

## *Did you know?*

If you have been told you have periodontal (gum) disease, you're not alone. An estimated 80 percent of American adults currently have some form of the disease.

Periodontal diseases range from simple gum inflammation to serious disease that results in major damage to the soft tissue and bone that support the teeth. In the worst cases, teeth are lost.

Gum disease is a threat to your oral health. Research is also pointing to health effects of periodontal diseases that go well beyond your mouth.



The American Dental Association website lists several factors that increase the risk of developing periodontal disease.

Risk factors include:

- Crooked teeth
- Diabetes
- Smoking

The Academy of General Dentistry states:

“Orthodontics are often necessary to improve the stability, function, and health of an individual’s teeth; otherwise, many people would be at a higher risk for gum disease...”

Source:

ADA Website

ADA.org: Oral Health Topics:  
Periodontal (Gum) Diseases

*AGD Impact* March, 2006

For more information...

[www.cardiodentics.com](http://www.cardiodentics.com)

National Institute of Dental and Craniofacial Research  
National Oral Health Information Clearinghouse

1 NOHIC Way

Bethesda MD 20892-3500

301-402-7364

[www.nidcr.nih.gov](http://www.nidcr.nih.gov)

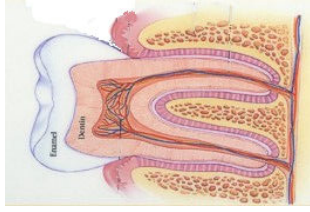
# Invisalign

## and your Periodontal Program



## What is Periodontal Disease?

"Perio" means around, and "dental" refers to teeth. Periodontal disease is an infection of the structures around the teeth, including the gums and the bones that hold the teeth. The earliest stage of periodontal disease is *gingivitis* — an infection of the gums. In more severe forms of the disease, all of the tissues are involved, including the bone.



Bacteria that live and reproduce on the teeth and gums cause periodontal disease.

## Symptoms of Periodontal Disease

Symptoms may include the following:

- redness or bleeding of gums while brushing teeth or using dental floss.
- halitosis, or bad breath...
- gum recession, resulting in apparent lengthening of teeth.
- "pockets" between the teeth and gums indicating that the bone which holds the teeth in the mouth is dissolving.
- loose teeth.

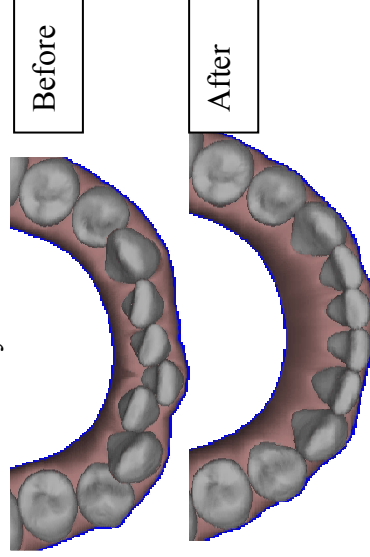
Gum inflammation and bone destruction are largely painless. Hence, people may wrongly assume that painless bleeding after teeth cleaning is insignificant, although this may be a symptom of progressing periodontitis. If your hands bled when you washed them, you would be concerned. Yet, many people think it's normal if their gums bleed when they brush or floss.

## Crooked Teeth are Unhealthy Teeth

Crooked or crowded teeth are independent risk factors for periodontal disease for several reasons:

### 1. Crooked teeth are harder to clean

Toothbrush bristles cannot reach the crevices between crowded teeth making proper oral hygiene more difficult or impossible. Furthermore, the use of dental floss is severely restricted.



### 2. Poor Root Support

Severely crowded teeth are often pushed out of the dental arch. This can compromise the bone holding the tooth into position, and compromise the gum tissue that supports the teeth.

### 3. Toxic Bacteria

Studies have shown that the bacteria living in the gums around crowded teeth are much more toxic and virulent than the normal bacteria found in mouths. By straightening and aligning the teeth, these toxic bacteria will be replaced by normal, healthy species.

## Combating Periodontal Disease

### 1. Straighten your teeth.

Crowded teeth are nearly impossible to keep clean. Orthodontic treatment can greatly reduce inflammation and periodontal disease. **Invisalign** can eliminate crowding without metal brackets and wires.



### 2. See your dentist!

See your dentist every six months for a checkup! Regular professional cleanings and checkups make you feel good, look good, and could be a lifesaver!

### 3. Brush and floss daily. Take your time and do it right!



### 4. Use an anti-bacterial mouthwash.

Daily use of an anti-bacterial mouthwash helps to disinfect the teeth and gums, and reduces the number of bacteria.

