

# THE FACTS ARE...

## TYPES OF GUM DISEASE

1

### GINGIVITIS

A common form of gum disease that causes inflammation or swelling of your gums.

2

### PERIODONTITIS

A serious gum infection that damages the soft tissue and destroys the bone that supports your teeth.

## REDUCE & PREVENT PERIODONTITIS

Get regular professional dental cleanings, on a schedule recommended by your dentist.

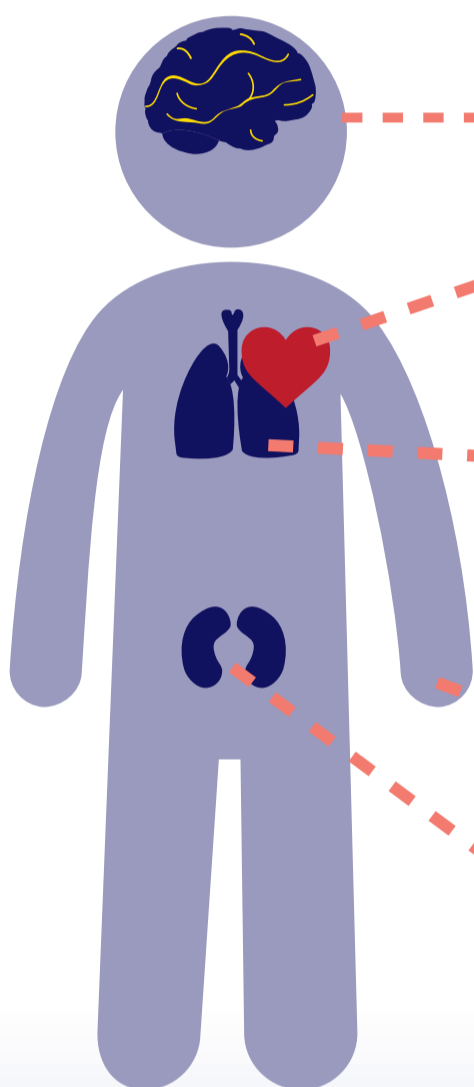
Use a soft toothbrush and replace it at least every three to four months.

Consider using an electric toothbrush, which may be more effective at removing plaque and tartar.

Brush your teeth twice a day, or better yet, after every meal or snack.

Floss daily.

Use a fluoride based mouth rinse.



Tooth loss and gum disease increase the risk of Alzheimer's disease.

People with gum disease are 2x more likely to die from heart disease and nearly 3x more likely to suffer a stroke.

Gum disease may influence the course of respiratory infections, including bacterial pneumonia and chronic obstructive pulmonary disease (COPD)

93% of people with gum disease are at risk for diabetes.

Gum disease increases pancreatic and kidney cancer by 62%



**47.2%**  
OF AMERICANS  
AGED 30+ HAVE  
PERIODONTITIS



THE PRIMARY GOAL OF PERIODONTAL THERAPY IS TO ACHIEVE PERIODONTAL HEALTH CONSISTENT WITH OVERALL HEALTH AND TO REDUCE THE RISK OF DISEASE RECURRENCE AND/OR PROGRESSION.



THE PREVALENCE OF GUM DISEASE IS 76% HIGHER AMONG YOUNG OVERWEIGHT INDIVIDUALS AGED 18-34 YEARS THAN IN NORMAL WEIGHT INDIVIDUALS.



EVIDENCE SUGGESTS THAT 50% OF ALL HEART ATTACKS ARE CAUSED BY THE BACTERIA IN GUM DISEASE.

Research shows that the bacteria responsible for periodontitis can enter your bloodstream through your gum tissue, affecting your lungs, heart, and other parts of your body.

Research has found a direct relationship between gum disease and high blood pressure.

## NOTES FOR WOMEN



WOMEN WITH OSTEOPOROSIS ARE 3X MORE LIKELY TO EXPERIENCE TOOTH LOSS THAN THOSE WHO DO NOT HAVE THE DISEASE



WOMEN WITH CHRONIC GUM DISEASE HAVE A HIGHER INCIDENCE OF BREAST CANCER

PERIODONTITIS HAS BEEN LINKED TO PREMATURE BIRTH AND LOW BIRTH WEIGHT

