# ORAL HYGIENE AND YOUR HEALTH

Periodontal disease is an infection of the tissues that surround and support your teeth. The infection unfortunately results in the loss of bone and gum tissues around teeth. Once present, periodontal disease can be treated and controlled (remission), but it is not completely cured. The appointments are referred to as perio maintenance appointments and the frequency of visits depend on the severity of the disease, your overall health and type of bacteria present.

"With increasing research indicating that one's periodontal health may be related to overall health, never has it been more important to ensure the health of your teeth and gums. You cannot be healthy, unless you are periodontally healthy."



## **Provider Notes**



**Dr. Funk's Cell** 208-539-8563

Hours Mon-Thur: 8:30am - 5pm Friday: 8am - 12pm

**Address** 1415 N. Fillmore, Suite 701 Twin Falls, ID 83301

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# Periodontal

(Gum Disease) Your oral health is connected to your overall health.



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- Donald Clem, American Periodontal Association

#### YOUR ORAL HEALTH

Many people worry about dental decay and cavities when they visit the dentist. At our office, this is a major concern of course. However, another major aspect to oral health is having a strong foundation of healthy gum tissue and bone.

Without this support, teeth can be lost due to Periodontal Disease. The US Surgeon General states that this disease affects 48% of adults in United States.

Even more concerning is the connection that Periodontal Disease has with many other serious diseases, such as:

- Heart disease and heart attacks
- Diabetic complications (Diabetics are 3 to 4 times more likely to develop Periodontal Disease.)
- Stroke
- Pre-term and stillborn babies
- Difficulty with conception
- HIV progression and initiation of AIDS
- Pancreatic cancer
- Prostatitis

As with decay, our goal with Periodontal Disease ideally is to prevent it in the first place. At the very least, when infection is present, we want to diagnose and treat the disease early. Our focus is your total health, not just the health of your mouth. We hope this brochure helps you understand your risk status as well as any recommended treatment.

TISSUE APPEARANCE		
Pink Firm	0	
Slightly Red	1	
Moderate Redness	2	
Magenta	3	
BLEEDING		
No Bleeding	0	
Slight Bleeding	1	
Moderate Bleeding	2	
Profuse Bleeding	3	
CALCULUS DEPOSITS		
Light to None	0	
Slight Supra	1	
Moderate Supra/Sub	2	
Heavy Sub	3	
POCKETING		
Under 3mm	0	
3-4 mm	1	
4-5 mm	2	
5-6 mm	3	
6mm+	4	
BONE LEVELS		
No Bone Loss	0	
Early Crestal	1	
Moderate Bone Loss	2	
Advanced	3	
MOBILITY		l
No Mobility	0	
Class I Mobility	1	
Class II Mobility	2	
Class III Mobility	3	
PATIENT MANAGEMENT ISSUES		
Smoking Habit	1	
Diabetes	1	
Difficult Management	1	
Heavy Stain	1	
	TOTAL	

### LEVELS OF DISEASE

HEALTHY	0-3 Points
No bleeding Probe readings 3 mm or less No bone loss evident on x-ray	
GINGIVITIS	4-5 Points
Bleeding while probing Probe readings 4mm or less No bone loss evident on x-ray	Plaque Inflamation
EARLY PERIODONTITIS	6-9 Points
Bleeding while probing Probe readings 4-5 mm Slight bone loss on x-ray	Pocket Bone Destruction
MODERATE PERIODO	NTITIS 10-14 Points
Bleeding while probing Probe readings 5-7 mm Moderate bone loss on x-ray	Pocket Bone Destruction
SEVERE PERIODONTIT	<b>IS</b> 15+ Points

Bleeding while probing Probe readings 7 mm or more Severe bone loss on x-ray

