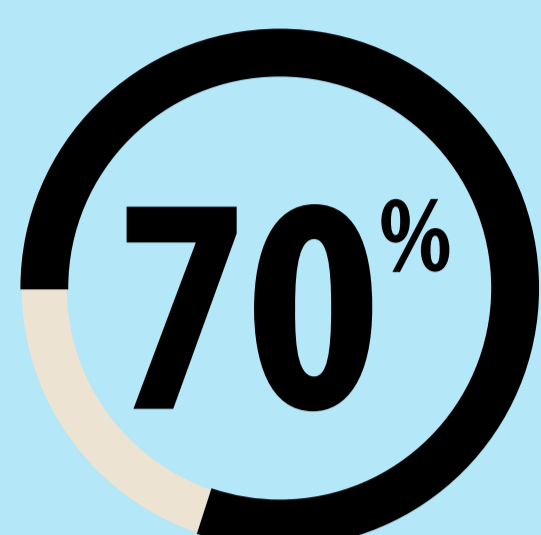
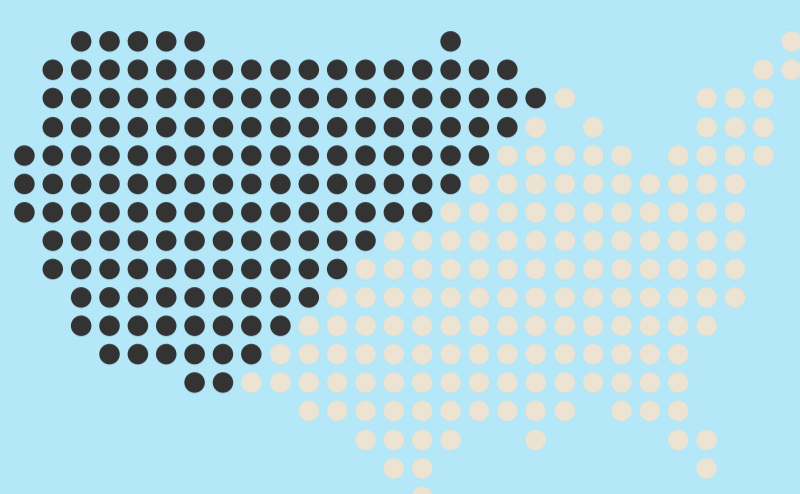


THE COLD HARD TOOTH ABOUT GUM DISEASE



Half of American Adults suffer from Gum Disease

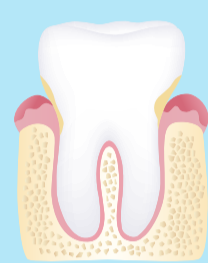


Seventy percent of people over 65 have gum disease.

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

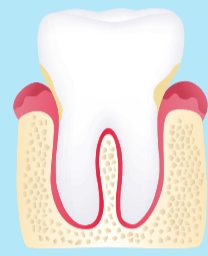
Risk Factors

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



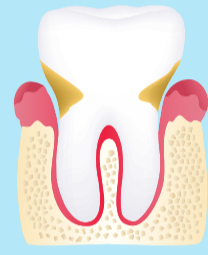
Poor Oral Hygiene

Plaque and tartar buildup irritates the gums.



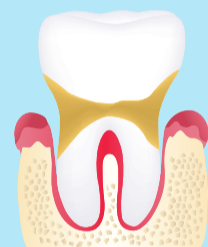
Gingivitis

The gums become red and inflamed and bleed easily.



