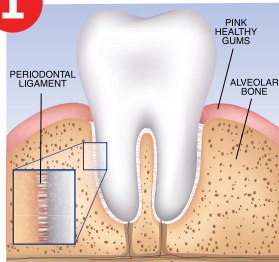


## STAGES OF GUM DISEASE

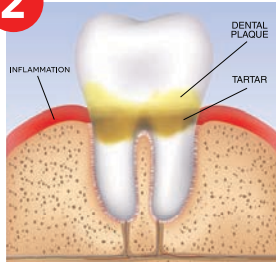
There are four basic levels, starting with healthy gums and teeth and progressing to advanced periodontitis as the chronic bacterial infection persists without treatment.

### 1 HEALTHY GUMS & TOOTH



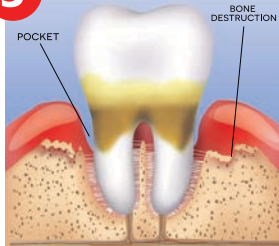
Healthy gums are pink. Teeth are firmly attached to alveolar bone by periodontal ligaments.

### 2 GINGIVITIS



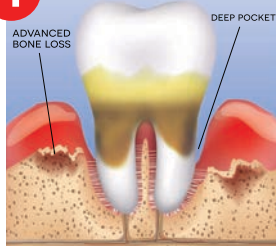
Dental plaque builds up on teeth and hardens into tartar under the gumline. Gums become swollen and inflamed (red) and may bleed when brushing or flossing.

### 3 PERIODONTITIS



Inflammation causes gums to separate from tooth, forming pockets. Early-to-moderate bone loss; bleeding when brushing & flossing.

### 4 ADVANCED PERIODONTITIS



Severe bone loss, deep pockets. Teeth become loose or mobile.

## DIAGNOSING GUM DISEASE

The best way for your dentist to diagnose gum disease is to do a periodontal evaluation, with x-rays and probing. During a periodontal probing, the dentist or hygienist measures the depths of pockets between your gums and teeth.

**Know your numbers!** Numbers between 1 and 3 are signs of healthy gums. Numbers 4 and greater indicate the presence of gum disease; the higher the number, the more advanced the disease.

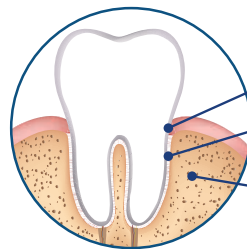
## TREATMENT OPTIONS

If you have gum disease, you have multiple treatment options. You can choose to do nothing, you can have regular deep cleanings or traditional osseous surgery.

Another option is the LANAP protocol, a minimally invasive laser treatment that can help you regrow bone and tissue lost to gum disease.



Regrows all three of the parts you need to keep your teeth – the same three parts that gum disease destroys.



- 1 NEW CEMENTUM
- 2 NEW PERIODONTAL LIGAMENT
- 3 NEW ALVEOLAR BONE

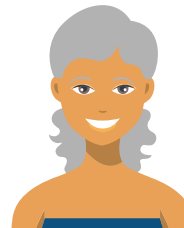
**Cementum** is hard surface layer of the tooth that anchors the periodontal ligament and helps it attach firmly to the tooth.

**Periodontal Ligament** is a group of specialized connective tissue fibers that connect the tooth to the bone to hold it in place.

**Alveolar bone** is the bone in your jaw that holds the teeth. It can vary in density (how strong it is), and can be eaten away by gum disease.

## LANAP BENEFITS

- A healthier mouth
- Keep your natural teeth
- No Cut, No Sew, No Fear®
- Increased confidence



# FACTS ABOUT GUM DISEASE



*Gum disease affects more than your mouth*

[FightGumDisease.com](http://FightGumDisease.com)

**Gum disease, or periodontal disease, affects 85% of adults!** Because the disease progresses slowly and symptoms show up gradually over time, it is called a 'silent' disease. Gum disease isn't just a normal part of aging – it is a disease that can affect your entire body.

## TAKE CONTROL OF YOUR ORAL HEALTH

Gum disease can be caused by both 'bugs' and 'bite.' Specific bacteria can cause an infection in your mouth, and our immune system responds. Improper bite causes trauma to your teeth and can lead to gum disease. Learning more about risk factors puts you back in control of your health.

### RISK FACTORS

**Poor Oral Hygiene:** Bacteria & plaque build up without proper brushing & flossing.



**Smoking:** Smokers are 4 times more likely to develop advanced gum disease.

**Age:** More than half of adults 35-69 show signs surrounding 3 or 4 teeth.



**Gender:** Female hormonal changes can affect gum tissue.

**Genetics:** If your parents had gum disease, you're 12 times more likely to host the bacteria that causes it too.



## WARNING SIGNS

Chronic bad breath • Red, swollen gums  
Bleeding when you brush • Painful chewing  
Loose or sensitive teeth • Changes in bite  
Sensitive or receding gums  
Spaces between teeth • *Or no signs at all!*

## CONSEQUENCES OF UNTREATED GUM DISEASE

### GUM DISEASE IS THE LEADING CAUSE OF TOOTH LOSS.

Patients without any natural teeth live 7 years less on average and look 10 years older.

### GUM DISEASE AFFECTS MORE THAN YOUR MOUTH.

