

Dental News & VIEWS™

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You Could Be at Risk for Getting Gingivitis!

When you experience bleeding gums when you brush and floss, you could have gingivitis! More than half of the adult population in the U.S. has gingivitis—the beginning stage of gum disease!

A recent study published in the *Journal of Periodontology* offers new insight as to who might be at a greater risk for getting gingivitis...**and why it should never be ignored.**

You Heard It Here First!!

Gingivitis is a gum infection often attributed to lapses in daily oral hygiene. However, **new findings show that the onset and reversal of gingivitis are even more significant—and more complicated—than previously thought!**

A study from of the *University of North Carolina* suggests that some people may have a **genetic predisposition to developing gingivitis that makes their immune system less effective at fighting infection.**

Researchers found more than 9,000 genes—nearly a third of the

genes found in the human body—are activated during the onset and healing process associated with gingivitis!

Based on the report, genetic pathways associated with gingivitis include the immune system, nervous system, energy metabolism and wound healing. Yikes, that's a lot of gene activity for an oral condition easily dismissed by some folks as **“nothing to worry about.”**

We Can Help You Beat the Odds!

A simple genetic screening test is not yet available but may be in the future.

In the meantime, even if you have minor symptoms, you may be at a higher risk for a gum infection! So, **it's important to be very consistent with your oral hygiene program—both at**

home and in our office. You may also require more frequent dental check-ups and cleanings to keep your mouth disease-free.

Plaque build-up during the onset of gingivitis creates an overgrowth of bacteria. This sticky coating, or *biofilm*, that forms on your teeth—above and below your gum line—can harden into calculus and become resistant to brushing and flossing.

Once hardened, calculus deposits can only be removed with a professional cleaning.

The toxins released from this sticky film can irritate and inflame your gums. **Your gums bleed because there is an infected wound present within your gum tissue!**

***Inside...
How to halt gingivitis!***



Gingivitis is the "Beginning Stage" of PERIODONTITIS!

When ignored, gingivitis can lead to advanced periodontal disease—which has been linked to heart disease, stroke, diabetes, premature birth and extensive tooth loss. **And it can advance quickly in a matter of weeks!**

If caught early enough, simply stepping up your brushing, flossing and oral irrigation can completely reverse gingivitis!

However, you will require a program of professional care to treat a persistent infection. Remember, you can have gingivitis without any symptoms! ❖



Symptoms of Gingivitis

- Bleeding gums
- Swollen, red, tender gums
- Bad breath

For a Healthy Smile, CALL US TODAY!

"MY TEETH LOOK AND FEEL HEALTHIER THAN EVER BEFORE!"



by Nathan Diviney

My dentist went above and beyond to make sure I was satisfied with the procedure. I was very

impressed with his level of professionalism and wanting to do what was best for me, the patient!

I went in wanting a better smile. After discussing my options, we decided that veneers would be the best option for me. The whole process was easy and comfortable. The staff was friendly and knew what they were doing. I could tell

that everyone wanted me to be happy with my results and feel at home in the office.

I look forward to going to my dentist and getting my teeth cleaned.

Each time, they teach me a bit more about what I can do for preventative maintenance, and **my teeth look and feel healthier than ever before!**

I also travel a lot for work, so my schedule can be a bit difficult to predict.

They are extremely helpful and go out of their way to work around my schedule and needs. ❖

"The whole process was easy and comfortable..."

5 HUGE Benefits to Having a Comprehensive Dental Exam!

Avoid Future Trouble!

A comprehensive exam creates a baseline of your overall dental health. We will monitor any changes in your teeth, gums or other oral tissues and make necessary treatment recommendations. With the knowledge that your dental condition can affect your medical condition, **this is an important step in protecting your present and future health!**



No Unnecessary Surprises!

With regular dental visits and professional cleanings, **dental emergencies can often be avoided, or at least minimized.** No one wants to deal with a sudden toothache in the middle of the night, on a day off, during the weekend or over a holiday! We can help ensure that you won't be faced with a dental emergency in the middle of an important event, like a wedding, while traveling or during a performance or big presentation.



Save Money!

Your long-term dental treatment plan is **designed to meet your immediate and future needs.** This allows you to take advantage of an affordable program of dental care that suits your budget and that is spread over time. Treating a minor problem now and avoiding more extensive and costly treatments later on can result in tremendous personal savings for you and your family.



Save Time!

Planning ahead allows you to schedule time-saving **appointments when it's most convenient for you.** Sticking to your treatment plan usually means shorter and fewer appointments for minor problems now instead of longer, more frequent visits that may be needed when you postpone your dentistry.



Get Better Acquainted!

This is the perfect time to discuss your medical history, your dental concerns and how we can enhance your beautiful smile. It's also the ideal time for you to share any dental fears you might have. **We'll do everything we can to help you feel more confident and relaxed while under our care.**



Here's Something to "Chew" On...

The ancient Greeks chewed *mastiche*, a chewing gum made from the resin of the mastic tree. The ancient Mayans chewed *chicle* which is the sap from the sapodilla tree. North American Indians chewed sap from spruce trees. Early



American settlers made a chewing gum from spruce sap and beeswax.

In 1869, William Semple, DDS, was recognized for his patent to manufacture a rubber gum product for jaw exercise and gum stimulation. In 1928, Walter Diemer invented the first successful

pink-colored Double Bubble bubble gum.

Today, gum containing xylitol, a natural sugar alcohol, actually helps prevent tooth decay when combined with regular check-ups, a healthy diet and good home care. ❖

Steven Offenbacher, DDS, Ph.D.
Lead Researcher,
University of
North Carolina

Understanding the thousands of individual genes and multiple systems involved in gingivitis will help explain exactly what is occurring in a person's body at the onset of the disease and how it relates to their overall health.

The study's findings demonstrate that clinical symptoms of gingivitis reflect complicated changes in cellular and molecular processes within the body.