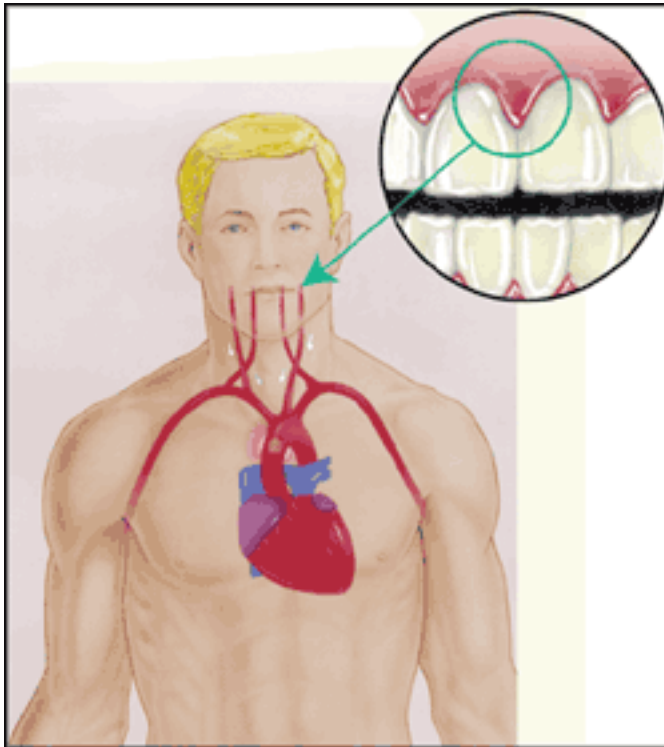


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## GUM DISEASE AND CARDIOVASCULAR DISEASE HEART DISEASE



Several studies have shown that periodontal disease is associated with heart disease. While a cause-and-effect relationship has not yet been proven, research has indicated that periodontal disease increases the risk of heart disease.

Scientists believe that inflammation caused by periodontal disease may be responsible for the association.

Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures. Your periodontist and cardiologist will be able to determine if your heart condition requires use of antibiotics prior to dental procedures.

## STROKE

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

## GUM DISEASE AND DIABETES

**Diabetic patients are more likely to develop periodontal disease, which in turn can increase blood sugar and diabetic complications.**

People with diabetes are more likely to have periodontal disease than people without diabetes, probably because people with diabetes are more susceptible to contracting infections. In fact, periodontal disease is often considered a complication of diabetes. Those people who don't have their diabetes under control are especially at risk.

Research has suggested that the relationship between periodontal disease and diabetes goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts people with diabetes at increased risk for diabetic complications.

## GUM DISEASE AND OTHER SYSTEMIC DISEASES

### OSTEOPOROSIS

Researchers have suggested that a link between osteoporosis and bone loss in the jaw. Studies suggest that osteoporosis may lead to tooth loss because the density of the bone that supports the teeth may be decreased, which means the teeth no longer have a solid foundation.

### RESPIRATORY DISEASE

Research has found that bacteria that grow in the oral cavity can be aspirated into the lungs to cause respiratory diseases such as pneumonia, especially in people with periodontal disease.

### CANCER

Researchers found that men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.

# GUM DISEASE AND WOMEN

A woman's periodontal health may be impacted by a variety of factors.



## PUBERTY

During puberty, an increased level of sex hormones, such as progesterone and possibly estrogen, causes increased blood circulation to the gums. This may cause an increase in the gum's sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time, the gums may become swollen, turn red and feel tender.

## MENSTRUATION

Occasionally, some women experience menstruation gingivitis. Women with this condition may experience bleeding gums, bright red and swollen gums and sores on the inside of the cheek. Menstruation gingivitis typically occurs right before a woman's period and clears up once her period has started.

## PREGNANCY

Some studies have suggested the possibility of an additional risk factor – periodontal disease. Pregnant women who have periodontal disease may be more likely to have a baby that is born too early and too small. However, more research is needed to confirm how periodontal disease may affect pregnancy outcomes.

All infections are cause for concern among pregnant women because they pose a risk to the health of the baby. The Academy recommends that women considering pregnancy have a periodontal evaluation.

