

Oral care affects more than just your mouth. Research shows that oral hygiene is a major factor in your overall health.

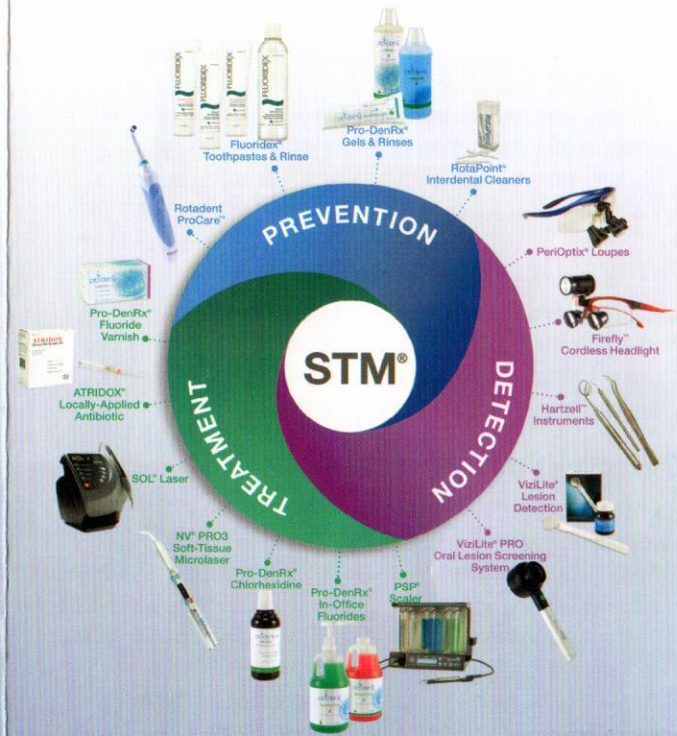
**Gum disease has been linked to serious chronic conditions such as:\***

- Dementia**
- Alzheimer's**
- Stroke**
- Oral, head and neck cancer**
- Heart disease**
- Respiratory infections**
- Diabetes**
- Pancreatic and liver cancer**
- Pregnancy complications**
- Osteopenia**
- Arthritis**

Treating oral inflammation may help manage periodontal disease and may also help to manage other chronic conditions. Talk to your dentist about your medical history and how controlling your periodontal health can benefit your overall health.

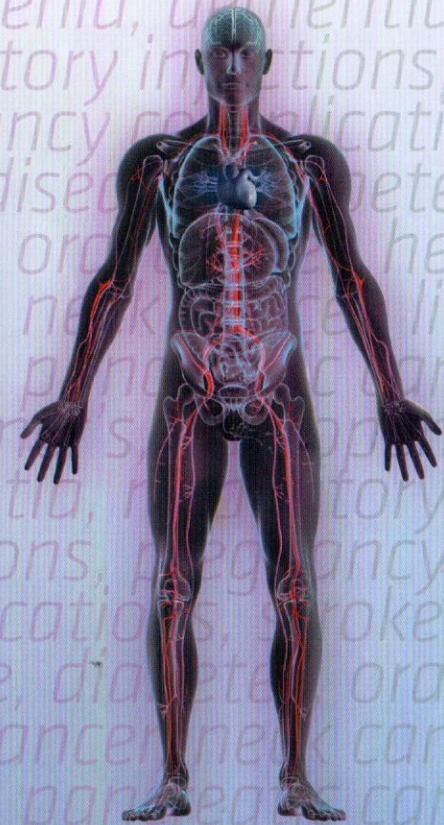
## Controlling gum disease is the main goal of a Soft Tissue Management Program

Below are some of the tools that your dentist might use in your treatment. These products are all part of a system called Soft Tissue Management.



## Gum Disease

Why it affects more than just your mouth...



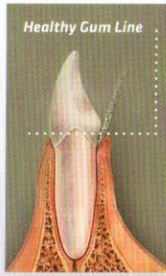
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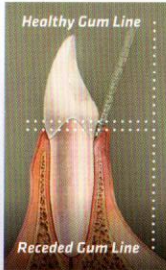
## What does gum disease look like?



