

## PERIODONTAL GUM DISEASE AND ORAL HEALTH



Periodontal gum disease can be separated into two general categories: gingivitis and periodontitis. Periodontitis is more serious than gingivitis and affects the gums, the surrounding bone (causing bone loss), and the supportive structures of the teeth.

### **Symptoms of Periodontitis Gum Disease**

In addition to the signs and symptoms of gingivitis, periodontitis gum disease symptoms include:

- A bad taste in your mouth and persistent bad breath
- Gums that pull away from the teeth or receding gums
- Loose teeth or a change in the way your teeth feel when you bite or chew
- Wider spaces between your teeth
- Gums that are tender or sore to the touch
- Pus around the gumline

### **Causes of Periodontitis Gum Disease**

Bacteria in plaque is the main cause of gingivitis and periodontitis. Plaque is a sticky film of microorganisms that continuously forms on the teeth and under the gumline. These bacteria may release toxins, especially below the gumline, that irritate the gum tissue and cause inflammation.

The gums may eventually break down and separate from the teeth causing a deep space called periodontal pockets. These pockets are very difficult to clean, allowing the bacteria to grow and multiply. Other contributors to the risk and severity of periodontal gum disease and oral health problems are smoking and diabetes.

### **Periodontal Gum Disease Treatment and the Waterpik® Water Flosser**

The best way to treat periodontal gum disease is to prevent it from occurring. Adding a Waterpik® Water Flosser to daily oral care is one of the fastest and most effective ways to prevent gum disease. Invented by a dentist, the Waterpik® Water Flosser offers the best combination of pulsation and pressure to clean where traditional methods, such as brushing, flossing, and rinsing, can't reach.

If you have been treated from periodontal gum disease, it is not uncommon to have some remaining periodontal pockets. To improve cleaning, use a Waterpik® Water Flosser with a Pik Pocket™ Tip. This tip is easy to use and gently cleans periodontal pockets deeper than rinsing or string floss.

Treatment for periodontal gum disease depends on the extent of the disease. Your dentist or periodontist will diagnose your periodontal status and prepare a treatment plan for your specific needs.