

## How will my dentist treat periodontal disease?

- Your dental hygienist may perform scaling and root planing (SRP) to remove the plaque and tartar from your teeth.
- The Pro-Select Platinum® has been designed to optimize patient comfort with soothing, heated irrigation.
- Your dental team may recommend an additional treatment to combat bacteria below the gumline.
- This treatment is a locally applied antibiotic (LAA).
- Plaque and bacteria threatens your teeth, gums, restorative and cosmetic work, possibly even your overall health.
- Attack plaque and bacteria with the flossing action of the MicroAccess filaments of the Rotadent® Plus. The Rotadent® Plus is a clinically proven homecare treatment.<sup>28</sup>

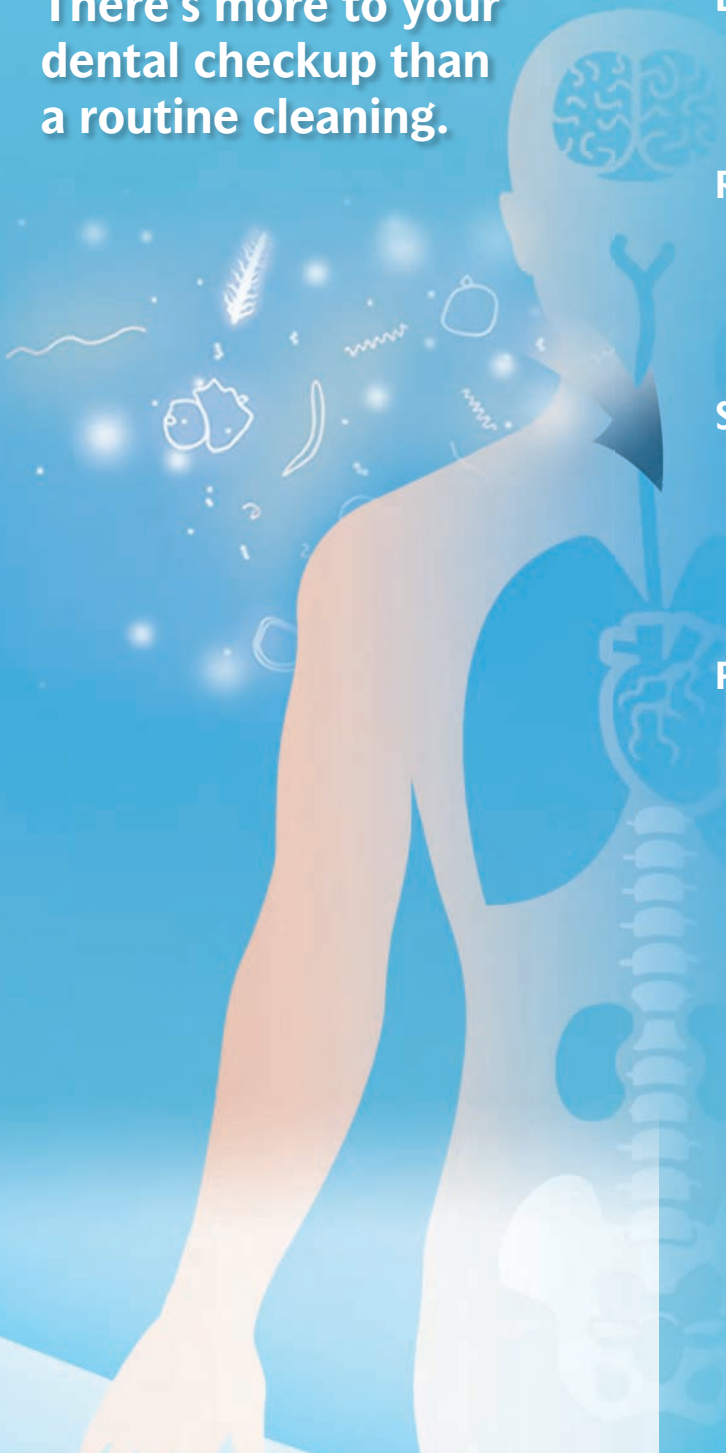


The ProDenRx® line of safe and effective professional strength and home fluoride products will help you and your dentist fight periodontal disease.

*Take care of yourself.  
Don't ignore periodontal disease.*

Your dental professional can provide you with more information on periodontal disease and how these products can help you.

## Gum disease affects more than just your mouth. There's more to your dental checkup than a routine cleaning.



## Periodontal disease (gum disease) may affect general health

### Dementia/Alzheimers<sup>21-27</sup>

- The infection and inflammation of periodontal disease may be associated with cognitive decline and dementia.

### Stroke<sup>1</sup>

- Those with adult periodontitis may have increased risk of stroke.

### Respiratory Infections<sup>2-5</sup>

- Inhaling bacteria from the mouth and throat can lead to pneumonia.
- Dental plaque buildup creates a dangerous source of bacteria that can be inhaled into the lungs.

### Oral Cancer<sup>19-21</sup>

- Chronic periodontitis may lead to the loss of bone and increased risk for oral cancer.

### Severe Osteopenia<sup>11</sup>

- Reduction in bone mass (osteopenia) is associated with gum disease and related tooth loss.
- Severity has been connected to tooth loss in post-menopausal women.

