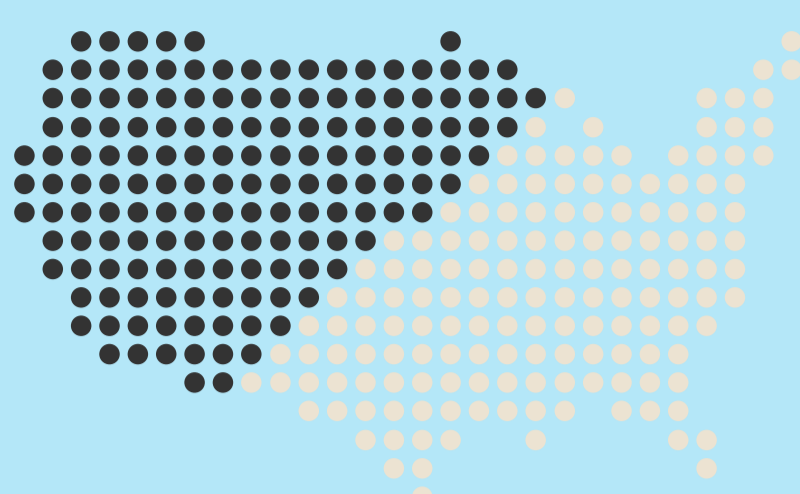


# THE COLD HARD TOOTH ABOUT GUM DISEASE



Half of American Adults suffer from Gum Disease

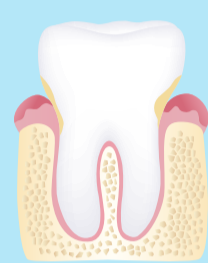


Seventy percent of people over 65 have gum disease.

*Left untreated, gum disease significantly increases your risk for serious health problems.*

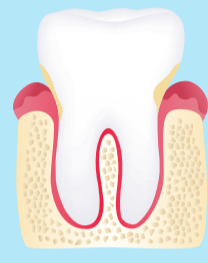
## Risk Factors

- Poor Oral Hygiene
- Family History
- Tobacco & Alcohol Use
- Dry Mouth
- Misaligned Teeth
- Diabetes
- Stress & Hormonal Changes



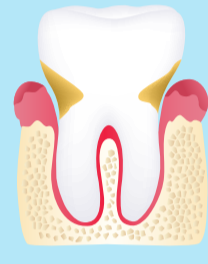
### Poor Oral Hygiene

Plaque and tartar buildup irritates the gums.



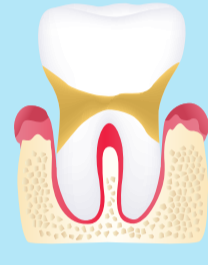
### Gingivitis

The gums become red and inflamed and bleed easily.



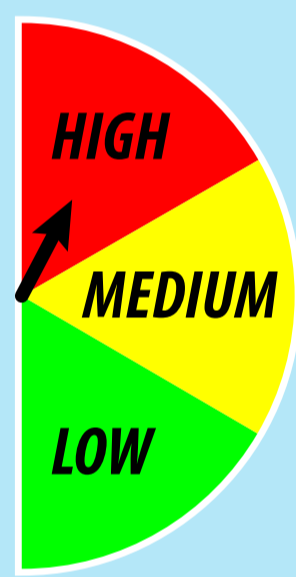
### Periodontal Pockets

The gums begin to recede and pockets form between the gums and teeth.



