



Periodontal Disease

How it affects your entire body



CoastDental
& Orthodontics

C3 | Coast Comprehensive Care®



The Coast Dental Commitment

When it comes to comprehensive dental care, you're in the right place. Since 1992, patients have trusted the Coast Dental family of dentists to provide quality care in a friendly, caring environment. Their trust has made Coast Dental one of the leading dental providers in the United States.

Our comprehensive general and specialty dental services include:

- Crown & Bridge
- Implant Placement & Implant Restoration
- Complete & Partial Dentures
- Root Canal Therapy
- Oral Surgery
- Extractions
- Veneers
- Whitening
- Advanced Oral Cancer Screening
- Periodontal Disease Management
- Hygiene Services
- Exams & X-rays
- Laser-Assisted Hygiene Therapy
- Clear Aligner Therapy

Coast Comprehensive Care®

You deserve a beautiful, healthy smile

At Coast Dental, we take your oral health seriously. Whether you need basic, preventive, cosmetic or major dental work, our coordinated approach is unique. We call it Coast Comprehensive Care® or C3® for short.

C3 incorporates advanced technology and leading-edge protocols with education to help you achieve optimum oral health and maintain good overall health.

Good health starts with early detection

Think you can't get oral cancer? Think again. Oral cancer is on the rise, especially among young people with no traditional risk factors. Experts have linked this rise to exposure to the sexually transmitted disease, human papilloma virus (HPV 16/18).

When detected early, oral cancer is one of the most curable cancers. That is why we supplement conventional head and neck exams with advanced screening devices that can detect oral cancer in its earliest stage.

A beautiful smile is more than just great white teeth

It begins with a strong foundation of healthy gums. Crowns, bridges, partials, veneers and professional whitening can help you achieve your ideal smile. Placing them on healthy gums helps protect the investments you've made in these procedures and gives them more staying power. More importantly, the health of your gums is directly connected to your overall health. It's not just about your teeth anymore!



Periodontal disease is a serious infection

Periodontal (gum) disease is the most common bacterial infection found anywhere in the body. The source of the infection is plaque, a sticky, colorless film that forms on your teeth and multiplies deep below the gum line. Left untreated, the bacteria release toxins that can destroy the gum tissue and bones supporting your teeth. Periodontal disease is the leading cause of tooth loss in adults.

