

Chapter 8

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 8 —
**The Gum and Overall Health
Connection**

- **Take-Aways**
- **Things To Do**

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Take-Aways

- Your gums protect you from everything you put inside your mouth.
- **Facts about Gingivitis**
 - Gingivitis- the official name for the gums is "gingiva". And "itis" always means inflammation. So gingivitis means inflammation of the gums.
 - This is the early stage of Gum Disease where the gums bleed easily and are swollen, but the disease has not progressed to the jawbone.
- **Facts about Periodontitis**
 - Periodontitis - Remember the ligament that connects your tooth to the bone? It's called the periodontal ligament. This disease is inflammation of the periodontal ligament and the bone beneath. Periodontitis is inflammation of the bone and the gums.
 - This is Stage 2-4 gum disease when the disease has progressed into the bone and there has been early to advanced bone loss, threatening the tooth and your overall health.
- Gum disease can be caused by bacteria, metal in the mouth, Vitamin C deficiencies, or other bad health habits.
- More than 50% of adults have some form of gum disease.
- Gum disease links to many other dangerous diseases.
- Gum recession can also be caused by mechanical problems like your bite.

- Signs of Gum Disease:
 - Bleeding Gums
 - Sore Gums
 - Bad Breath
 - Loose Teeth
 - Receding Gums
 - Sensitive Teeth
- Signs of TMJ (Jaw) Problems
 - Pain in the Jaw, neck, shoulders, or ears
 - Pains while eating
 - Clicking or popping in the jaw
 - Headaches
 - Poor sleep
 - Dizziness or ringing in your ears
 - Jaw joint pain or swelling

Things To Do

- Watch for the signs and treat your gum disease before it progresses too far.
- Go to a dentist so they can diagnose your gum disease or bite problems.
- Go to a dentist that uses a laser and ozone to clean your teeth and gums.