## MENOPAUSE AND POST-MENOPAUSE

Women who are menopausal or post-menopausal may experience changes in their mouths. They may notice discomfort in the mouth, including dry mouth, pain and burning sensations in the gum tissue and altered taste, especially salty, peppery or sour.

In addition, menopausal gingivostomatitis affects a small percentage of women. Gums that look dry or shiny, bleed easily and range from abnormally pale to deep red mark this condition. Most women find that estrogen supplements help to relieve these symptoms.

# GUM DISEASE AND CHILDREN

## TYPES OF PERIODONTAL DISEASES IN CHILDREN

**Chronic gingivitis** is common in children. It usually causes gum tissue to swell, turn red and bleed easily. [Gingivitis](#) is both preventable and treatable with a regular routine of brushing, flossing and professional dental care. However, left untreated, it can eventually advance to more serious forms of periodontal disease.

**Aggressive periodontitis** can affect young people who are otherwise healthy. Localized aggressive periodontitis is found in teenagers and young adults and mainly affects the first molars and incisors. It is characterized by the severe loss of alveolar bone, and ironically, patients generally form very little dental plaque or calculus.

**Generalized aggressive periodontitis** may begin around puberty and involve the entire mouth. It is marked by inflammation of the gums and heavy accumulations of plaque and calculus. Eventually it can cause the teeth to become loose.

## SIGNS OF PERIODONTAL DISEASE

Four basic signs will alert you to periodontal disease in your child:



### **Bleeding**

Bleeding gums during tooth brushing, flossing or any other time



### **Puffiness**

Swollen and bright red gums



### **Recession**

Gums that have receded away from the teeth, sometimes exposing the roots

### **Bad breath**

Constant bad breath that does not clear up with brushing and flossing

## IMPORTANCE OF GOOD DENTAL HYGIENE IN ADOLESCENCE

Hormonal changes related to puberty can put teens at greater risk for getting periodontal disease. During puberty, an increased level of hormones, such as progesterone and possibly estrogen, cause increased blood circulation to the gums. This may cause an increase in the gum's sensitivity and lead to a greater reaction to any irritation, including food particles and plaque. During this time, the gums may become swollen, turn red and feel tender.

As a teen progresses through puberty, the tendency for the gums to swell in response to irritants will lessen. However, during puberty, it is very important to follow a good at-home dental hygiene regimen, including regular brushing and flossing, and regular dental care. In some cases, a dental professional may recommend periodontal therapy to help prevent damage to the tissues and bone surrounding the teeth.

## ADVICE FOR PARENTS

Early diagnosis is important for successful treatment of periodontal diseases. Therefore, it is important that children receive a comprehensive periodontal examination as part of their routine dental visits. Be aware that if your child has an advanced form of periodontal disease, this may be an early sign of systemic disease. A general medical evaluation should be considered for children who exhibit severe periodontitis, especially if it appears resistant to therapy.

The most important preventive step against periodontal disease is to establish good oral health habits with your child. There are basic preventive steps to help your child maintain good oral health:

- **Establish good dental hygiene habits** early. When your child is 12 months old, you can begin using toothpaste when brushing his or her teeth. When the gaps between your child's teeth close, it's important to start flossing.
- **Serve as a good role model** by practicing good dental hygiene habits yourself.
- **Schedule regular dental visits** for family checkups, periodontal evaluations and cleanings.
- **Check your child's mouth** for the signs of periodontal disease, including bleeding gums, swollen and bright red gums, gums that are receding away from the teeth and bad breath.

**THE AAP RECENTLY PARTNERED WITH THE AD COUNCIL TO PROMOTE HEALTHY ORAL HABITS IN CHILDREN. CHECK OUT THE [2MIN2X.COM](http://2MIN2X.COM) FOR MORE INFORMATION.**

# COMPREHENSIVE PERIODONTAL EVALUATION

The AAP recommends an annual evaluation to assess your periodontal health and identify conditions such as periodontal disease that may need additional treatment.



