



# Identifying and Treating Gum Disease

**Presented by:** Julie Paxman, RDH  
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(Dental)

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# Julie Paxman, RDH

## LifeConnections Health Center (Dental)

- Graduate from Carrington College California – San Jose (A.S. Dental Hygiene, Honors) 2007-2008.
- Areas of expertise include providing prophylaxis (cleanings), periodontal maintenance, scaling and root planning, and adjunctive treatment procedures such as laser therapy and anti-microbial medicaments.
- My goal is to provide exceptional preventative dental care with a smile and cheerful disposition in order to help patients feel comfortable and gain the knowledge to keep their smile for a lifetime.



# What is Gum Disease?

- Gum disease is an infection of the tissues that surround and support your teeth. It is a major cause of tooth loss in adults. Because gum disease is usually **painless**, you may not know you have it. Also referred to as **periodontal disease**, gum disease is caused by plaque, the sticky film of bacteria that is constantly forming on our teeth.

Healthy Gums

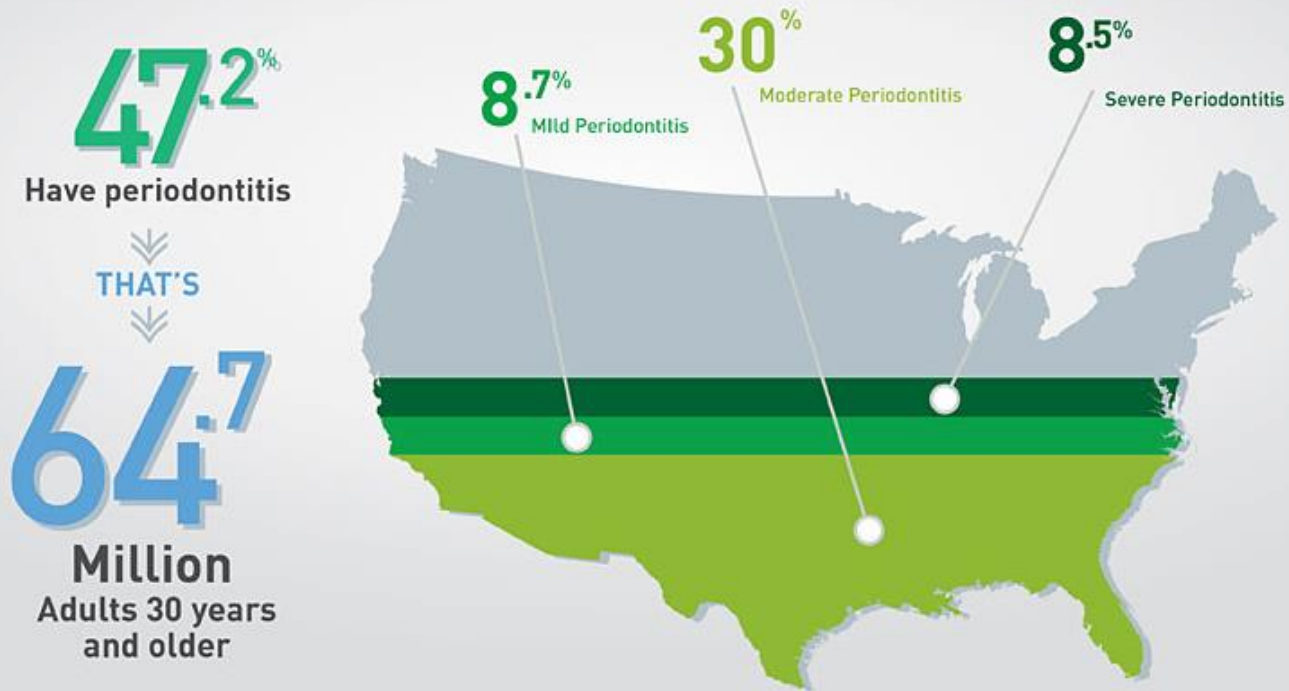


Unhealthy Gums



\* THE AMERICAN ACADEMY OF PERIODONTOLOGY WARNS OF A SIGNIFICANT PUBLIC HEALTH PROBLEM

