



ORAL HEALTH

Don't be Haunted by a Toothless Grin; Dental Implants are an Option

As you trick-or-treat this season, remember the trick to enjoying the treats: Brushing and flossing your teeth and gums after eating candy, caramel apples, popcorn and other Halloween snacks. This will help to prevent periodontal diseases.

Maintaining a healthy mouth is not just a matter of a pretty smile and being able to enjoy the trick-or-treating season. Research shows that nearly one in three U.S. adults aged 30 to 54 and 50 percent of adults aged 55 to 90 have some form



of periodontitis, or more advanced stages of the disease.

Periodontal diseases are a chronic bacterial infection that affects the gums and bone supporting the teeth. As the disease destroys gum tissue and bone, teeth can become loose and may have to be removed.

The good news is you no longer have to be haunted by a toothless smile because dental implants are a tooth replacement option. A dental implant is an artificial tooth root placed into your jaw to

hold a replacement tooth, bridge or denture in place.

Some implants take two to six months for the bone and implant to bond together to form anchors. During this time, a removable temporary tooth replacement can be worn over the implant site. Research has also advanced to a point at which some implants can be placed immediately following tooth extraction in certain patients.

Depending on the specific condition and the type of implant chosen, your periodontist will create a treatment plan tailored to meet your needs, so that you don't have to go through the season with a goulish grin.

For more information visit www.perio.org

Be Warned of Signs of Periodontal Disease

Don't let periodontal disease sneak up on you. Although periodontal disease is often silent and painless, there are signs that can point to a problem.

For example, you may not realize that persistent swollen, red or bleeding gums, tooth sensitivity, and bad breath are warning signs of periodontal (gum) disease – a serious

infection that, left untreated, can lead to tooth loss.

Warning signs of periodontal disease may include:

- Red, swollen and bleeding gums
- Gums that bleed when you brush your teeth

- Persistent bad breath
- Gums that have pulled away from the teeth
- Loose or separating teeth
- Pus between the gum and tooth
- A change in the way your teeth fit together when you bite

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 periodontist. There may be variations in treatment that your periodontist will recommend based on individual facts and circumstances. Call 1-800-FLOSS-EM for a free brochure on periodontal disease.