

KDC

KILDARE DENTAL CENTRE

Guide To Dental Hygiene

A close-up photograph of a person's mouth, showing the lower teeth and gums. The gums are red and swollen, with visible bleeding between the teeth. A hand is visible at the bottom of the frame, with fingers holding the person's chin. The background is a solid light purple color.

Do you
Suffer from...



- Red, swollen or bleeding gums?
- Loose/mobile teeth?
- Bad breath?
- Exposed roots/recession?

A high percentage of the general public suffer with gum disease (gingivitis or periodontitis) and are unaware they have the condition.

We can help.

What is gum disease?

Gum disease is an infection of the tissues that hold your teeth in place. It's typically caused by poor brushing and flossing habits that allow plaque—a sticky film of bacteria—to build up on the teeth and harden. In advanced stages, periodontal disease can lead to sore, bleeding gums; painful chewing problems; and even tooth loss.



MEDICATIONS

Some drugs, such as oral contraceptives, anti-depressants, and certain heart medicines, can affect your oral health. Just as you notify your pharmacist and other health care providers of all medicines you are taking and any changes in your overall health, you should also inform your dental care provider.



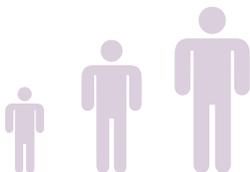
GENETICS

Research has indicated that some people may be genetically susceptible to gum disease. Despite a good oral hygiene regime, these people may be more likely to develop periodontal disease. Identifying these people with a genetic test before they even show signs of the disease and getting them into early intervention treatment may help them keep their teeth for a lifetime.



STRESS

Stress is linked to many serious conditions such as hypertension, cancer, and numerous other health problems. Stress also is a risk factor for periodontal disease. Research demonstrates that stress can make it more difficult for the body to fight off infection, including periodontal diseases.



AGE

Studies indicate that older people have the highest rates of periodontal disease. Data from the Centres for Disease Control and Prevention indicates that over 70% of 65 and older have periodontitis. But gum disease doesn't just effect older people, young people can have advanced gum disease and even children can present with early stages of gum disease.



POOR NUTRITION AND OBESITY

A diet low in important nutrients can compromise the body's immune system and make it harder for the body to fight off infection. Because periodontal disease begins as an infection, poor nutrition can worsen the condition of your gums. In addition, research has shown that obesity may increase the risk of periodontal disease.



SMOKING/TOBACCO USE

Tobacco use is linked with many serious illnesses such as cancer, lung disease and heart disease, as well as numerous other health problems. Tobacco users also are at increased risk for periodontal disease. Studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease.



CLENCHING OR GRINDING YOUR TEETH

Clenching or grinding your teeth can put excess force on the supporting tissues of the teeth and could speed up the rate at which these periodontal tissues are destroyed. Tell-tale signs of clenching and grinding are shooting pains, sensitive teeth and cracked or chipped teeth.

It is now known that gum disease is also linked to other, more serious conditions:

OSTEOPOROSIS

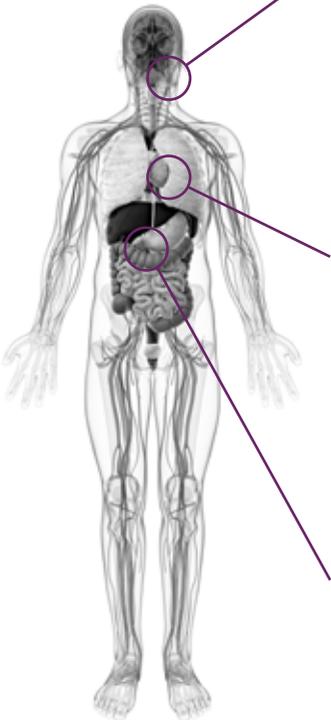
Researchers have suggested that a link between osteoporosis and bone loss in the jaw. Studies suggest that osteoporosis may lead to tooth loss because the density of the bone that supports the teeth may be decreased, which means the teeth no longer have a solid foundation.

STROKE

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

CANCER

Researchers found that men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.





HEART DISEASE

Several studies have shown that periodontal disease is associated with heart disease. While a cause-and-effect relationship has not yet been proven, research has indicated that periodontal disease increases the risk of heart disease.

Scientists believe that inflammation caused by periodontal disease may be responsible for the association.

Bacteria living in the mouth travels through the blood stream and becomes embedded in the walls of heart making you more prone to heart complications.



DIABETES AND PERIODONTAL DISEASE

Diabetic patients are more likely to develop periodontal disease, which in turn can increase blood sugar and diabetic complications.

In fact, periodontal disease is often considered a complication of diabetes. Those people who don't have their diabetes under control are especially at risk.

Research has suggested that the relationship between diabetes and

periodontal disease goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts people with diabetes at increased risk for diabetic complications.



LOW BABY WEIGHT

Research suggests a link between pre-term delivery, low birth weight babies and gum disease.

Excessive bacteria can enter the bloodstream through your gums, the bacteria can travel to the uterus, triggering the production of chemicals called prostaglandis, which are suspected to induce premature labour. These are some of the links that are known, because bacteria from the bleeding infected gums enter into the blood stream to all parts of the body.



We can help.

BENEFITS OF IMPROVING YOUR ORAL HEALTH:

- Lower risk of tooth loss
- Lower risk of systemic disease
- No bad breath
- Attractive looking gums/mouth
- Bright white smile
- Regained confidence



PATIENT STORY:

“Thank you so much for everything you have done. I never thought I would have the confidence to smile but you gave me my confidence back and I can’t thank you enough - I am so happy.”

Love Michelle



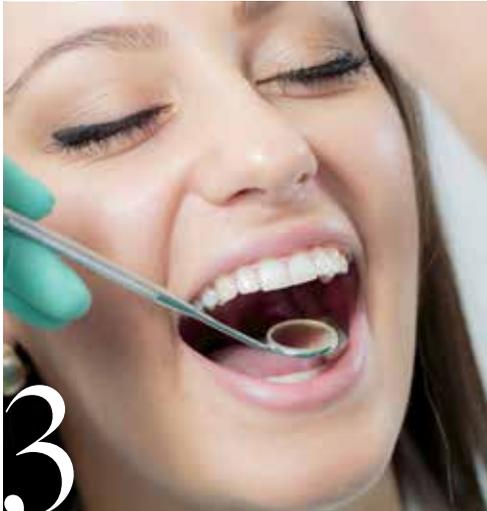
STEP 1

We can diagnose and assess the extent of the disease so we can determine the progression and severity of the disease. With the very latest digital technology taking the most accurate measurements and visuals available.



STEP 2

From the results of the information gathered we will formulate a unique treatment regime to suit you, which will control the disease and bring healing to the mouth and body.



STEP 3

Active treatment will involve professional cleaning/stain removal/bacteria elimination using the latest techniques which also allows us to carry out treatments painlessly. So much so, we give a pain-free pledge with all our treatments.

Once the infection and bacteria is removed, healing can take place. Regular visits along with a detailed home maintenance regime will ensure that you remain disease free.

KDC

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