

# What You Should Know About: Periodontal Disease, **Prevention, and You**

### **Be Your Own** Health Advocate!

- Your Medicaid benefits include dental coverage.
- Use your dental benefits to help you have a healthy mouth.

#### **These Medicaid** dental benefits can help you prevent periodontal disease:

- Routine dental exams, x-rays, and cleanings
- Counseling to help you quit smoking.

If you have any questions about using your benefits, call the phone number listed on the back of your Medicaid card.

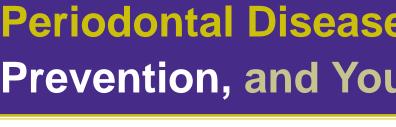


Get rid of PLAOUE.

Brush twice a

day with fluoride

toothpaste.



## UNDERSTANDING PERIODONTAL DISEASE

Medicaid

### Did you know...?

- · Periodontitis is also called gum disease. It is a serious gum infection.
- Periodontal disease is caused by PLAQUE. Plaque is a soft, sticky layer of bacteria that can build up on your teeth.
- Plaque damages the soft tissue. Without treatment, it can destroy the bone that supports your teeth. This may lead to teeth that are loose and sensitive and/or tooth loss.

### Four Stages of Periodontal Disease:

#### Stage 1: Gingivitis

· Inflammation of the gingiva (gums) without bone loss.

#### **Stage 2: Early Periodontitis**

Inflammation of the gums and the surrounding tissues that results in early bone loss.

#### **Stage 3: Moderate Periodontitis**

- Inflammation of the gums and the surrounding tissues that results in moderate bone loss.
- **Stage 4: Advanced Periodontitis**
- Inflammation of the gums and the surrounding tissues that results in severe bone loss.

### Other Types of Periodontal Disease:

#### Acute Necrotizing Ulcerative Gingivitis (ANUG)

A severe and painful type of periodontal disease that results in deep sores in the mouth. It is usually caused by poor oral hygiene and poor diet.

#### **Pregnancy Gingivitis**

· Common in pregnant women and caused by hormonal changes during pregnancy.

### Warning Signs of Periodontal Disease:

- · Bad breath that does not go away
- Red, swollen, or bleeding gums
- Receding gums or teeth that appear longer
- Painful chewing
- Loose or sensitive teeth

### **Risks Factors for** Periodontal Disease:

- Poor oral hygiene
- Smoking •
- . Diabetes
- Taking medications that cause dry mouth

Try counseling to help you quit

smoking.

- Female hormonal changes, such as with • pregnancy or the use of oral contraceptives
- Underlying immunodeficiency (example, AIDS)
- Heredity
- Stress



**Clean or floss** between your teeth every day.



### PREVENTING PERIODONTAL DISEASE

What can you do?

See your dentist regularly for routine

exams, x-rays,

and cleanings.

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Eat a healthy diet

of whole grains, fruits,

and vegetables.