



Healthy Mouth, Healthy Body

Making the Connection

Over the last 20 plus years there has been strong evidence linking dental diseases to numerous systemic health including cardiovascular disease, artery blockages, stroke, diabetes and pre-term pregnancy. Oral health impacts the health of the entire body. More studies are needed but researchers suspect that bacteria in the oral cavity and inflammation linked to periodontal (gum) disease play a role in some systemic diseases or conditions. Current research in this area is evaluating what happens when periodontal disease is treated in individuals with various health conditions. Taking good care of your teeth and gums isn't just about preventing cavities and bad breath. The mouth is filled with countless bacteria and some are linked to tooth decay but the majority are linked to periodontal (gum) disease. The oral cavity is a portal to the rest of the body.

What you should know

According to a recent CDC (Centers for Disease Control and Prevention) report periodontal disease is highly prevalent with 47 percent of adults over the age of 30 (64million Americans) have mild, moderate or severe stages and 70 percent of adults over the age of 65 have periodontal disease; the prevalence increases with age.

Periodontal disease is a chronic infection caused by bacteria. It begins with plaque a colorless, sticky film that forms on the teeth and tissues in the mouth. Plaque contains bacteria that produce harmful toxins and

enzymes that irritate the gums. If plaque is not removed properly this causes inflammation of the gums or gingivitis, the early stage of gum disease. When gingivitis is left untreated it progresses to periodontal disease. The first signs of gingivitis are swollen, red or tender gums, gums that bleed easily during brushing or flossing.

Gingivitis is reversible with improved dental hygiene routines and professional cleaning. However, if not treated bacteria can continue to grow deep below the gums in the pockets of teeth, leading to chronic infection and progressive periodontal disease. Periodontal disease (gum infection) can do lasting damage to the gums, supporting bones and other structures that support the teeth, and eventually lead to tooth loss. Untreated gum disease also affects your overall health. Chronic gum inflammation and bacteria from the oral cavity are introduced through the bloodstream to the rest of the body's systems and have the potential to seriously affect your overall health.

If diagnosed early, treatment can help. Your dentist or dental hygienist may recommend deep cleaning, which is different than a regular cleaning. At more advanced stages the disease may require more complex treatment, which could include gum surgery. How periodontal disease is treated depends on how far the condition has developed and how well

Signs of Periodontal disease

- Gums bleed when you brush or floss
- Red, swollen or tender gums
- Gums that have pulled away from your teeth
- Loose or separating teeth
- Bad breath that doesn't go away
- Pus between your teeth and gums
- A change in the way your teeth fit together when you bite

For more information visit the American Academy of Periodontology website:
<https://www.perio.org/consumer/gum-disease-symptoms.htm>

your body responds. Diseases such as diabetes, HIV or AIDS can lower the body's resistance to infection and this can place a person at a greater risk. People with diabetes often have periodontal disease and are more likely to develop and have more severe periodontal disease than non-diabetics. Some studies suggest periodontal infection can make it more difficult for diabetics to control their blood sugar levels.

What you can do

Your mouth is a gateway to your body and good oral health is part of a complete

Continued on the back



Alem Family Dental 206-629-5461

Dr. Timar Alem proudly serves Shoreline and surrounding communities. Convenient evening and Saturday appointments are available to accommodate your busy schedule. We provide complete dentistry for children and adults.

At Alem Family Dental we offer a comfortable dental experience for our patients. There are iPods, nitrous oxide, and oral sedation available to ease any dental anxiety. We are a participating provider for most major dental insurance. Our team looks forward to getting to know you as your partner in oral health, for a lifetime of great smiles! Make an appointment today. For more information about our line of services go to alemfamilydental.com

health and wellness program. Periodontal assessment and early intervention are essential to overall health.

If you want to lead the healthiest and longest life you can, you must consider the importance of preventing and treating oral disease. Brush your teeth thoroughly twice a day, floss daily (best time to floss is at bedtime or after you had your last meal), eat a balanced diet and visit your dentist regularly. ♦

The American Academy of Periodontology recommends adults have annual screening of their periodontal health and know their oral health status.

Dr. Timar Alem and Registered Dental Hygienist Raman of Alem Family Dental are proud partners in your wellness program. We offer comprehensive periodontal evaluation with customized treatment for our patients.

Visit our website to learn more about our gum-care services:
alemfamilydental.com/general-dentistry/periodontitis/

In the News

Alem Family Dental was a proud sponsor of two Shoreline-area community festivals.

On May 13 Dr. Timar Alem and staff participated in the **Strawberry Fest** at the Richmond Beach Park

On August 19 Alem Family Dental team participated in the **Celebrate Shoreline Festival**. At our booth, we offered education on oral health and dental services and fun games for kids.



Come join us! Halloween Carnival at Syre Elementary School on Saturday Oct. 28 4-7pm sponsored by the Richmond Beach Community Association. See you there!



2017 Dental Insurance Benefits

“Use it or Lose It” if you haven’t used your 2017 dental insurance benefits they will expire soon!

Each year, many patients lose out on hundreds of dollars through their dental insurance provider, simply because time has slipped away. Don’t forget to take advantage of your 2017 dental insurance benefits before the year ends!

Call today to schedule an appointment: **206-629-5461**

Timar Alem, DMD, PLLC



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