



Excellence in Dentistry  
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**Exam Information**

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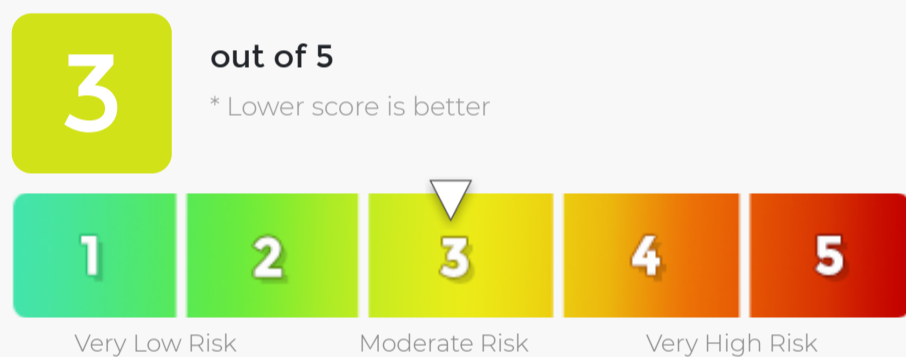
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## Gum Disease and You.

Knowing your gum health scores is the first step in improving, or maintaining the health of your gums. Here are other simple steps you can take:

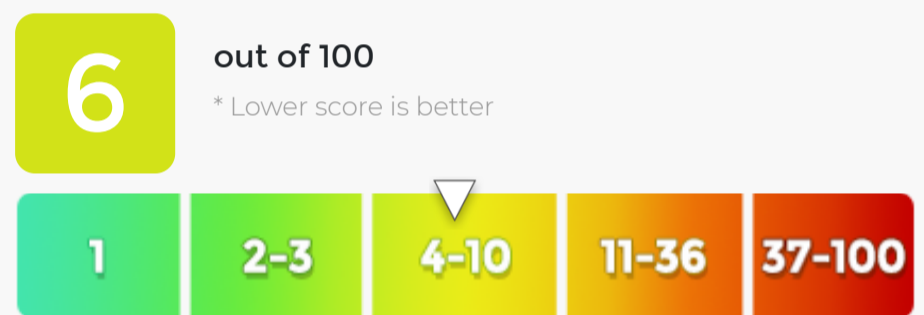
- Talk to your dentist about managing any factors that contribute to elevated risk of disease.
- Ask your dentist how gum disease may impact other serious health ailments such as heart disease, Alzheimer's, strokes and diabetes.

### Gum Disease Risk Score



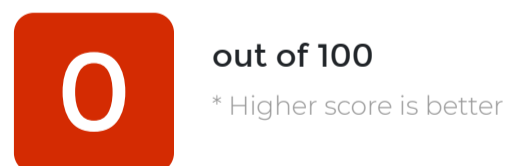
The gum disease risk score describes the likelihood that without appropriate home and professional care, the health of your gums may worsen resulting in infection and inflammation of your gums and the possible loss of teeth.

### Gum Disease Score



Your score indicates you have some bone loss and/or gum tissue damage typically associated with mild periodontitis. This damage may be the result of current active disease or the results of damage you experienced in the past. Your likely treatment and on-going maintenance needs are currently modest.

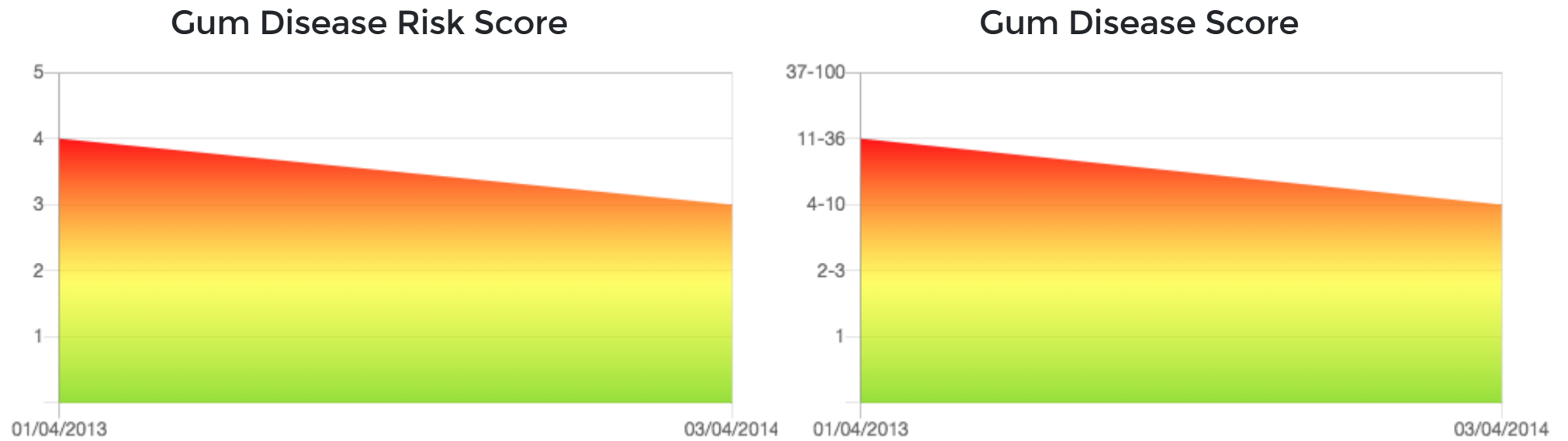
### Gum Health Stability Score



The gum health stability score informs whether or not your gum health is stable (unchanged [stable] or worsened condition). The first gum health assessment always results in a score of zero (0). As your gum health is assessed over time, the score will increase by 10 points for every year of gum health stability, reaching a maximum of a score of 100 indicating 10 years of stability. If your gum health worsens, the score will return to a score of zero (0).

# What Changed?

The information below shows your scores over time.



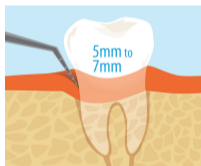
To help maintain or improve the health of your gums:

## Pockets less than 5mm



Pockets that are less than 5mm deep can have the most thorough removal of bacteria and calculus. However, all deep pockets were at one time less than 5mm with the optimal probing depth being 3mm or less.

## Pockets 5-7mm



Pockets in the 5 to 7 depth range cannot be cleaned with a toothbrush and floss, and professional cleaning instruments don't always reach the bottom of the pocket. Incomplete removal of plaque and calculus results in deeper pockets and tooth loss.

## Subgingival restorations



Fillings below the gumline trap bacteria at the junction of the tooth and filling that cannot be completely removed, thereby facilitating disease progression. This situation also increases the risk for decay.

# What Can I Do?



### Your participation is very important.

The most common behaviors that influence health and treatment success are oral hygiene, nutrition, and smoking. You may receive advise, including resources for you to change to health-promoting behaviors.



### Visit the Dentist more frequently.

Regular visits to the dentist to detect disease in the early stages can prevent more complex and expensive treatment. Better still are regular visits for preventative care targeted to your risk factors.

Your Clinical Access Code: FFHMCXT9KW