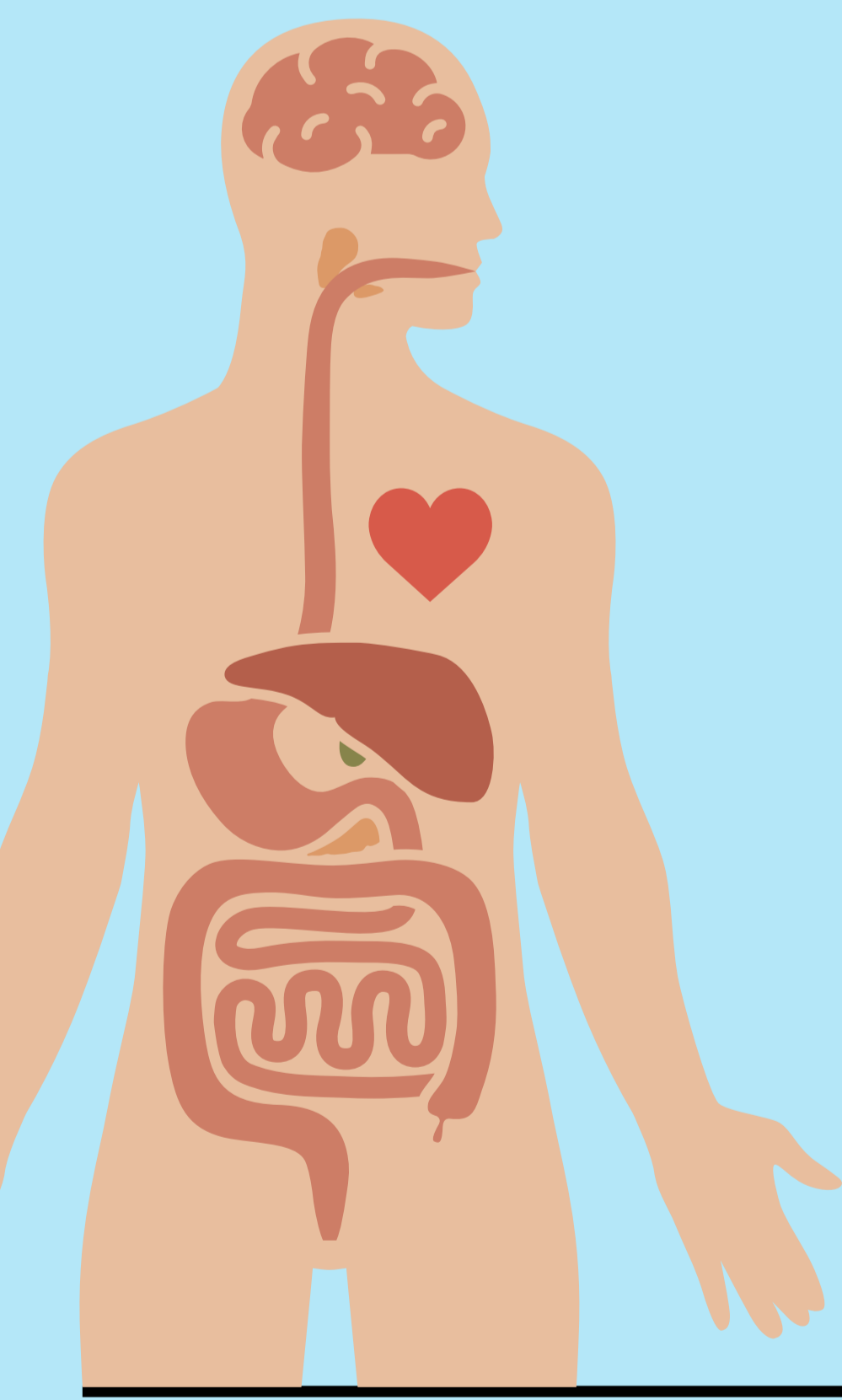
### Periodontitis

Periodontal pockets deepen; the teeth become loose and eventually fall out.



*Gum disease can significantly increase your risk for serious health problems like heart attack, diabetes and stroke.*

**There are 52 illnesses directly linked to gum disease.**



### Mental

- Alzheimer's Disease
- Anorexia
- CRS
- Dementia
- Dystaxia
- Chemical Sensitivity
- OCD
- Schizophrenia

### Emotional

- Anxiety
- Bipolar Disorder
- Chronic Fatigue
- Depression
- Neuropathy

### Physical

- Allergies
- Allergic Rhinitis
- Alopecia Areata
- Ankylosing Spondylitis
- Autoimmune Disease
- Arthritis
- Asthma
- Cardiac Disease
- Cardiovascular Disease
- Celiac Disease
- COPD

- Diabetes Type 1 & 2
- Eczema
- Fibromyalgia
- GERD
- Guillain-Barre Syndrome
- Hashimoto's Thyroiditis
- Hypertension
- Inflammatory Bowel
- Lupus
- Lyme Disease
- Multiple Sclerosis
- Myasthenia Gravis
- Obesity
- Osteoarthritis
- Osteopenia
- Osteoporosis
- Parkinson's Disease
- Pernicious Anemia
- Psoriasis
- Raynaud's Syndrome
- Rheumatoid Arthritis
- Sarcoidosis
- Scleroderma
- Sjogren's Syndrome
- Thyroiditis
- Uveitis
- Vitiligo

*If you've been diagnosed with gum disease, you will require more regular deep cleanings and your doctor will talk with you about your treatment options.*

## Eat an Anti-Inflammatory Diet

- Fresh, unprocessed foods
- Fruits & vegetables
- Complex carbohydrates
- Extra virgin olive oil
- Avocado
- Nuts – walnuts, cashews, almonds
- Omega 3 fatty acids – fish & flax
- Reduce saturated fats & sugars



## Oral Home Care

Brush at least twice a day, floss daily and rinse with mouthwash. Rinse with water after eating or drinking when brushing is not available.



## Regular Cleanings

Visit your dentist twice yearly for your regular cleanings and exams.