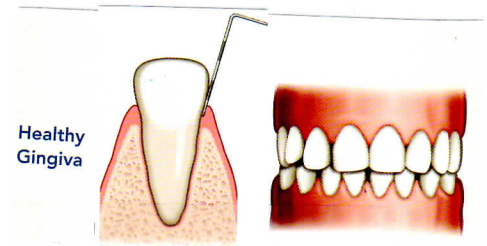


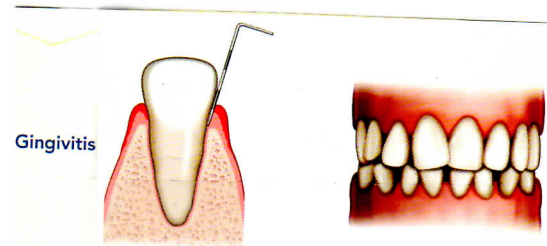
# Periodontal Disease

Periodontal disease is caused when certain bacteria in plaque (the sticky, colorless film that constantly forms on teeth and the surfaces of the mouth) produce toxins and enzymes that irritate the gums and cause inflammation. If you do not remove plaque by brushing and flossing your teeth, it can build up and infect your gums, teeth and the bone that supports them. Periodontal disease, if left untreated, may result in tooth loss.

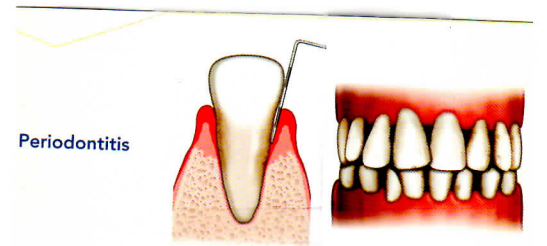


There are three stages of periodontal disease.

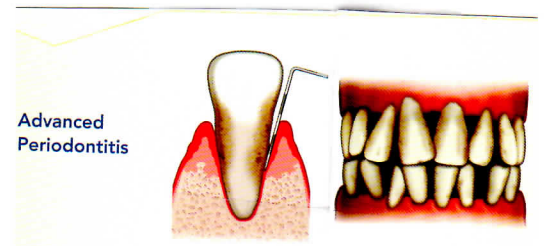
**Gingivitis** is the mildest form of periodontal disease. It causes the gums to become red, swollen and bleed easily. There is usually little or no discomfort at this stage. Gingivitis is reversible with professional dental care and with proper brushing and flossing at home.



**Periodontitis** is the 2<sup>nd</sup> stage of periodontal disease. At this stage, plaque has spread to your tooth roots causing infection, which can damage the bone and fibers that hold teeth in place. Your gums may begin to pull away from your teeth (attachment loss). Periodontitis can **not** be reversed, but with proper professional care and improved home care, the progression of the disease may be stopped.



**Advanced Periodontitis** is the 3<sup>rd</sup> stage of periodontal disease. In this final stage of gum disease, the fibers and bone holding your teeth in place are destroyed. This can cause your teeth to shift or loosen and can affect your bite. If professional dental therapy can't save your teeth, they may need to be removed.



## Other factors that contribute to Periodontal Disease

- Tobacco Use
- Diabetes
- Stress
- Clenching & Grinding
- Medications
- Poor Nutrition