

Amazing Smiles

FAMILY DENTISTRY

May 2023 Newsletter



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Almost 65 million American adults have some form of periodontal disease. Of this number, 38.4% are women and 56.4% are men. 95% of American adults with diabetes also have periodontal disease. People with periodontal disease are 2x more likely to develop heart disease.

What is periodontal disease?

Periodontal diseases are mainly the result of infections and inflammation of the gums and bone that surround and support the teeth. In its early stage, called gingivitis, the gums can become swollen and red, and they may bleed. In its more serious form, called periodontitis, the gums can pull away from the tooth, bone can be lost, and the teeth may loosen or even fall out.

Periodontal disease is mostly seen in adults. Periodontal disease and tooth decay are the two biggest threats to dental health.

A recent CDC report¹ provides the following data related to prevalence of periodontitis in the U.S.:

- 47.2% of adults aged 30 years and older have some form of periodontal disease.
- Periodontal disease increases with age, 70.1% of adults 65 years and older have periodontal disease.

This condition is more common in men than women (56.4% vs 38.4%), those living below the federal poverty level (65.4%), those with less than a high

school education (66.9%), and current smokers (64.2%)

Causes

Bacteria in the mouth infect tissue surrounding the tooth, causing inflammation around the tooth leading to periodontal disease. When bacteria stay on the teeth long enough, they form a film called plaque, which eventually hardens to tartar, also called calculus. Tartar build-up can spread below the gum line, which makes the teeth harder to clean. Then, only a dental health professional can remove the tartar and stop the periodontal disease process.

Warning signs

The following are warning signs of periodontal disease:

- Bad breath or bad taste that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Gums that have pulled away from your teeth
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

Risk factors

Certain factors increase the risk for periodontal disease:

- Smoking
- Diabetes
- Poor oral hygiene
- Stress
- Heredity
- Crooked teeth
- Underlying immuno-deficiencies—e.g., AIDS
- Fillings that have become defective
- Taking medications that cause dry mouth
- Bridges that no longer fit properly
- Female hormonal changes, such as with pregnancy or the use of oral contraceptives

Prevention and treatment

Gingivitis can be controlled and treated with good oral hygiene and regular professional cleaning. More severe forms of periodontal disease can also be treated successfully but may require more extensive treatment. Such treatment might include deep cleaning of the tooth root surfaces below the gums, medications prescribed to take by mouth or placed directly under the gums, and sometimes corrective surgery.

To help prevent or control periodontal diseases, it is important to:

1. Brush and floss every day to remove the bacteria that cause gum disease.
2. See a dentist at least once a year for checkups, or more frequently if you have any of the warning signs or risk factors mentioned above.

Content source: Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotion

Amazing Smiles Family Dentistry can help. Call us for an appointment,
770-304-0034.



Our T.E.A.M. - Together Everyone Achieves More!

The Amazing Smiles Family Dentistry team always puts our patients first. Each team member works to enhance your experience.

(Front row) Jennifer, Janet, & Susan
(Second row) Olivia & Adilene

What's Happening



Every Saturday in May & June

180 FARM Market

237 Emory Phillips Rd., Sharpsburg
9:30am - 1:00 pm

Senoia Farmers Market

40 Travis St., Senoia
8:30 am - 1:30 pm

Coweta County Farmers Market

Every Sat. & Wed.
Asa Powell Expo Center
197 Temple Ave., Newnan



Friday, May 19th 5pm - 9pm
Senoia Alive After Five
Downtown Senoia

Friday, May 19th & Saturday, May
20th 5:30pm - 11pm
**Coweta County Cattlemen's
Association Rodeo**

Saturday, May 27th 11:00am
**Characters & Craft Day on the
Green**
Ashley Park, Newnan
Kiddos! Come one, Come all in your
favorite character costume! Bring all
the kiddos out for some fun on The
Green sponsored by Anderson &
Associates. Your favorite characters
will join Children Connect, Newnan's
children's museum, to enjoy some
crafts and character fun! Meet & greet
your favorite superheroes and
princesses. Open to the public.

Follow us on Facebook & Be Entered in our
Contest
WIN a ZOOM Teeth Whitening (a \$350 value)

1 Winner to be announced on June 1, 2023

[Click here to enter](#)

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