# HALF OF AMERICAN ADULTS SUFFER FROM GUM DISEASE



\*SOURCE: P.I. Eke, B.A. Dye, L. Wei, G.O. Thornton-Evans, and R.J. Genco. Prevalence of Periodontitis in Adults in the United States: 2009 and 2010. J DENT RES 0022034512457373, first published on August 30, 2012 as doi:10.1177/0022034512457373

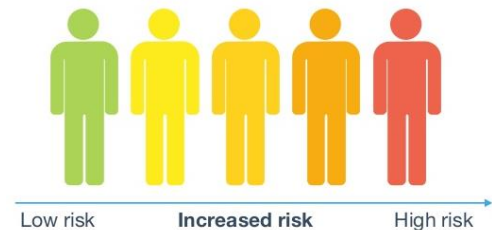
# Here are some **warning signs** that can signal a problem:

- Gums that bleed easily
- Red, swollen, tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste
- Permanent teeth that are loose or separating
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures



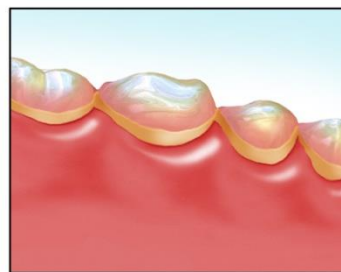
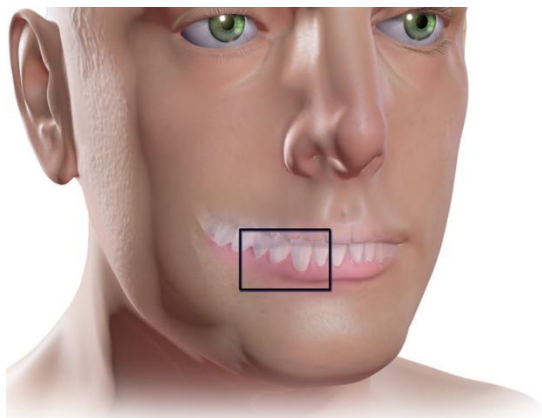
# Some factors increase the risk of developing gum disease:

- Poor oral hygiene
- Smoking or chewing tobacco
- Genetics
- Crooked teeth that are hard to keep clean
- Pregnancy
- Diabetes
- Medications, including steroids, certain types of anti-epilepsy drugs, cancer therapy drugs, some calcium channel blockers and oral contraceptives



# Early Stages of Gum Disease

- The early stage of gum disease is called **gingivitis**. If you have gingivitis, your gums may become red, swollen and bleed easily. At this stage, the disease is still reversible and can usually be eliminated by a professional cleaning at our dental office, followed by daily brushing and flossing.

