

FEBRUARY IS
**GUM DISEASE
AWARENESS**
MONTH



Gum Disease Awareness Checklist



1. Know symptoms of Gum Disease

Gum Disease warning signs:



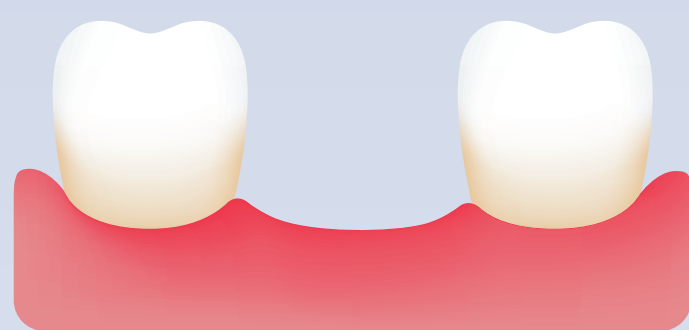
- Chronic bad breath
- Red, swollen gums
- Bleeding when you brush
- Painful chewing
- Loose or sensitive teeth
- Sensitive or receding gums
- Or no signs at all!



2. Know risks of Gum Disease

Gum Disease is the leading cause of tooth loss.

Research has shown that loss of teeth is tied to decreased life span.



Gum Disease affects more than your mouth.

Gum Disease has systemic connections to serious illnesses like the ones listed below