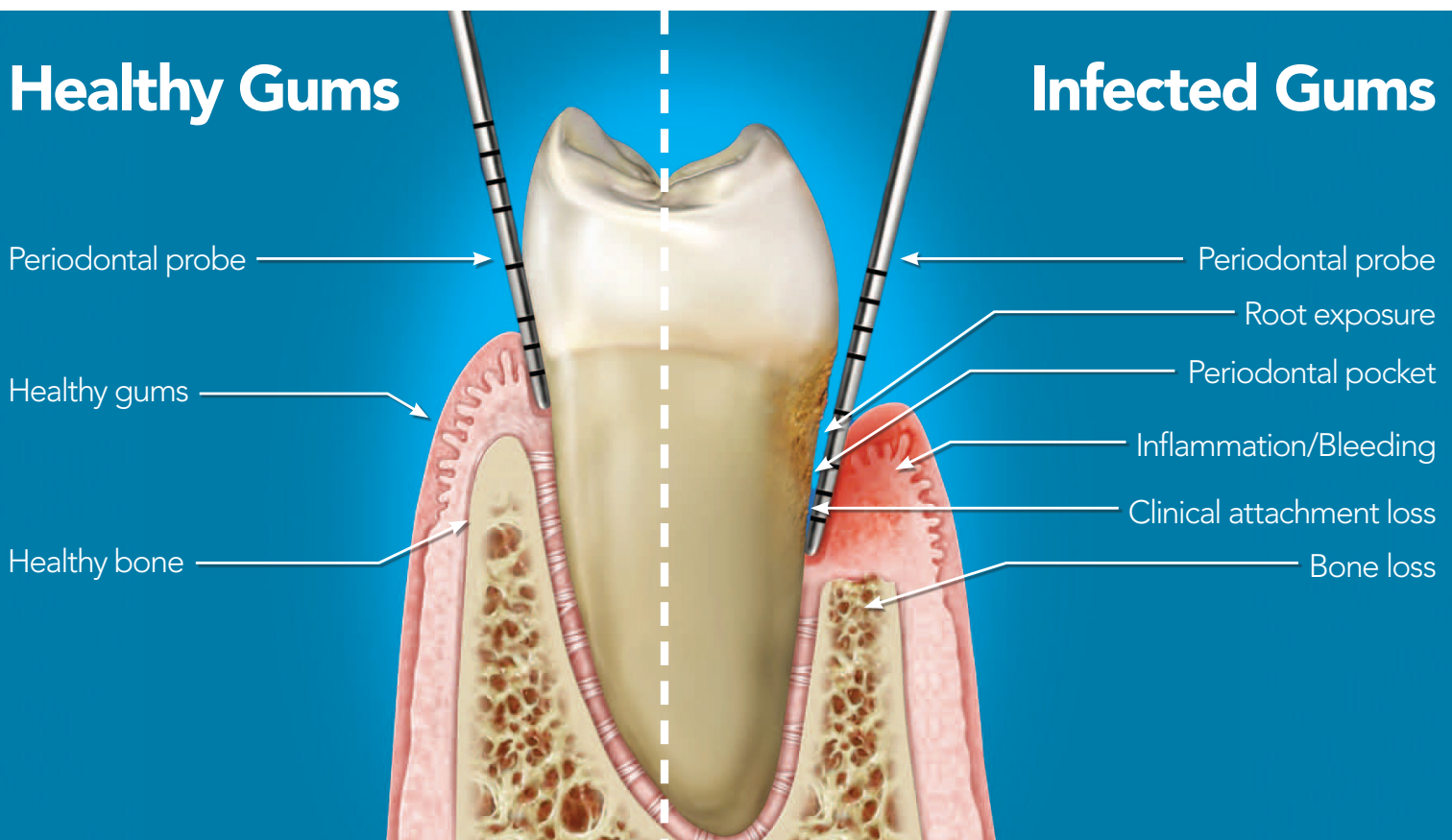
Ineffective oral hygiene is a primary cause of periodontal disease. However, you can get periodontal disease even if you brush and floss regularly because of other contributing factors:

- Stress
- Tobacco Use
- Family History
- Hormonal Changes
- Grinding or Clenching Teeth
- Certain Medications or Medical Conditions

Diagnosing Periodontal Disease

Periodontal disease is often painless and symptom-free, which is why this diagnosis is often surprising to people. Bleeding gums are usually the first sign of a problem, but a diagnosis requires x-rays along with a complete periodontal evaluation, which includes:

- Bleeding or Inflamed Gums
- Presence of Infection (Pus)
- Detachment of the Gum from Tooth
- Exposure of Tooth Root Surfaces
- Bone Loss Revealed on X-rays
- Periodontal Pocket Depth
- Family History
- Bad Breath



The earlier you treat periodontal disease, the less expensive and extensive the treatment.

HEALTHY		GINGIVITIS		STAGE 1	
					
					
					
CLINICAL FINDINGS					
<ul style="list-style-type: none">• 0 – 3 mm pockets• No bone loss• Gums pink & firm• No bleeding on probing• No root exposure		<ul style="list-style-type: none">• Often ≤ 5 mm pockets• No bone loss• Red, swollen gums• Bleeding on probing• Inflammation present• No root exposure• Plaque & calculus may be present*		<ul style="list-style-type: none">• 4mm or greater pocket depths• Bone loss• Bleeding on probing*• Pus may be present*• Slight root exposure• Plaque & calculus may be present*• Slight clinical attachment loss	
HYGIENE PROCEDURES					
<ul style="list-style-type: none">• Prophylaxis: Prevention cleaning for healthy patients		<ul style="list-style-type: none">• Gingivitis Therapy: Removes bacterial plaque and calculus (tartar buildup) above and below the gumline as a therapeutic service for gingivitis patients• PerioProtect trays: At home gum therapy		<ul style="list-style-type: none">• Scaling & Root Planing with locally applied antibiotics : Non-surgical removal of bacterial plaque and calculus (tartar buildup) above and below the gumline for initial therapeutic services that include teeth with bone loss• Periodontal Maintenance: Removes bacterial plaque and calculus (tartar buildup) above and below the gumline as a maintenance therapy for those with periodontal disease, after initial therapy• PerioProtect trays: At home gum therapy	



*Not always present in gingivitis and periodontitis cases.