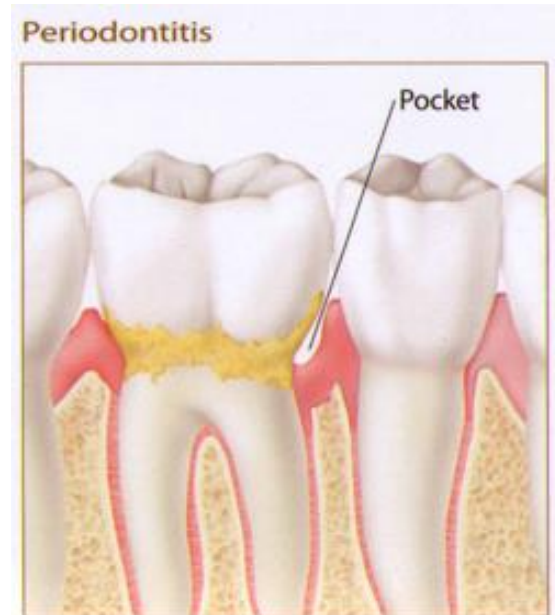


*Plaque build up  
and inflamed gums*

**Gingivitis**

# Advanced Stages of Gum Disease

- Advanced gum disease is called **periodontitis**. Chronic periodontitis affects 47.2% of adults over 30 in the United States. It can lead to the loss of tissue and bone that support the teeth and it may become more severe over time. If it does, your teeth will feel loose and start moving around in your mouth. This is the most common form of periodontitis in adults but can occur at any age. It usually gets worse slowly, but there can be periods of rapid progression.



Pockets deepen. Disease begins to destroy gum, ligaments, and bone.



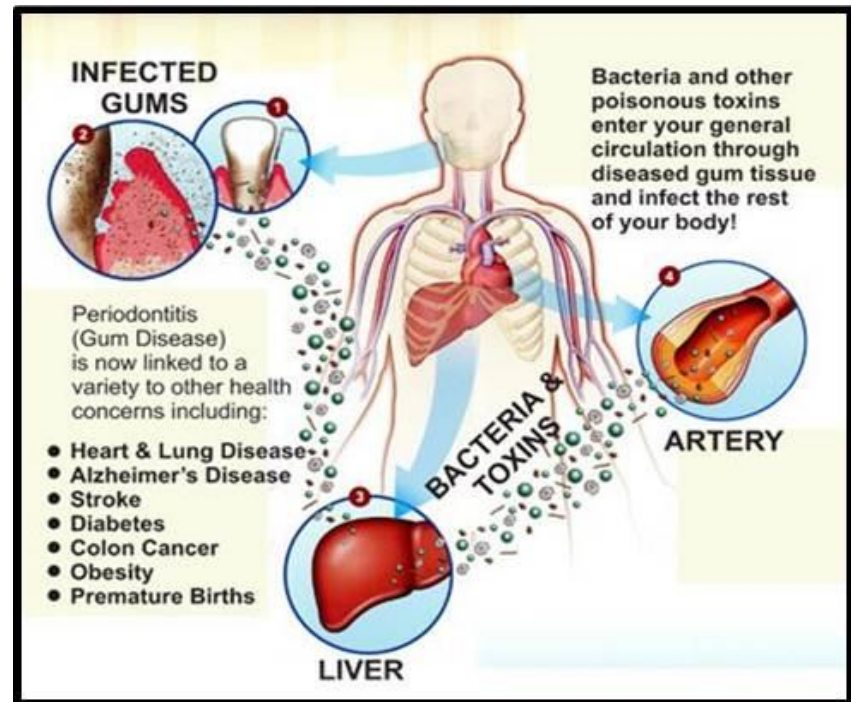
# Aggressive periodontitis

- **Aggressive periodontitis** is a highly destructive form of periodontal disease that occurs in patients who are otherwise healthy. Common features include rapid loss of tissue and bone and may occur in some areas of the mouth, or in the entire mouth.



# What does the research say?

- Research between systemic diseases and periodontal diseases is ongoing. Studies now indicate that severe gum disease may be associated with several other health conditions such as heart and lung disease, Alzheimer's, Diabetes or Stroke.



# No Warning Signs

- It is possible to have gum disease and **have no warning signs**. That is one reason why regular dental checkups and periodontal examinations are very important.
- Treatment methods depend upon the type of disease and how far the condition has progressed.



# You don't have to lose your teeth!

- Good dental care at home is essential to help keep periodontal disease from becoming more serious or recurring.
- Remember: **You don't have to lose teeth to gum disease.** Brush your teeth twice a day, clean between your teeth daily, eat a balanced diet, and schedule regular dental visits for a lifetime of healthy smiles.



# LifeConnections Health Center

- We are here to help you with all your dental needs and to ensure you achieve and maintain a healthy long-lasting smile.



# Thank you!

- Thank you! Let's open the discussion now for any Q&A.