Osteoporosis



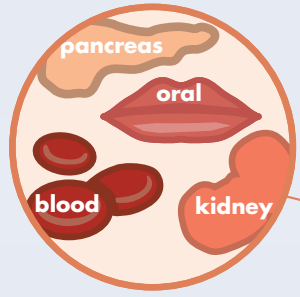
Stroke



Alzheimer's & Dementia



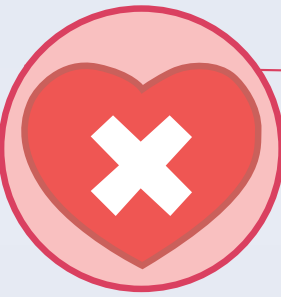
Cancer



Respiratory Disease



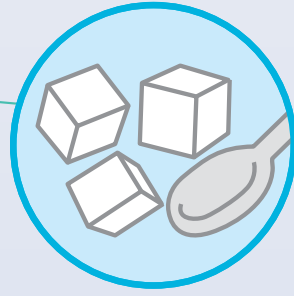
Heart Disease



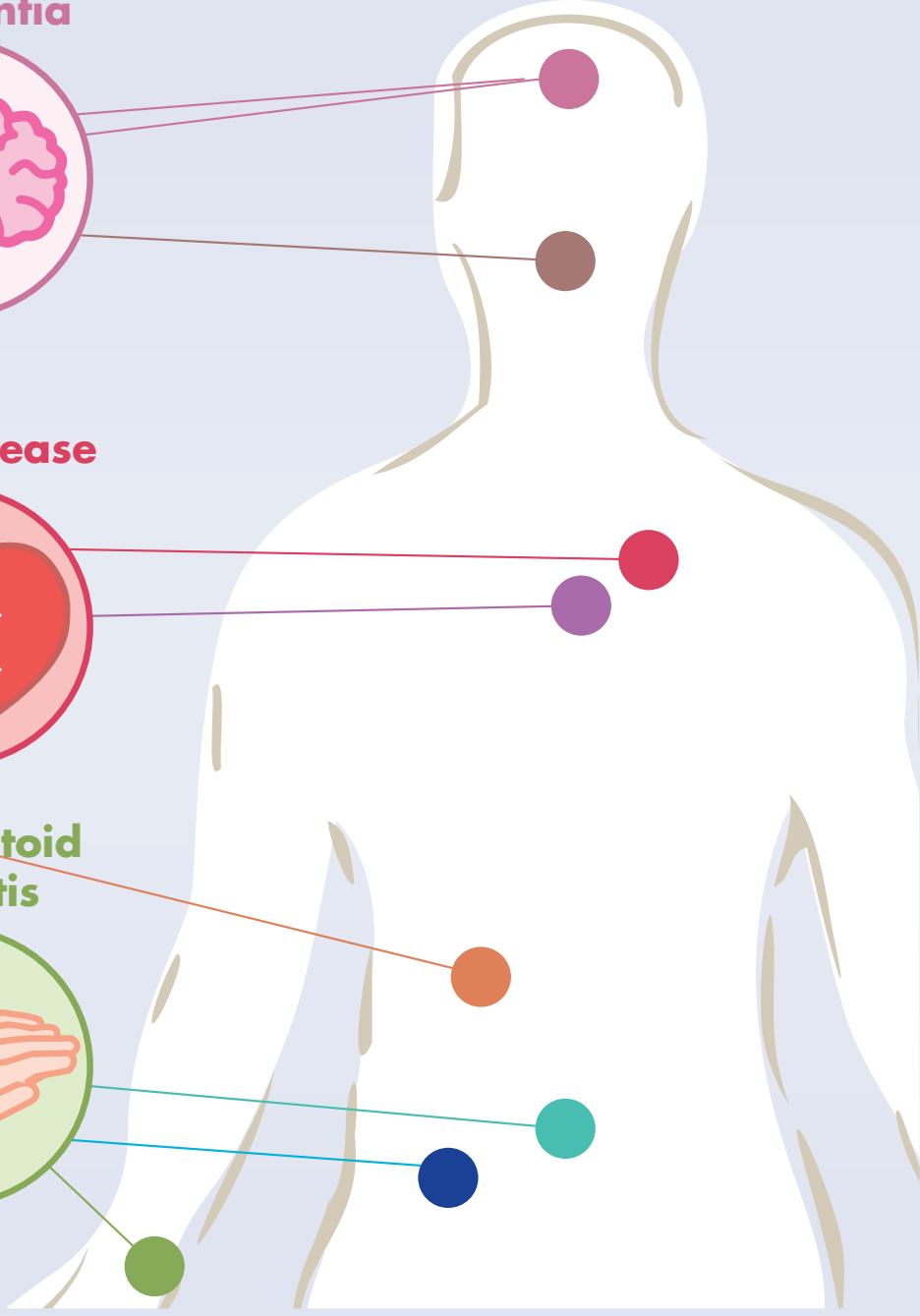
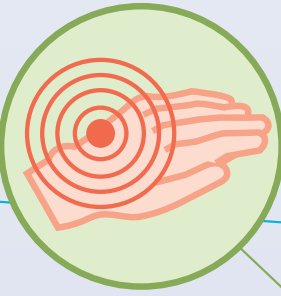
Infertility



Diabetes



Rheumatoid Arthritis



3. Know your numbers

Knowing your gum pocket depths is important.

Ask your dentist if s/he has recently measured your gum pocket depths. If you have healthy gums, the distance between the gum and tooth should be 1-3mm. Anything beyond 3mm is indicative of gum disease.

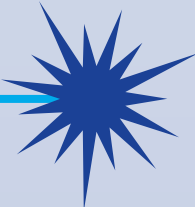


4. Know your treatment options

Gum Disease can be treated!

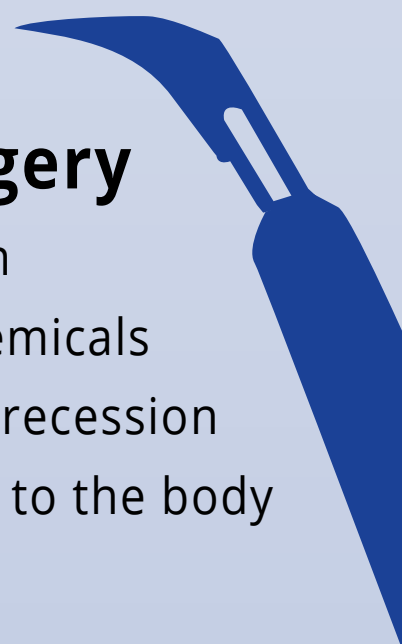
LANAP Laser Surgery

- Minimally-invasive approach
- Laser energy destroys bacteria
- Less tissue recession
- Less pain & quicker recovery time
- FDA cleared to regrow lost bone & tissue



Traditional Surgery

- Cut and sew approach
- Disinfection using chemicals
- Gum tissue damage / recession
- Adds foreign material to the body



For more information about Gum Disease visit www.FightGumDisease.com



Resources

<http://fightgumdisease.com/total-health/>

<https://www.perio.org/consumer/gum-disease-symptoms.htm>

<https://www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm#surgery>

<https://www.colgate.com/en-us/oral-health/conditions/gum-disease/what-are-periodontal-pockets-0315>