

## **Gum Diseases (Periodontal Disease).**

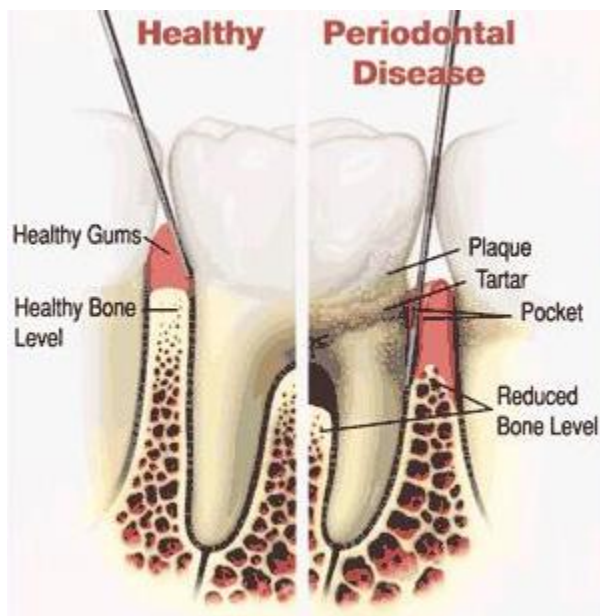
Are your gums red and swollen? Do they bleed easily when brushing or flossing? Constant bad breath? You may have gum disease.

Dr. Philip is **an advocate of gum or periodontal disease prevention**. This is why he spends time educating his patients about their gum problems and how to treat it. Most of our patients come out really satisfied with the wealth of knowledge they have acquired from their clinic visit which they do not usually receive from their health care provider.

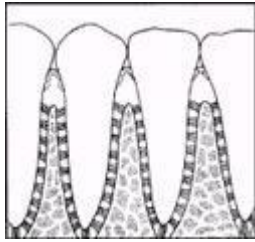
**Gum disease sometimes does not have symptoms**. So patients go about their daily lives not knowing that there is an infection going on in their body. More importantly, it causes a host of other health problems such as: **diabetes, heart disease, stroke, and pregnancy related issues**; Dr. Philip makes sure that all his patients are well-informed about these facts.

**Dr. Philip's deep cleaning technique is thorough and truly worth it**. He makes sure that every bit of plaque and calculus deposits (tartar) has been scraped clean before releasing his patients. Without this kind of thoroughness, gum disease will linger and the infection stays within the body. For patients with history of deep cleanings, he will recommend **regular cleanings every 3 months (4 times a year), called periodontal maintenance**.

Select the photo below to learn more about Periodontal Disease:

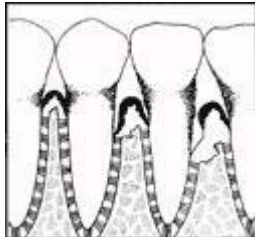


## **Stages of Gum Disease:**



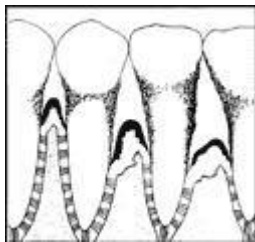
### **Healthy Gums**

Normal, healthy gums and bone anchor teeth firmly in place.



### **Periodontitis**

Unremoved, plaque hardens into calculus (tartar). As plaque and calculus continue to build up, the gums begin to recede (pull away) from the teeth, and pockets form between the teeth and gums.



### **Advanced Periodontitis**

The gums recede farther, destroying more bone and the periodontal ligament. Teeth —even healthy teeth — may become loose and need to be extracted.

Did you know that periodontal disease can cause a host of health problems?

You may have heard reports associating oral diseases with other diseases. These reports typically talk about periodontitis (an advanced form of gum disease) and diabetes, heart disease or pneumonia. Periodontitis also has been associated with stroke and problems related to pregnancy, like early delivery or low birth weight babies.

### **Diabetes and Oral Health:**

[http://www.ada.org/sections/publicResources/pdfs/patient\\_18.pdf](http://www.ada.org/sections/publicResources/pdfs/patient_18.pdf)

### **Oral health during pregnancy:**

[http://www.ada.org/sections/scienceAndResearch/pdfs/forthedentalpatient\\_may\\_2011.pdf](http://www.ada.org/sections/scienceAndResearch/pdfs/forthedentalpatient_may_2011.pdf)

### **Relationship between Periodontitis and Other Health Problems:**

<http://www.ada.org/5167.aspx?currentTab=1>

\*All information on the links is provided by the American Dental Association (ADA), America's leading advocate for oral health. For additional information, go to [www.ada.org](http://www.ada.org).