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Oral Health = Overall Health

How important is your oral health?

Oral health means more than just an attractive smile. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. The condition of the mouth mirrors the condition of the body. Recent reports indicate a relationship may exist between **periodontal (gum) disease** and **stroke, heart disease, diabetes, Alzheimer's disease, chronic lung disease, leukemia, kidney disease** and **pre-term low-birth-weight babies**.

What causes gum disease?

Bacterial plaque – a sticky, colorless film that constantly forms on the teeth. If plaque isn't removed each day by brushing and flossing, it hardens into a rough substance called calculus (tartar). There are toxins (poisons) released by bacteria in the plaque which irritate the gums. These toxins breakdown the fibers that hold the gums tightly to the teeth, causing deeper periodontal pockets and filling the pockets with more toxins and bacteria.

What are the warning signs of gum disease?

Signs include red, swollen or tender gums, bleeding while brushing or flossing gums that pull away from teeth, loose or separating teeth, puss between the gum and tooth, persistent bad breath.

How do you prevent gum disease?

Removing plaque through daily brushing, flossing and professional cleaning is the best way to minimize your risk of gum disease. Your dentist or hygienist can design a personalized program of oral home care to meet your needs.

See your dentist / hygienist twice a year or more according to your needs for an exam and periodic maintenance. Gum disease is a serious gum infection that should always be taken seriously.

Always remember to keep your mouth healthy! Your oral health affects your overall health.