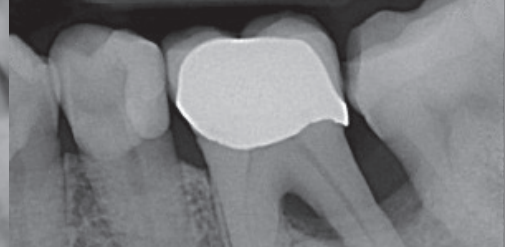
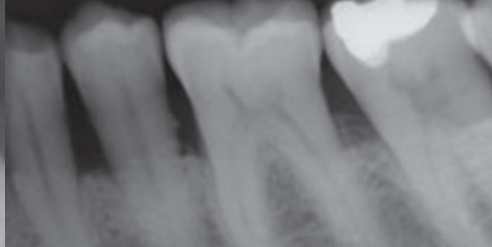
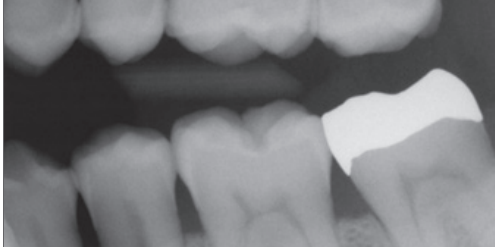


Approximately 3 out of 4 adults over the age of 35 have some form of periodontal disease.

STAGE 2

STAGE 3

STAGE 4



CLINICAL FINDINGS

- 4mm or greater pocket depths
- Bone loss
- Red, swollen gums
- Bleeding on probing*
- Pus may be present*
- Moderate root exposure
- Plaque & calculus may be present*
- Moderate clinical attachment loss
- Teeth may be loose*

- 4mm or greater pocket depths
- Bone loss
- Red, swollen gums
- Bleeding on probing*
- Pus may be present*
- Severe root exposure
- Plaque & calculus may be present*
- Severe clinical attachment loss
- Teeth may be loose*

- Unresponsive to non-surgical treatment
- Continued worsening of condition after treatment
- Red, swollen gums
- Bleeding on probing*
- Pus may be present*
- Varying degrees of root exposure
- Plaque & calculus may be present*
- Varying degrees of clinical attachment loss
- Teeth may be loose*

HYGIENE PROCEDURES

- Scaling & Root Planing with locally applied antibiotics : Non-surgical removal of bacterial plaque and calculus (tartar buildup) above and below the gumline for initial therapeutic services that include teeth with bone loss
- Periodontal Maintenance: Removes bacterial plaque and calculus (tartar buildup) above and below the gumline as a maintenance therapy for those with periodontal disease, after initial therapy
- PerioProtect trays: At home gum therapy

- Scaling & Root Planing with locally applied antibiotics : Non-surgical removal of bacterial plaque and calculus (tartar buildup) above and below the gumline for initial therapeutic services that include teeth with bone loss
- Periodontal Maintenance: Removes bacterial plaque and calculus (tartar buildup) above and below the gumline as a maintenance therapy for those with periodontal disease, after initial therapy
- Referral to periodontist if no improvement
- PerioProtect trays: at At home gum therapy improvement

- Patients with this condition will be referred to a periodontist (specialist)



*Not always present in gingivitis and periodontitis cases.

