Be Your Own Health Advocate!
- Your Medicaid benefits include dental coverage.
- Use your dental benefits to help you have a healthy mouth.

UNDERSTANDING PERIODONTAL DISEASE

Did you know...?
- Periodontitis is also called gum disease. It is a serious gum infection.
- Periodontal disease is caused by PLAQUE. Plaque is a soft, sticky layer of bacteria that can build up on your teeth.
- Plaque damages the soft tissue. Without treatment, it can destroy the bone that supports your teeth. This may lead to teeth that are loose and sensitive and/or tooth loss.

Four Stages of Periodontal Disease:
Stage 1: Gingivitis
- Inflammation of the gingiva (gums) without bone loss.
Stage 2: Early Periodontitis
- Inflammation of the gums and the surrounding tissues that results in early bone loss.
Stage 3: Moderate Periodontitis
- Inflammation of the gums and the surrounding tissues that results in moderate bone loss.
Stage 4: Advanced Periodontitis
- Inflammation of the gums and the surrounding tissues that results in severe bone loss.

Other Types of Periodontal Disease:
Acute Necrotizing Ulcerative Gingivitis (ANUG)
- A severe and painful type of periodontal disease that results in deep sores in the mouth.
  It is usually caused by poor oral hygiene and poor diet.
Pregnancy Gingivitis
- Common in pregnant women and caused by hormonal changes during pregnancy.

Warning Signs of Periodontal Disease:
- Bad breath that does not go away
- Red, swollen, or bleeding gums
- Receding gums or teeth that appear longer
- Painful chewing
- Loose or sensitive teeth

Risks Factors for Periodontal Disease:
- Poor oral hygiene
- Smoking
- Diabetes
- Taking medications that cause dry mouth
- Female hormonal changes, such as with pregnancy or the use of oral contraceptives
- Underlying immunodeficiency (example, AIDS)
- Heredity
- Stress

PREVENTING PERIODONTAL DISEASE
What can you do?

Get rid of PLAQUE. Brush twice a day with fluoride toothpaste.

Eat a healthy diet of whole grains, fruits, and vegetables.

Clean or floss between your teeth every day.

Try counseling to help you quit smoking.

See your dentist regularly for routine exams, x-rays, and cleanings.