



Are You at Risk for Periodontal Disease?

Interesting Facts:

Did you know the *risk factors* for periodontal disease include:

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| <input type="checkbox"/> Heredity / Family History* | <input type="checkbox"/> Poor oral hygiene |
| <input type="checkbox"/> Smoking* | <input type="checkbox"/> Faulty dentistry |
| <input type="checkbox"/> Diabetes* | <input type="checkbox"/> Hormonal variations |
| <input type="checkbox"/> Ethnicity* | <input type="checkbox"/> Immunocompromised |
| <input type="checkbox"/> History of perio disease* | <input type="checkbox"/> Connective tissue diseases |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Transmission of pathogens via shared saliva |
| <input type="checkbox"/> All medications | |
| <input type="checkbox"/> Nutrition | *Top five areas of risk |

What You Should Know:

- Risk factors such as diabetes and smoking are far more potent than others such as faulty dental work and missed hygiene appointments.
- All risk factors are not created equal. The greater your risk, the more likely you are to have a periodontal infection in your lifetime, in some cases severe.
- Periodontal disease is transmissible through the saliva.
- Modifying your level of personal risk, whenever possible, is essential to successful treatment outcomes.

What You Should Do:

- *Seek* the care of a dentist or hygienist if you have any of the risk factors.
- *When applicable*, smoking cessation and dietary counseling can provide you with support to modify your risk factors & behaviors.
- *Replace* failing dentistry, before it becomes urgent, to avoid the pain, inconvenience and added expense unplanned dentistry can involve.
- *Reveal* all risk factors to your dental health professional so they may best assist you.

The information was compiled from a variety of sources rather than a single journal article, including interviews and published works by leading clinicians, researchers and dental educators including; Dr. Larry Sweeting, Dr. Maria Ryan, Dr. Laura Minsk and the JP Institute.