Your mouth is the gateway to your entire body

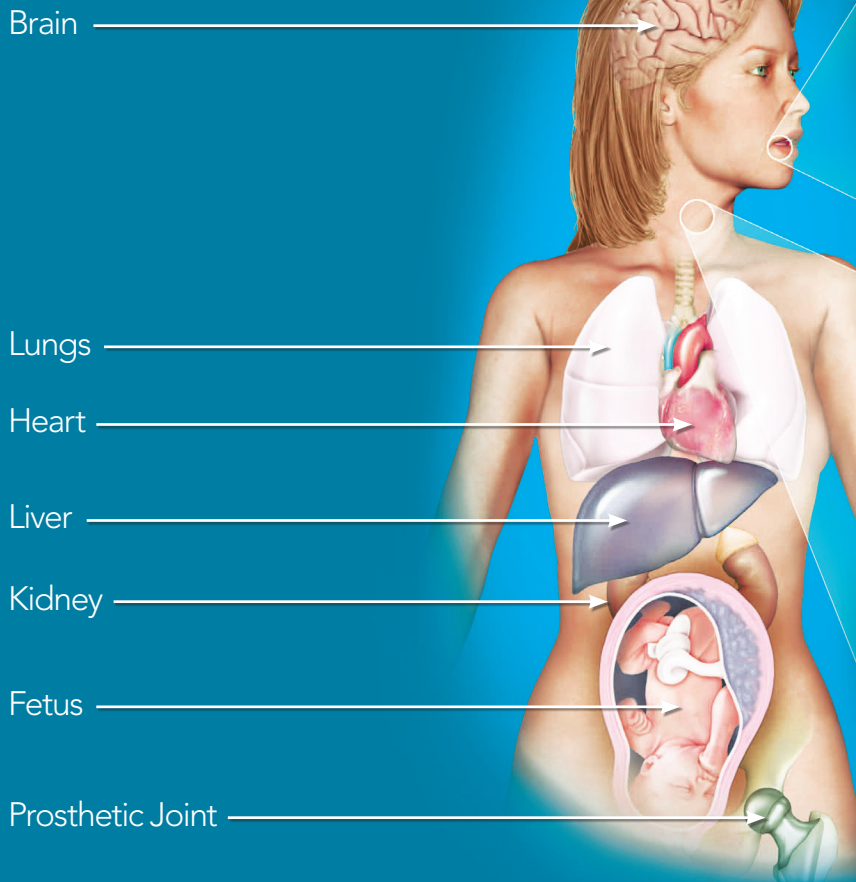
Left untreated, periodontal disease can produce serious health risks. That's because the bacteria and toxins present in periodontal disease can travel to other parts of the body through the bloodstream causing inflammation and additional health problems.

In fact, clinical studies have linked periodontal disease to:

- Stroke
- Diabetes
- Alzheimer's
- Heart Disease
- Certain Forms of Cancer
- Adverse Pregnancy Outcomes
- Adverse Impact on Artificial Joint Replacements
- Rheumatoid Arthritis
- Erectile Dysfunction
- Lung Infections (ie Pneumonia)

Once you understand the connection between oral health and overall health, you'll appreciate why visits to your dentist are as important as visits to your medical doctor for maintaining good health.

How Periodontal Disease can enter your body



Frequently Asked Questions

Is periodontal disease curable?

No. Periodontal disease is not curable. It can only be managed and controlled with professionally provided services and great care at home.

Why won't the free cleaning covered by my insurance be enough to control my periodontal disease?

The type of dental hygiene services you need depends on your dentist and dental hygienist's clinical findings. Most insurance plans cover a preventive cleaning every 6 months for healthy gums. When gums aren't healthy, or an active infection is present, a more involved therapy is needed to treat the infected areas. Treating infected and unhealthy gums with a healthy mouth or preventive cleaning would be negligent, unethical, and not possible.

Why do I have to come back so often?

Harmful bacteria can re-establish in deep pockets, which are difficult to clean and hard to maintain with home care alone. It can continue its destructive cycle if not controlled regularly by a licensed professional. The frequency of your maintenance visits will depend on the severity of the disease, the presence of systemic links, your body's response to treatment, as well as many other factors. The treatment is prescribed to stop the bacteria and their toxins from doing irreversible harm to your teeth and gums and to help prevent possible damage to other areas of your body.

I'm diabetic. Why was my hygienist asking me about my A1C levels and blood sugar?