### ▶ Healthy



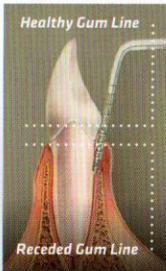
- Pink gum color
- Gum line hugs teeth tightly
- No bleeding



### ▶ Gingivitis



- Gums bleed
- Inflamed red gum tissue
- Bad breath and bad taste



### ▶ Early Periodontitis



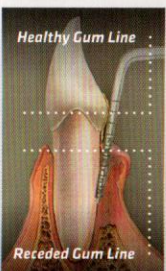
- Gums may pull away from the teeth
- Inflamed red gum tissue
- Bad breath and bad taste
- Bone loss around teeth
- Pockets of bacterial infection of 4 mm between teeth and gums



### ▶ Moderate Periodontitis



- Periodontal abscesses
- Gums recede and teeth look longer
- Loose or separating teeth
- Bad breath and bad taste
- Pockets of bacterial infection from 4 to 6 mm deep



### ▶ Advanced Periodontitis



- Mobile or loose teeth
- Persistent bad breath and bad taste
- Exposed roots and sensitive to hot and cold
- Loss of the adjacent supporting bone
- Pockets of bacterial infection in excess of 6 mm deep

## Diagnosing periodontal disease



*By examining your X-rays and probing, your hygienist can tell how much bone loss your periodontitis has caused.*

### Pocket depth measurement

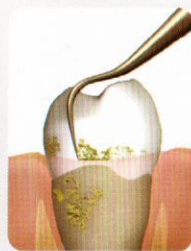
A member of your dental team can determine if you have periodontal disease by performing a quick and relatively painless procedure using an instrument called a probe to measure the size and depth of the pockets in the gums. Pockets that are 4 or more millimeters in depth may be an indication of infection or disease.

### X-rays: Determining bone loss

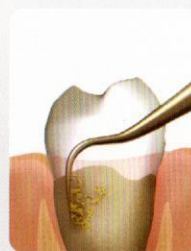
Periodontal disease is a silent persistent bacterial infection involving the gums and the bone that support your teeth. Once this support is damaged you will begin to lose bone. The amount of bone loss can be seen in X-rays.

### Determining treatment options

Once your stage of periodontal disease has been determined, your dentist will prescribe a treatment plan. Your dental hygienist may detoxify your tooth surface through scaling, root planing, and the removal of biofilm above and below the gum line, and between the teeth. They may perform oral irrigation to flush out the bacteria that causes infection. Irrigation can help to soothe tissues and remineralize root surfaces. Your dental team may recommend an additional treatment to combat bacteria below the gum line. This treatment is a locally applied antibiotic called ATRIDOX® (doxycycline hyclate) 10%.



Scaling



Root Planing



Oral Irrigation

## What can you do?

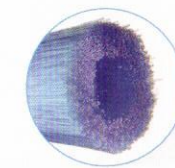
### Homecare is 70% of your success

The success of your oral health rests on your shoulders. Maintaining healthy teeth and gums isn't just about fresh breath or a nice smile. It's important to your overall health. Periodontal disease can erode the foundation of your mouth and pose a threat to your whole body. Unfortunately, some of the consequences of periodontitis, such as bone loss, are permanent. But there are things you can do to manage the disease and avoid surgery.

### Brushing and flossing

Daily brushing and flossing is critical to your oral health. Your dentist may also recommend Rotadent®, a specialized toothbrush available only through your dental professional, to ensure that you have the best homecare. Using Rotadent results in more efficient plaque removal between teeth and below the gumline. Rotadent's unique brush head technology includes gentle MicroFilaments™ and a 360-degree rotation for thorough biofilm removal.

*Your mom was right. You should brush and floss daily.*



**Rotadent**  
ProCare

### Fluoride and medicaments

Your dentist may recommend home treatment using fluoride, Chlorhexidine, or other medicaments. Fluorides can prevent decay, inhibit plaque and reduce sensitivity. Chlorhexidine is used to reduce the bleeding, redness and swelling associated with gingivitis.

