

## Here's the exciting part....

Until the 1990s, dental researchers thought gum disease was progressive. As you aged, your gums would recede, supporting bone would be lost, teeth would loosen up, and they would eventually be lost. Thanks to new research, we will show you how to stop this process and have your teeth for a lifetime.

Each time you are in for a cleaning, we will evaluate your level of dental health. We will tell you the level of dental health you have achieved and offer the level of care that matches your level of dental health. This means you'll only receive the treatment you need to either improve or maintain the level of health you've achieved.

Until 1980 everyone was considered to have some risk of gum disease.

So everyone came in for a cleaning every 6 months.

Today you can control gum disease. Some that have family history of gum disease (parents with dentures) will have more difficulty, but even they can usually avoid the loss of most of their teeth. Different patients have different levels of success at controlling gum disease. Our 4 level approach is designed to help you build your level of success. As you get healthier, you need less treatment from us, and this means:

1. Lower cost
2. Teeth for a lifetime
3. No gum surgery



### Level 1-Healthiest

Congratulations! It's been at least 2 years since you've had any significant gum problems.

Your preventive care routine:

1. Cleaning 1-2 per year
2. 4 Decay x-rays every 3 years
3. Dentist exam annually
4. Complete set of x-rays and complete exam once every 5 years.
5. Prescription strength fluoride tube 2x a year.



### Level 2- Mid Risk of Gum Disease

You have some signs of gum disease—a few small pockets, some gum recession, mild bleeding, puffy gums, localized mild bone loss.

Your preventive care routine:

1. 2 cleanings a year
2. 4 Decay x-rays every 2 years
3. Dentists exam 1-2 a year
4. Complete set of x-rays and complete exam every 5 years.
5. Prescription strength fluoride tube 2x a year.

### Level 3-Moderate Risk of Gum Disease and Decay

Signs of gum disease are worsening: several areas of deeper pockets (4-5mm), gum recession, bleeding gums, puffy gums, mild-moderate bone loss.

Your preventive care routine:

1. 2-4 cleanings a year
2. 4 Decay x-rays every 2 years
3. Dentist exam 2 times a year
4. Complete set of x-rays and complete exam once every 5 years
5. Prescription strength fluoride tube 2x a year
6. Possible areas of deep scaling & root planing & antibiotic placement



### Level 4- Severe Risk of Gum Disease

Severe signs of gum disease: generalized deep pockets (5-6), bleeding gums, recession, severe bone loss.

Your preventive care routine:

1. 2-4 cleanings a year
2. 4 Decay x-rays every 2 years
3. Dentists exam 2 times a year
4. Complete set of x-rays and complete exam once every 5 years
5. Prescription strength fluoride tube 2x a year
6. Full mouth deep scaling & root planing & antibiotic placement



# Risk Factors For Gum Disease

- Genetic / Family History
- Smoking
- Diabetes and other health problems
- Medications that dry your mouth
- Lots of buildup / Poor oral hygiene
- Crowded teeth / Bite problems
- Pregnancy
- Irregular dental cleanings

# Recommendations to Improve Your Gum Health

## Brushing

- More frequently
- Better technique
- Electric tooth brush

## Flossing

- More frequently
- Better technique
- Proxy brush ( Christmas tree brush)

## Cleanings

- More frequently
- Longer appointments
- Deep cleanings

## Medications

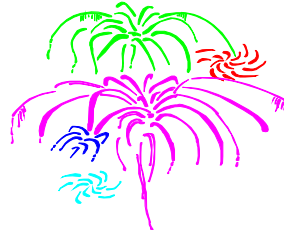
- Mouth rinse (ex. Listerine)
- Prescription mouth rinse
- Antibiotics

## Special circumstances

- Evaluation by our gum specialist
- Other \_\_\_\_\_

# Teeth For a Lifetime

HealthPark introduced our first program to help patients control decay and gum disease in 1972. By 2006, we have over 2000 patients who have been with us over 20years and almost none of them have lost even a tooth due to gum disease. They have been free of gum disease at almost every check-up.



# Reducing the COST of dentistry

The more frequently you have your teeth cleaned, the more your annual cost will be. The healthier your gums, the less frequently you'll need to be seen. If your decay is controlled you may only need 1 dentist exam annually.

**HealthPARK**  
Dentistry

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# Control Gum Disease Now

After the age of 35 more teeth are lost due to gum disease they decay. However, using current 21st Century research and chemistry, you don't need to loose your teeth due to gum disease.