## WHAT IS A COMPREHENSIVE PERIODONTAL EVALUATION?

In 2011, the American Academy of Periodontology published the [Comprehensive Periodontal Therapy Statement](#), which recommends that all adults receive an annual comprehensive evaluation of their periodontal health.

A Comprehensive Periodontal Evaluation is a way to assess your periodontal health by examining:

- Your teeth
- Your plaque
- Your gums
- Your bite
- Your bone structure
- Your risk factors

When your dental professional, such as a periodontist, general dentist, or dental hygienist, performs this evaluation, they will look at these six areas to determine the state of your periodontal health.

## WHY DO I NEED A COMPREHENSIVE PERIODONTAL EVALUATION?

Recent research has indicated that the prevalence of periodontal disease in the U.S. may be significantly higher than originally estimated. This means that all adults should thoroughly assess the state of their periodontal health to receive accurate information about the health of their mouths.

By assessing your oral health on an annual basis, you and your dental professional will know how healthy your mouth is, and will be better able to notice any conditions, such as periodontal disease, that may need additional treatment.

Research has also shown, and experts agree, that there is an association between periodontal disease and other chronic inflammatory conditions, such as diabetes, cardiovascular disease, and respiratory diseases. Therefore, it is very important to treat the inflammation that causes periodontal disease as soon as possible to ensure that your entire body stays healthy.



# CDC: HALF OF AMERICAN ADULTS HAVE PERIODONTAL DISEASE

Data from the Centers for Disease Control and Prevention show high prevalence of periodontal disease in the U.S. population; American Academy of Periodontology encourages yearly comprehensive periodontal evaluations to assess for disease.



CHICAGO—September 4, 2012—One out of every two American adults aged 30 and over has periodontal disease, according to recent findings from the Centers for Disease Control and Prevention (CDC). A study titled [Prevalence of Periodontitis in Adults in the United States: 2009 and 2010](#) estimates that 47.2 percent, or 64.7 million American adults, have mild, moderate or severe periodontitis, the more advanced form of periodontal disease. In adults 65 and older, prevalence rates increase to 70.1 percent.

This study is published in the *Journal of Dental Research*, the official publication of the International and American Associations for Dental Research.

Periodontal disease is a chronic inflammatory disease that affects the gum tissue and bone supporting the teeth, according to the American Academy of Periodontology (AAP). If left untreated, periodontal disease can lead to tooth loss. Research has also shown that periodontal disease is associated with other chronic inflammatory diseases, such as diabetes and cardiovascular disease. The AAP has worked closely with CDC since 2003 on periodontal disease surveillance.

“This is the most accurate picture of periodontal disease in the U.S. adult population we have ever had,” said Pamela McClain, DDS, President of the American Academy of Periodontology and a practicing periodontist in Aurora, Colorado. “For the first time, we now have a precise measure of the prevalence of periodontal disease, and can better understand the true severity and extent of periodontal disease in our country. The AAP values its collaboration with CDC to better understand the burden of periodontal disease in Americans.”

Co-author Robert Genco, DDS, PhD, Distinguished Professor at The State University of New York at Buffalo and Past President of the American Association for Dental Research (AADR) and the International Association for Dental Research (IADR), believes these findings elevate periodontal disease as a public health concern. “We now know that periodontal disease is one of the most prevalent non-communicable chronic diseases in our population, similar to cardiovascular disease and diabetes.”

Dr. McClain noted that these findings support the need for comprehensive periodontal evaluations annually. “To really know if you have periodontal disease, a dental professional must examine each tooth above and below the gum line. A visual examination alone, even by the most qualified dentist, is not enough. These findings suggest that many more people have periodontal disease than previously thought, so it is more important than ever to receive a comprehensive periodontal evaluation from your dental professional every year.”

## WHAT IS A COMPREHENSIVE PERIODONTAL EVALUATION?

The American Academy of Periodontology recommends that every patient receive a comprehensive periodontal evaluation, or CPE, on an annual basis. The CPE will gauge your periodontal health, diagnose existing disease, assess risk for disease, and determine any treatment, if needed. The CPE can be performed at your regular check-up by a member of the dental team, including a general dentist, dental hygienist or periodontist.