### Heart Disease<sup>6-10</sup>

- Those with adult periodontitis may have increased risk of a fatal heart attack.<sup>1,6,7</sup>
- Periodontitis also increases chances of being diagnosed with cardiovascular disease<sup>1</sup>
- Bacteria from the mouth may cause clotting problems in the cardiovascular system.<sup>6</sup>

### Pregnancy Complications<sup>17-18</sup>

- 50-70% of women will develop gingivitis some time during their pregnancy - a condition called pregnancy gingivitis.<sup>17</sup>
- The increase of estrogen and progesterone levels during this time causes the gums to react differently to the bacteria in plaque. This reaction causes swelling, bleeding, redness or tenderness in the gum tissue.<sup>18</sup>

### Uncontrolled Diabetes<sup>12-16</sup>

- Chronic periodontal disease can disrupt diabetic control.<sup>12-15</sup>
- Diabetes can alter the pocket environment, contributing to bacterial growth.<sup>14</sup>
- Smokers with diabetes increase their risk of tooth loss by 20 times.<sup>13</sup>
- People with type II diabetes are three times as likely to develop periodontal disease than are nondiabetics.<sup>13</sup>

References:  
1-28 on file at [www.zila.com/STMreferences.pdf](http://www.zila.com/STMreferences.pdf)



750047 Personalize pack



750048 Non-personalize pack

# Signs and Symptoms

# Visual Guide

Maintaining healthy teeth and gums isn't just about fresh breath or a sparkly smile. It's important to your overall health. Why? Because gum disease, or periodontal disease, can erode the foundation of your mouth, and could pose a threat to your body.

Gum disease is very common, with **close to 80 percent** of U.S. adults currently having some form of the disease.<sup>1</sup> Other research indicates it is the **leading cause of adult tooth loss** if left untreated.<sup>2</sup>

## What is gum disease?

Gum disease, also known as periodontal disease, is a silent, persistent bacterial infection around the gums and the bone that support your teeth.

## What are the symptoms?

Your gums can give you an indication that you may have an infection:

- Red, swollen and tender gums
- Gums that bleed after brushing or flossing
- Persistent bad breath
- Pain while chewing
- Loose teeth

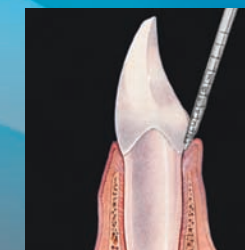
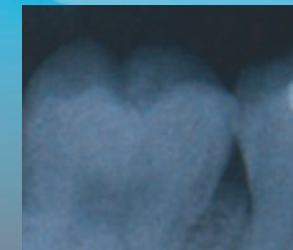
A member of your dental team can determine if you have periodontal disease by performing a quick and relatively painless test to measure the size and depth of the pockets in the gums. Pockets that are 5 or more millimeters (mm) in depth may indicate an infection.

## What can you do to prevent gum disease in the future?

- Visit your dentist or periodontist at a minimum every six months or as recommended.
- Brush and floss regularly.
- Your dentist may recommend an antiseptic mouthwash.

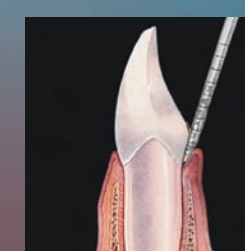
## Healthy

- Gums have healthy pink color
- Gum line hugs teeth tightly
- No bleeding



## Gingivitis

- Gums bleed easily when brushed or probed gently during examination
- Gums are inflamed and sensitive to touch
- Possible bad breath and bad taste
- Gums between teeth may look blush-red in color



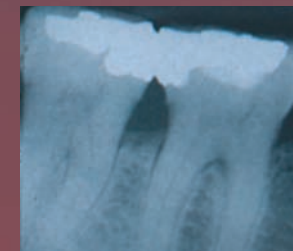
## Early Periodontitis

- Gums may pull away from the teeth
- More pronounced bleeding, puffiness and inflammation
- Bad breath and bad taste
- Slight horizontal bone loss
- Pockets of 4 mm between teeth and gums in one or more areas of the mouth



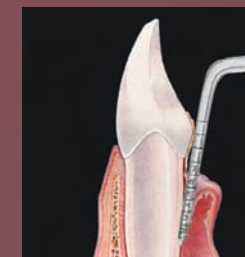
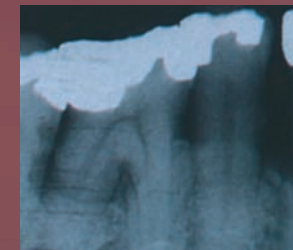
## Moderate Periodontitis

- Periodontal abscesses may develop
- Gums recede and teeth look longer
- Front teeth may begin to drift, showing spaces
- Bad breath, bad taste
- Pockets from 4 to 6 mm deep between teeth and gums



## Advanced Periodontitis

- Teeth may become mobile or loose
- Bad breath and bad taste are constant
- Roots may be exposed; sensitive to hot and cold
- Severe horizontal and angular bone loss on X-ray
- Pockets in excess of 6 mm deep between teeth and gums



References: 1. National Institute of Dental and Craniofacial Research per reference on website: <http://www.nidcr.nih.gov/>, August, 2008. 2. US Food & Drug Administration, FDA Consumer magazine, May-June 2002.

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