

# PERIODONTITIS AND ITS EFFECTS

If you've been told that you have periodontal, or gum disease, you're not alone. Periodontitis is a widespread oral health condition that affects many adults in the US.<sup>1</sup>

Periodontal disease ranges from minor gum inflammation (gingivitis) to more serious disease, affecting your teeth and the gums and bone that support your teeth.<sup>1</sup>

A variety of factors determine whether periodontitis is mild or more severe. The good news is that in the mild and early stages, the disease can be reversed with a dedicated oral care routine.<sup>2</sup>

## DID YOU KNOW?

IN THE UNITED STATES, APPROXIMATELY 50% OF ADULTS HAVE GINGIVITIS AROUND ONE OR SEVERAL TEETH.<sup>2</sup>



ABOUT **35%** OF ADULTS HAVE MILD TO MODERATE PERIODONTITIS, WITH **7% TO 15%** HAVING AN ADVANCED STAGE OF PERIODONTITIS<sup>2</sup>

MEN ARE MORE LIKELY TO BE AFFECTED BY GUM DISEASE THAN WOMEN<sup>3</sup>

UP TO **90%** OF PEOPLE WITH PERIODONTITIS ARE SMOKERS<sup>4,5</sup>

Fortunately, if detected early enough, gum disease can be reversed with good oral care practices, such as:



**Regular visits to the dentist.** Schedule regular appointments with your dentist. Be sure to let him or her know of any signs of gum disease that you may see. These include gum bleeding or tenderness, bad breath that won't go away, or loose or separating teeth.<sup>6</sup>



**Brushing, flossing, and rinsing.** Gums can be strengthened by simply cleaning them more completely. Adding an antimicrobial mouthrinse to a routine that includes brushing and flossing can help remove plaque and food that your toothbrush can't reach.<sup>7</sup>



**Eating a healthy, balanced diet.** Avoid eating too many sugary foods and carbohydrates. Be sure to drink plenty of water. Get in those daily vitamins and limit the amount of alcohol you drink. All of these steps can help decrease damage to the gums and teeth over time.<sup>8,9</sup>

For further information and resources on periodontitis and how to treat it, visit [perio.org](http://perio.org)



Rinsing twice a day with ADA-accepted LISTERINE<sup>®</sup> mouthwash, along with brushing and flossing, can provide 24-hour protection from gum disease-causing bacteria and can reverse early gum disease in just 2 weeks.<sup>10</sup>

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**LISTERINE<sup>®</sup>**

For more information, visit [listerine.com](http://listerine.com)

**References:** **1.** National Institute of Dental and Craniofacial Research. Periodontal (gum) disease: causes, symptoms, and treatments. <http://www.nidcr.nih.gov/oralhealth/Topics/GumDiseases/PeriodontalGumDisease.htm#intro>. Accessed May 2, 2017. **2.** Simple Steps To Better Dental Health. Periodontal disease: the sequence of destruction. <http://www.simplestepsdental.com/SS/ihstSS/r.==/st.31843/t.31884/pr.3/d.dmtSSContent/c.310527.html>. Accessed May 2, 2017. **3.** Centers for Disease Control and Prevention. Periodontal disease. [https://www.cdc.gov/oralhealth/periodontal\\_disease/](https://www.cdc.gov/oralhealth/periodontal_disease/). Accessed May 2, 2017. **4.** WebMD. The health perils of gum disease. <http://www.webmd.com/oral-health/features/health-perils-of-gum-disease?page=2>. Accessed May 2, 2017. **5.** American Dental Hygienists' Association. Want some life saving advice? Ask your dental hygienist about tobacco use and periodontal disease. 2010:1-2. **6.** American Dental Association. Preventing periodontal disease. *J Am Dent Assoc.* 2001;132:1339. **7.** American Dental Association. ADA affirms benefits of ADA-accepted antimicrobial mouth rinses and toothpastes, fluoride mouth rinses. <http://www.prnewswire.com/news-releases/ada-affirms-benefits-of-ada-accepted-antimicrobial-mouth-rinses-and-toothpastes-fluoride-mouth-rinses-58543207.html>. Accessed May 2, 2017. **8.** MedicineNet. Gum disease (gingivitis). [http://www.medicinenet.com/gum\\_disease/article.htm#what\\_causes\\_gum\\_disease](http://www.medicinenet.com/gum_disease/article.htm#what_causes_gum_disease). Accessed May 2, 2017. **9.** American Academy of Periodontology. Study: alcohol consumption can have a negative impact on gum health. <https://www.perio.org/alcohol-negative-effect-on-gum-health>. Accessed May 2, 2017. **10.** One Heart One Family. The 2 week Listerine<sup>®</sup> challenge follow up: the true meaning of clean! #giveaway. <http://oneheartonefamily.com/2015/06/the-2-week-listerine-challenge-follow-up-the-true-meaning-of-clean-giveaway.html>. Accessed May 2, 2017.