Men's Periodontal Health

Don't ignore your gums, guys

S

cetter life spans. Greater risk for heart attacks. Higher rates of cancer. As if men don't have it tough enough, studies report that periodontal disease is more prevalent and severe in males than in females. In fact, the Janu-
yary 1999 Journal of Periodontol-
y report that at the very least, 34 percent of the U.S. male popula-
tion age 30 to 54 has periodont-
tis, compared to 23 percent of fe-
males.

Part of the reason for this is at-
tributed to poorer oral hygiene among males than females. Fur-
ther reasoning for the gender dif-
ference remains unclear, but may have something to do with a pro-
tective effect of female hormones.

So why should men be con-
cerned? First of all, periodontal dis-
ease is a major cause of tooth loss in adults. After age 65, almost 25 per-
cent of smokeless tobacco users.

And, because there are no symp-
toms of the disease in its early stages, periodontist can determine if you have periodontal disease.

And, smokeless tobacco use has been associated with more severe and rapidly progressing periodon-
tal disease. And without this careful, ongoing treatment, dis-
ase can and often does recur.

Make it a ritual

One study, which examined 58 el-
cr couples, found that long-mar-
ried partners had strikingly similar tooth-care habits. So men may want to begin flossing with their significant others before bed as part of their evening ritual. Good oral care will help ward off peri-
dontal disease and tooth loss.

The American Academy of Periodontology Patient Page is a public service of the AAP and should not be used as a substitute for the care and advice of your personal peri-
dontist. There may be variations in treatment that your periodontist will recom-
end based on individual facts and circumstances.

Just for men

Face your fears

According to a 1999 AAP online pol-
74 percent of respondents say that their male patients are more often fearful of periodontal treatment, while only 11 percent find their female patients to be the more fearful gender. Share your anxiety with your dentist, periodon-
tist and their staffs. They are pre-
pared to help. The survey also revealed that the top origins of dental fear are family and friends or a personal bad experience more than 10 years ago. Realize that advances in the ability to treat periodontal conditions in a com-
fortable way have come a long way in recent years.

Chew on this

Smokeless tobacco products such as snuff and chewing to-
acco increase your risk for oral cancer. In fact, oral mucosal les-
sions are found in 50 to 60 per-
cent of smokeless tobacco users.

Don’t skip the trip

Dental care utilization rates are lower among men than women. According to a 1997 American Dental Association/Gallup phone survey, one in four men reported they hadn’t visited a dentist in the past year. In addition, a study in the June 1999 Journal of Periodont-
ontology found that well over half of males under age 40 who have undergone nonsurgical periodon-
tal treatment are likely to drop out of periodontal maintenance therapy. Periodontal diseases are chronic diseases, and without this careful, ongoing treatment, disease can and often does recur.

Make it a ritual

One study, which examined 58 el-
cr couples, found that long-mar-
ried partners had strikingly similar tooth-care habits. So men may want to begin flossing with their significant others before bed as part of their evening ritual. Good oral care will help ward off peri-
dontal disease and tooth loss.

The American Academy of Periodontology Patient Page is a public service of the AAP and should not be used as a substitute for the care and advice of your personal peri-
dontist. There may be variations in treatment that your periodontist will recom-
end based on individual facts and circumstances.

A recent survey, one in four men reported

A recent survey, one in four men reported