

## WHAT CAN BE DONE?

When diagnosed early periodontal disease is a reversible condition and your mouth can be restored to total optimum health. A healthy balanced diet and regular oral hygiene routine of brushing twice daily with fluoride toothpaste, and flossing once a day will greatly contribute to the health of your teeth and gums.

## REGULAR PROFESSIONAL HYGIENE TREATMENT

Our team is committed to regular professional hygiene treatments; to help all our patients, young and old, achieve their ideal goal of healthy teeth and a great smile for life.

Whilst research is continuing, we do know that maintaining good oral health is beneficial for overall health. Our team is here to guide you and assist you in achieving excellent health.



Healthy gums



Moderate periodontal disease



Advanced periodontal disease

If you would like to know more about the information documented in the brochure, please speak to one of our team members.



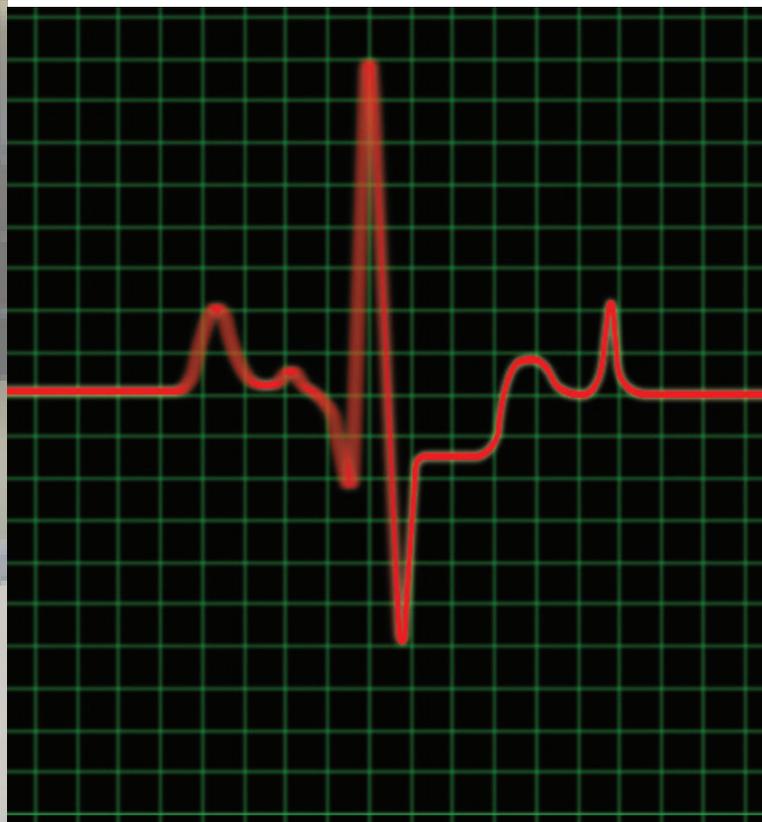
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# Dentistry and your health

Dentistry has always been about teeth and gums, but recent studies have proven beyond doubt that the role of dentistry extends much further, as good oral care offers protection against many life threatening illnesses.



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## WHAT YOU SHOULD KNOW:

Advanced gum disease, known as periodontal disease is an infection which causes an inflammatory response. This disease is caused by the accumulation of plaque and bacteria in the areas surrounding the teeth. The body's natural defence against infection is inflammation. This inflammatory response can cause the gums to bleed and, over time, the infection will destroy the gums and jawbone that support the teeth.

Whilst research is still continuing, we do know that there is a definite link between periodontal disease and general health. Pregnant women are at risk of complications and diabetics with periodontal disease risk difficulty in management of their glucose levels. There are also very strong connections between periodontal disease and cardiovascular diseases leading to heart attack and stroke.

As research continues we are advised of the potential ability to test saliva as a key tool in health assessment. A wide range of proteins, nucleic acids, hormones, pharmaceuticals and pathogens can be measured in saliva, making it ideal for rapid detection and screening of biomarkers for conditions like tooth decay, gum disease, osteoporosis, infectious diseases and cancer.



Healthy Mouth



Healthy Body

## PERIODONTAL DISEASE AND THE LINK TO SYSTEMIC DISEASE – WHY THE CONCERN?

Dentistry has a long and dedicated history of providing good oral care, however, we have recently come to appreciate that there is more involved in dentistry than just treating and maintaining teeth and gums.

The dental clinician's responsibility of promoting good oral health and education has proved to be of greater importance lately, for more reasons than one.

Research conducted in the late 1980's indicated that there is a clear relationship between periodontal disease and the greater likelihood of a heart attack. This link led to further research and investigation which has provided us with an insight into the systemic effects associated with advanced gum disease known as periodontitis.

As we have always known, any infection in the body is a cause for concern but recent studies have shown that pregnant woman with periodontal disease are 7.4 times more likely to have a pre-term, low birth weight baby. Periodontal disease is also linked to pancreatic cancer and cardiovascular disease.

