive dental bone loss due to the body's reduced ability to fight infection. Increased blood sugar levels allow periodontal bacteria to thrive, increasing their destructive potential. Interestingly, controlling periodontal disease has been shown to help control blood sugar levels in diabetic patients.

Heart disease and Periodontal Disease: Bacteria that are very specific to periodontal infections have been found in fatty deposits around heart valves. These bacteria are able to enter the bloodstream through tiny ulcerations in infected gum tissues and settle in weakened heart valves, doubling the risk of having a fatal heart attack.

Pregnancy and periodontal disease: All infections increase the risk to the health of unborn babies, and periodontal disease is no exception. Byproducts

of periodontal bacteria in the mouth can enter into bloodstream, cross the placenta and harm the baby. Pregnant women with periodontal disease are seven times more likely to give birth prematurely to babies that are too small.

Are there any other causes of periodontal disease? Other risk factors that are thought to increase the risk, severity and speed of development of periodontal disease include tobacco use, general health conditions, medications, stress, genetics, hormonal changes and poor nutrition.

How is periodontal disease treated? Once your periodontal health has been evaluated, your periodontist will work with you to determine the best treatment options to control your disease and bring you back to health. Treatment can vary depending on how far the disease has progressed. If diagnosed and treated in the early stages, simple non-surgical periodontal therapy may be sufficient. If periodontitis has advanced to the point where the periodontal pockets are deep and significant amounts of bone are lost, surgical therapy may be necessary.

How can periodontal disease be prevented? Once periodontitis has been controlled, good oral hygiene and professional care are the keys to keeping your teeth for a lifetime. Good oral hygiene habits will reduce the bacteria and help maintain a healthy mouth. For many patients, a schedule of more frequent professional cleanings (every 3 to 4 months) has been shown to be the most effective and economical way to prevent periodontal disease from returning.

Periodontal Surgery What Can I Expect?

Why Do I Need Periodontal Surgery? You need periodontal surgery because your periodontist has determined that the tissues around your teeth are unhealthy and cannot be repaired with non-surgical treatment.

Will It Hurt? New treatment options using refined techniques can be performed comfortably as office procedures. Improvements in medications, local anesthesia, anxiety and pain control, and, in some cases, conscious sedation, are available to make your treatment more pleasant and comfortable.

*Healthy Smile
Healthy Body*



**Periodontal Disease
Treatment as Part of Your
Overall Wellbeing**

Toledo Periodontics
5937 Renaissance Place
Toledo, Ohio 43623
(419) 882-1807 • (800) 321-1036
www.toledoperio.com

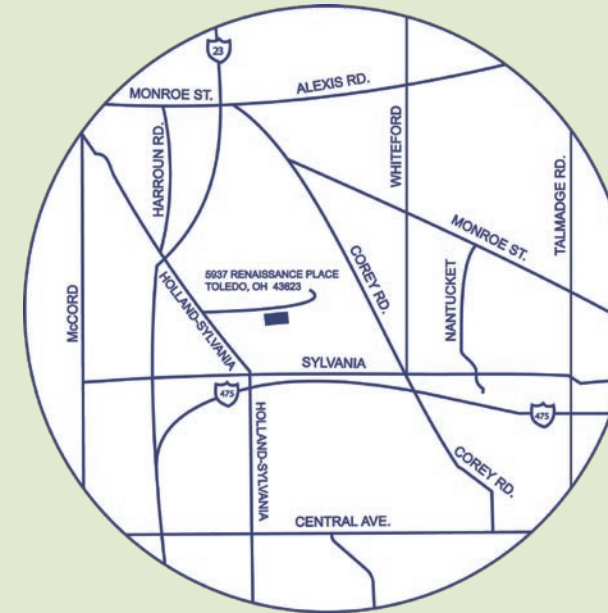
**Periodontal Plastic Surgery
Framework for the Perfect Smile**



Gummy Smile/Uneven Gum Line: Think of someone you know whose teeth appear very "short" or "small" in relation to their gumline when they speak, laugh or smile. This is what we refer to as a "gummy smile." An uneven gumline can occur naturally or after dental work, particularly placement of crowns or bridgework. When comparing one side of the smile profile to the other, the gumline in certain areas is uneven.

Before

After



Dr. Ziad Tohme
5937 Renaissance Pl., Toledo, OH 43623

1-800-321-1036
Tel: 419-882-1807
Fax: 419-882-4519
WWW.Toledoperio.com
E-mail: Info@toledoperio.com

How Long Will It Take To Heal?

It is important to follow the doctor's instructions. Patients generally can expect to enjoy their normal routine the following day. Talk with your periodontist about any special post-operative considerations you may have, such as diet, exercise or follow-up medications. This will help to minimize disruption of your daily activities.

Will Insurance Cover The Surgery?

Many insurance plans pay a portion of periodontal services. Your periodontal health is important, so talk to your periodontist about payment options. Oftentimes, the office staff will work with your insurance company to secure maximum benefits.



Receding Gums/Exposed Tooth Roots: The expression "long in the tooth" is no laughing matter when referring to gum recession! Exposed roots can not only add years to one's appearance, but can also be extremely sensitive to cold and touch, as well as highly susceptible to tooth decay (cavities) not to mention an embarrassing food trap.

Before

After

