



Your Newsletter for Dental Health

Bergens PERIODONTICS & IMPLANT DENTISTRY

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WISHING YOU SMOOTH SAILING WITH NEW DENTAL TIPS

Importance of Consistent Periodontal Cleanings

Recent research estimates that 35.7 million Americans are living with a bacterial infection of the gums known as periodontal disease. Because of the many fallacies associated with the disease, individuals affected by it are not taking the necessary steps to help maintain healthy teeth and gums. Educating our patients is the best way to help put those fallacies to rest and to promote better dental health.

FALLACY: Tooth loss is a natural part of aging.

FACT: With good oral hygiene and regular professional care, your teeth are meant to last a lifetime. However, if left untreated, periodontal disease can lead to tooth loss. It is the primary cause of tooth loss in adults 35 and over.

FALLACY: People who have gum disease are "dirty" and don't brush their teeth.

FACT: Research proves that 75% of adults have some form of gum disease and up to 30% of the population may be genetically susceptible to gum disease. Despite aggressive oral care habits, these people may be six times more likely to develop periodontal disease.

FALLACY: Gum disease doesn't affect overall health.

FACT: Emerging research links periodontal disease to other health problems including heart and respiratory diseases; preterm, low birth-weight babies; stroke; osteoporosis; and diabetes.

FALLACY: Gum disease is a minor infection.

FACT: The amount of tissue in the mouth is equivalent to the skin on your arm that extends from the wrist to the elbow. If this area was red, swollen, or infected, you would see a doctor. Gum disease is not a small infection. It can result in tooth loss, changes in your appearance, breath, and your ability to chew food.

FALLACY: Bleeding gums are normal.

FACT: Bleeding gums are one of the nine warning signs of gum disease. Other signs include: red, swollen or tender gums; sores in your mouth; gums that have pulled away from the teeth; persistent bad breath; pus between the teeth and gums; loose teeth; a change in the way the teeth fit together; and a change in the fit of partial dentures.

FALLACY: Once teeth are lost, the only treatment options are crowns, bridges or dentures.

FACT: Dental implants are a permanent tooth-replacement option for teeth lost to trauma, injury, or periodontal disease. Dental implants are so natural-looking and feeling that many patients forget they ever lost a tooth.

Electric Toothbrushes

Phillips Sonicare

Flex Care+ Toothbrush:

Provides complete gum care with five brushing modes, including Gum Care, Massage, and Sensitive.

Phillips Sonicare

Easy Clean Toothbrush:

Provides advanced plaque removal and dynamic cleaning action with wider brush heads.

Phillips Sonicare AirFloss:

An easier way to floss and clean between your teeth in 60 seconds. Gently helps improve gum health.

Oral-B Professional

Care Smart Series 5000:

Reduces plaque, whitens teeth, and helps prevent and reverse Gingivitis. In-handle smart display provides feedback for better brushing.

Oral-B Professional

Care 1000:

Removes up to 97% of plaque from hard-to-reach areas. Built in pressure sensor stops pulsations when you're brushing too hard.

Oral-B Triumph with Smart Guide:

Provides extraordinary cleaning by penetrating between teeth to sweep away plaque for a floss-like clean.

