

IMPRESSIONS

2017 Campbell Dr. ■ Torrington, Wyoming 82240 ■ (307) 532-4448

2023

Periodontal Disease: More than a Mouth Issue

WHAT IS PERIODONTAL DISEASE? Periodontal (gum) disease continues to be a health concern that affects every two out of five adults in the United States.

Periodontal disease is an infection of the bone and tissue around the tooth, however, it is a complex process. Biological factors, bacteria, and physical irritants cause the disease to begin and continue to progress. Bacteria that are associated with periodontal disease are anaerobic which means they are able to live without oxygen. Physical irritants under the gum tissue, such as calculus or tartar, can attract this bacteria. These factors lead to attachment loss between the gums, the tooth, and the bone, creating a place for physical irritants to collect. If the causes of the attachment loss are not addressed, the teeth associated with periodontal disease may need to be extracted. This disease process has continuous periods of worsening and improving over the course of a person's lifetime. Due to this process, we have a periodontal protocol here at Platte River Family Dentistry that we believe is important to help maintain health and treat the disease.

Periodontal Disease Protocol

Since periodontal disease is a continuous process, it is important to understand that we are treating a disease that is difficult to reverse. When a person is diagnosed with periodontal disease, there is a specific treatment sequence that is important to provide. This is called scaling and root planing which sometimes may be referred to as a "deep cleaning." The treatment entails cleanings underneath the gum tissue and removing any physical irritants attached to the tooth. This process is usually completed in two appointments doing one side of the mouth each time. After the two initial appointments, it is important to see the patient every three months for one year to ensure periodontal health is established. After a year, the doctor and the hygienist evaluate what an appropriate recare sequence should be ranging anywhere from three to six month visits.

Risk Factors

As stated previously, periodontal disease can present in a variety of ways. The risk factors for the disease, outside of bacteria and physical irritants, also vary. There are controllable factors and ones that we have no control over. The



controllable risk factors are: smoking, uncontrolled diabetes, poor oral hygiene, medications, malpositioned teeth, malocclusion, irregular dental visits, stress, gingivitis (inflammation of the gum tissue), clenching or grinding teeth, overhanging restorations, and poor nutrition. Uncontrollable risk factors are: sixty-five years of age or older, hormonal changes, males, family history of periodontal disease, race and ethnicity, underlying immunodeficiencies, nutritional deficiencies, and other systemic conditions.

Overall Health Effects

In today's world, health is a trending topic but lacks the focus of our teeth. The mouth is connected to the rest of the body. There are hundreds of different types of bacteria in the oral cavity. While most are not harmful, the ones that play a large role in our overall health. Having chronic infection and inflammation in any part of the body is not

healthy, and it is no different in the mouth.

Due to the bacteria, infection, and inflammation in the mouth, people are more susceptible to heart disease, lung disease, stroke, diabetes, osteoporosis, preterm births, and kidney disease.

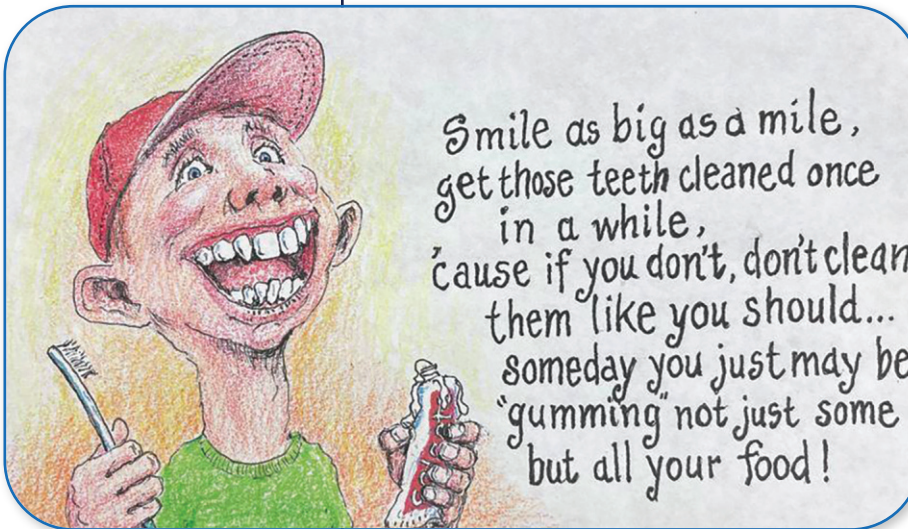
Prevention

The best way to prevent periodontal disease begins at home. It's important to brush twice a day for two minutes to remove soft plaque that accumulates each day. Additionally, flossing, or any other devices you prefer to clean out plaque and food between teeth once a day, and eating a healthy diet. Other preventive

measures that can be taken are to visit a physician to control or identify any systemic diseases that can influence gum disease. Prevention is key when it comes to anything in health. The more we can do to prevent disease, the easier it is to sustain a healthy lifestyle and have a higher quality of life.

