

PIE CHART INFORMATION USE DRY ERASE AND CHECK OFF HOW MANY PATIENT HAS.

DRY MOUTH: medications (over 3,000), allergies, age, hormones, and diet. Causing decay, gingival and periodontal diseases.

GRINDING: forces on fibers that hold the teeth and stresses on bone. Day = 200 lbs. per sq. inch, and Night = 900 lbs. per sq. inch which break down the fibers and bone holding in our teeth.

SUGARS: help the bacteria to grow to cause decay, gingival and periodontal disease.

HOST RESISTANCE: If this is low you are 2-7 times more vulnerable for mouth infections.

NUTRITION: 8-12 servings of fruits and vegetables daily or you are more vulnerable for oral infections and a lowered host resistance.

HERBS: any herbal supplement that starts with a "G" can cause increased bleeding, which in the mouth is similar to watering fertilized grass, because the bleeding increases the germ count. Which will increase gingivitis and periodontal disease. Medications and herbs are necessary so we must deal with the 'side' effects.

SLEEP: 6 or less hours of sleep will make you 3 times more susceptible to gingival and periodontal diseases.

COMMUNICABLE: you can pass your infected saliva to others, or you can get infected from another's saliva. Don't swap spit or share eating utensils. Do not test your child's food and use the same cutlery.

STRESS: causes perio disease. You are 2-7 times more likely to have periodontal diseases.

DRUGS: illegal cause decay, gingival and periodontal diseases, from 5-19 times more prone to oral diseases.

GENETICS: 7-19 times more likely to get periodontal diseases. Disease appears 20 years earlier and you will produce 4 times the bacteria and progresses very rapidly, with a lot more bleeding than is normally seen.

AGE: as we get older we are more prone to gingival and periodontal diseases. Men jump into a high-risk category after the age of 50. 75% - 85% over 65 yrs. old have perio disease.

GENDER: Men after the age of 50 it will progress rapidly. Women have tendencies through out their life due to hormonal fluctuations. Men over 50 rapid disease, Fe always.

HORMONES: hormones, pre-menopause, menopause, and post menopause all contribute to gingival and periodontal diseases. Any form of hormone will cause gingival disease. Hormone replacement therapy or no hormone replacement therapy during menopause will both cause gingival and periodontal diseases.

SMOKING: 5 times more likely to have periodontal diseases.

SYSTEMIC DISEASES: diabetic is 3 times more likely to have gingival and periodontal diseases and a diabetic will have a more difficult time controlling their sugar if they have gingival and periodontal diseases. Osteoporosis and postmenopausal female is 86% more likely to have gingival and periodontal diseases. High cholesterol in diet leads to bone loss. Compromised immune system diseases make you 3-5 times more likely to have gingival and periodontal diseases. 1999 study conducted by the Third National Health and Nutrition Examination Survey found that people with the severest forms of periodontal disease were almost 4 times more likely to have a heart attack than those without periodontal disease.

MEDICATIONS: dry out the mouth which can add to decay, gingival and periodontal diseases. 3,000 MEDS. Some medications are more severe than others. Type of meds and number

ORAL HYGIENE: water pik, brush and proxy brush twice daily. Oral hygiene will not control periodontal disease it just prevents plaque. Poor oral hygiene = 10 times more likely to have gingivitis.