Oral health cannot be separated from overall general health. Your systemic health and oral condition determine the kind of hygiene services you will receive. Periodontal disease is harder to manage in diabetics and diabetes is harder to control with periodontal disease because healing factors are impaired. The treatment we provide may actually impact your long-term blood sugar control. That is why we follow a treatment plan that best addresses your specific diagnosis or condition.

Why do I need a localized antibiotic placed to treat my periodontal disease?

Periodontal disease is primarily caused by bacteria that lives deep in the gum pockets and cannot be cleansed through brushing, flossing, or water irrigation. By using a slow releasing antibiotic, patients with periodontal disease will have a much higher chance of disinfecting those areas and preventing reinfection to allow healthy reattachment.

Why do I need prescription fluoride instead of over-the-counter toothpaste?

The type of prescription strength fluoride toothpaste you get from the dentist is more effective in controlling cavities and reducing tooth sensitivity that can occur with periodontal disease. While over the counter toothpaste contains some fluoride, it does not contain the strength needed to help reduce symptoms that can be associated with periodontal disease.

Does periodontal disease cause bad breath?

Yes! Odor-causing bacteria can hide deep in the gum tissue and periodontal pockets surrounding the teeth and in the crevices of the tongue. It is important to remove bacteria daily through brushing, flossing, tongue scraping, prescription rinses and breath control products. We offer a complete product line that kills bacteria and prevents plaque build-up, a primary contributor to periodontal disease.

Glossary of Terms

Antimicrobial Irrigation

A solution containing agents that kill bacteria and viruses that is generally applied below the gum tissue.

Clinical Attachment Loss

A calculation of gum recession around a tooth and the periodontal probing depth. It is used to identify the proper stage of periodontitis. This calculation is done to determine whether an infection has progressed or is in a controlled state.

Gingivitis

Inflammation of the gums without bone loss. Symptoms include redness, bleeding and swollen gums. Can be tender or painful to the touch. Gingivitis is completely reversible with proper in-office therapy and good oral hygiene at home.

Oral Cancer

The uncontrolled growth of abnormal cells in the oral cavity causing tumors or cancerous tissue in the teeth, gums, cheeks, lip, tongue, throat and hard or soft palate. It is the sixth deadliest form of cancer but is highly curable if caught in an early stage.

Periodontal Maintenance

The regular evaluation, treatment, and maintenance of controlled (or inactive) periodontal disease. It involves a comprehensive review of pocket depth, dental or medical history changes, as well as the removal of bacterial plaque from above and below the gum line. It may also involve site-specific scaling and root planing and the placement of localized antibiotics when indicated. This therapy is indicated for patients who have completed either non-surgical or surgical periodontal therapy and is performed every 3 months.

Periodontal Scaling & Root Planing

A non-surgical approach to treating active periodontal disease by mechanically removing plaque, calculus, bacteria and toxins from the root surfaces and periodontal pockets to allow healthy reattachment of the gum to the root surfaces of the teeth.

Periodontitis (Periodontal Disease)

A serious bacterial infection that causes inflammation of the gums and/or bone around the teeth. Generalized periodontitis includes 4 or more infected teeth in a single area or quadrant of the mouth. Localized periodontitis is limited to 3 or fewer infected teeth in any one area or quadrant. It can be characterized by periods of disease activity alternating with disease inactivity.

Prophylaxis (Healthy Mouth)

A preventive procedure that involves the removal of stains, plaque, and calculus from teeth. It is performed for patients with healthy gums and is not appropriate for patients who have gingivitis or any stage of periodontitis.

Recession

The loss of bone from the base of a tooth and associated gum tissue resulting in exposure of the root surface. Recession makes teeth more vulnerable to root cavities and increases sensitivity to heat, cold, sweets or touch.

we create
smiles for life



CoastDental
& Orthodontics®

(877) 880-1212 | CoastDental.com

The dentists and hygienists are employees or independent contractors of Coast Florida, P.A., (Adam Diasti, DDS, DN12490), Coast Dental of Georgia, P.C., (Adam Diasti, DDS, DN11634) or Coast Dental of Texas, P.C. (Adam Diasti, DDS, Lic. 32327). Coast Dental Services, LLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
© 2022 Coast Dental. CD-103311 R 08/22