Warning Signs

It is our recommendation to visit the dentist office at least two times a year for routine cleanings and exam to prevent gum disease and other dental concerns. There are signs that a person can identify at home if they haven't been to the dentist in a while. Signs to look for are bleeding gums when brushing or flossing, red, puffy, or tender gums, bad breath, gums that have pulled away from the teeth, pus between teeth or gums, loose teeth, change in the way teeth come together, or increase of space between teeth.



Drawing courtesy by:
Jack McConaughey



Tooth Trivia

- * Elephants grind away their teeth and grow new ones six times during their lifetime.
- * Jaw muscles can contract with a force up to 200 pounds of pressure.
- * The US started producing electric toothbrushes in 1960.
- * Our ancestors crafted their toothpaste from pulverized oyster shells, ox hoof powder, ground bones, and egg shells.
- * The life span of a taste bud is 10 days.
- * Snails have 25 teeth in the weirdest place...on their tongue.

CAN YOU KEEP A SECRET?

We Hope Not!

If you are pleased with your experience at Platte River Family Dentistry, please do not keep it a secret! We would love for you to tell your family and friends and invite them to become one of our valued patients. If they tell us you referred them, we will send you a gift card as a token of our appreciation. We are always accepting new patients and have found that our best new patients come from our present patients' referrals.

ADULT *No Cavity Club*

Remember that excitement of having no cavities as a child and getting to enter your name into the NO CAVITY CLUB? Well, we would love for you to have that same great feeling as an adult! Therefore, adults and children both will get to enter their name in the NO CAVITY CLUB after having their radiographs and doctor exam with no decay. Once a month we will draw the name of one child and one adult who will get to choose a prize. So keep brushing and get your name in the NO CAVITY CLUB drawing!



Cook's Corner

Easy Jalapeno Poppers



INGREDIENTS

- 10-15 large jalapeno peppers (sliced in half and seeds removed)
- 1 8oz. Package cream cheese –softened
- 1lb ground sausage –scrambled
- 1 cup shredded cheddar cheese
- Real bacon bits for topping -optional

DIRECTIONS

1. Preheat oven to 400 F
2. Slice jalapenos length wise and remove all seeds
3. In a large skillet, scramble sausage until done and drain remaining grease off
4. Combine sausage, cream cheese, and cheddar cheese into a large bowl and stir
5. Put a spoonful of cream cheese mixture into each jalapeno half
6. Line a baking sheet with foil and nonstick cooking spray
7. Place each pepper onto baking sheet and bake for 20 minutes
8. Remove from oven and allow to lightly cool
9. Sprinkle with real bacon bits –optional
10. Enjoy

Dentists: Dr. Britt Marsh
Dr. Lance Lucas
Hygienists: Kylee Kisler
Gabrielle Woehrle
Dental Assistants: Julie Youtz
Valerie Grant
Sahala Anderson
Tisha Duffield
Appointment Sec.: Tracy Flock
Office Manager: Leslie Gubbels



OFFICE HOURS

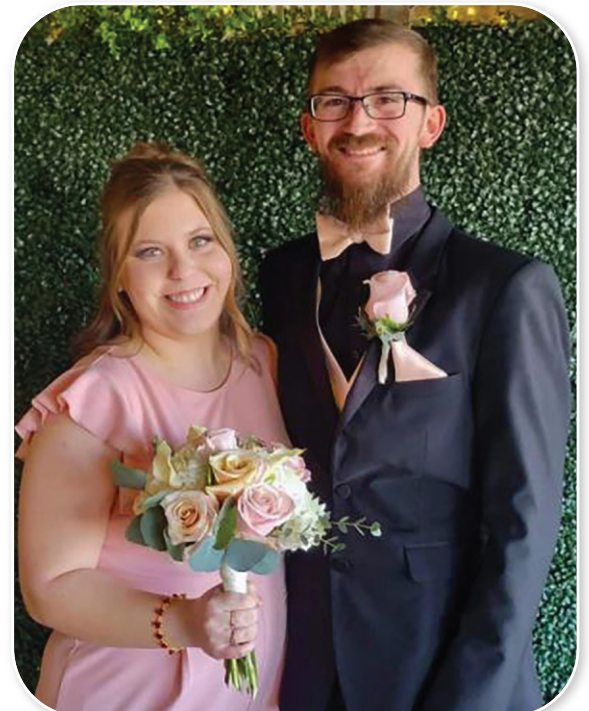
8:00 a.m. - 5:00 p.m.
Monday - Thursday



Congratulations to the Newly Weds!



On June 22, 2023, Gabbi married Ethan Woehrle. Ethan is from central Nebraska as well and they have been together since their freshman year of high school. They had a private ceremony at The Blue Lakes in Breckenridge, CO and celebrated with their closest family and friends.



On March 3, 2023, Sahala married Justin Anderson. They have been together for five years. They enjoy each others company and love going on adventures together.