

# Did You Know

## about Gum Disease?

Periodontal Disease or gum disease mostly occurs in adults and is the most common cause of tooth loss in the US.

### What is Periodontal Disease?

- Periodontal disease is an infection in the gums and bone that surround your teeth.
- Signs of periodontal disease include bleeding or pus around teeth, recession, loose teeth, and odor
- Periodontal disease is often completely painless
- A dentist or hygienist checks for gum disease by measuring the gums around the teeth.
- Gum and bone loss around teeth is periodontal disease and left unmanaged, will eventually result in losing teeth!

### What do we do for Periodontal Disease?

There is no cure for this disease; we can only hope to manage it.

Clean the bacteria and deposits from the teeth (this may mean cleaning under the gums or subgingival) regularly. Sometimes professional cleanings are necessary every 3 months

Antibiotic mouth rinses, laser treatment, or periodontal surgery may be indicated for more severe situations.

Excellent oral hygiene at home and management of other health issues, such as diabetes, are essential to managing gum disease.

### Link between oral health and systemic health

Periodontal disease is often associated with cardiovascular disease, diabetes, and other health problems.

Successful management of periodontal disease may help reduce problems with the rest of your body.

### Smoking and Periodontal Disease

Just about every single person who smokes has some form of periodontal disease. Quitting smoking is one of the best things a person can do to prevent losing teeth to periodontal disease.

At first, smoking can mask gum disease because it makes the gums tougher and thicker, however, underneath the gums, deposits accumulate and the teeth are losing their attachment to your jaws. Over time, roots are exposed, attachment is lost, and eventually teeth are lost.

### Prevention

Preventing cavities and damage to your teeth and gums should be your highest priority for your oral health. At Pacific Hills Dental, we believe in prevention and can help you reduce your risk for cavities and other oral health problems.

If you would like to discuss gum disease or any other issue, please contact us and we will be glad to help.

CURRENTLY ACCEPTING NEW PATIENTS:

PLEASE CALL 402-330-2243

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