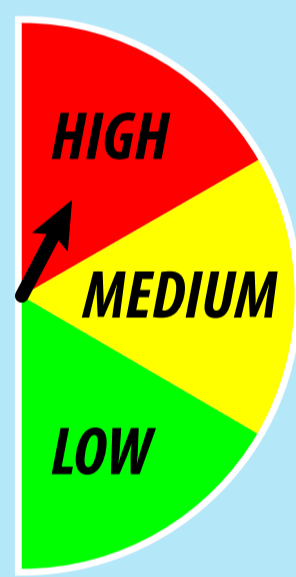
Periodontal Pockets

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



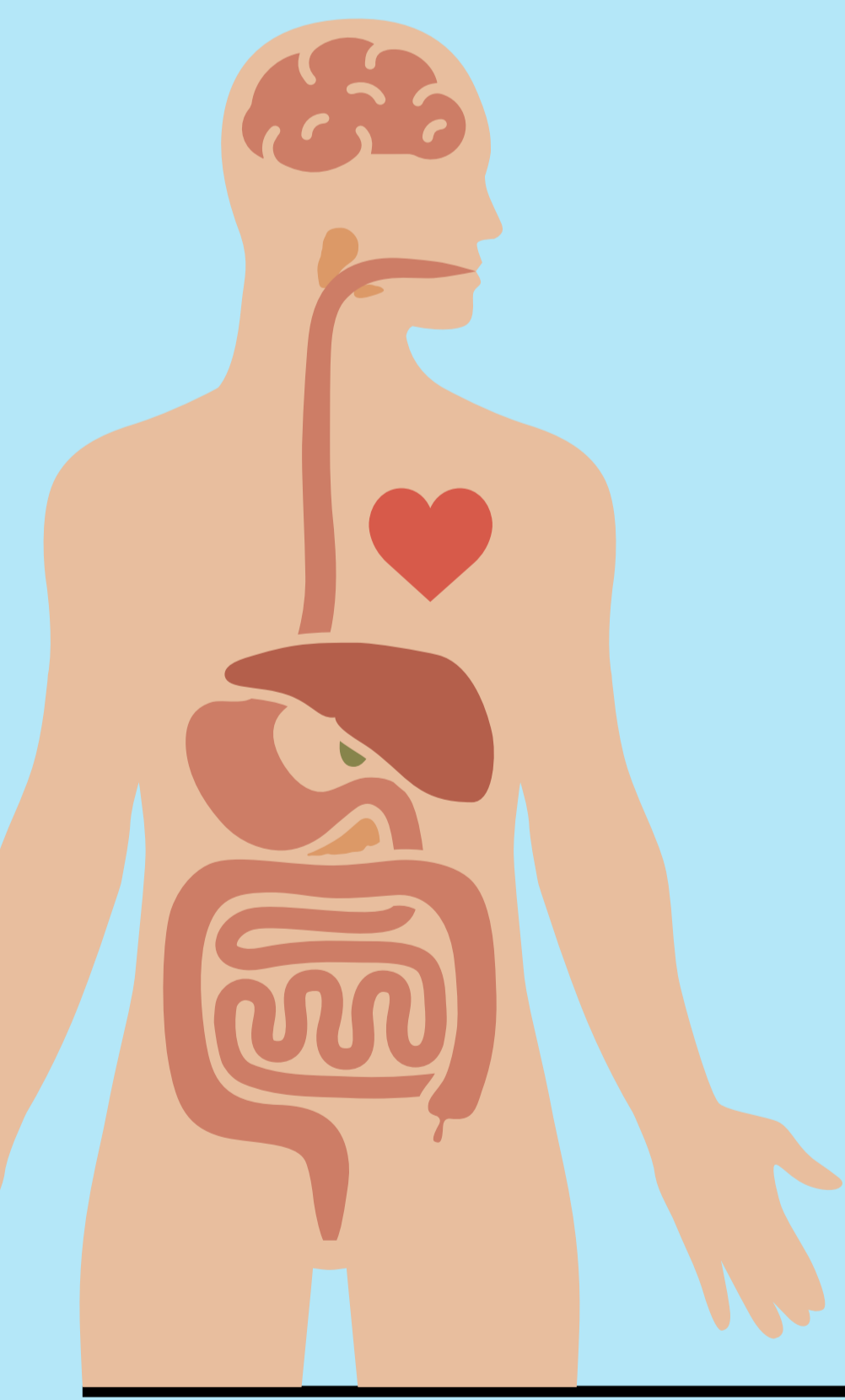
Periodontitis

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.