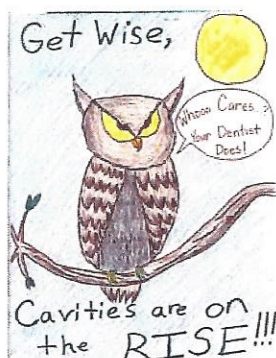
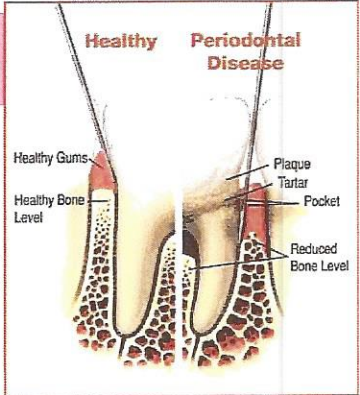


# BACK DOOR READING FROM YOUR HEALTH MINISTRIES



## ORAL HEALTH



Gum Disease = Gingivitis = Periodontal Disease = an infection that can lead to tooth loss. It is mainly caused by plaque, the sticky, colorless film that constantly forms on your teeth.

### Smoking/ Tobacco Use

In addition to all the other bad things tobacco does, it increases the risk of gum disease. (Snuff is tobacco too)



### Pregnancy

Gums may be more sensitive during pregnancy. In addition, women with gum disease are 7X more likely to deliver pre-term babies.



### Genetics

Up to 30% of the population has an innately greater tendency to gum disease. In spite of good oral hygiene, they are 6X more likely to have problems unless treated aggressively.

### Medications

Over 400 medications can produce dry mouth (xerostomia), which makes gums more susceptible to disease. Other meds can cause an overgrowth of fragile gum tissue. Tell your dentist ALL medications you are taking so that problems can be averted.



### Diabetes

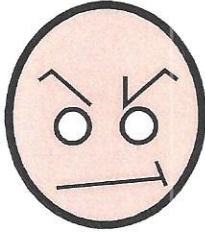
Diabetics have a higher risk for all infections, gum disease included. Infected gums make diabetes more difficult to control.

### Nutrition

Vitamin C is the vitamin most closely associated with healthy gums, but poor nutrition in general weakens the immune system, allowing infection to start.

### Stress

Stress is linked to many serious health problems, so it should be no surprise that it is also a risk factor for gum disease.



### Clenching/ Grinding Teeth

This activity, frequently done while sleeping or under stress, puts excess force on the supporting tissues of the teeth and speeds up the rate of damage to these tissues.