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To: jparnell@oralhealthkansas.org
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ORAL HEALTH KANSAS
Weekly Wednesday Update

*Our Mission:
To improve oral health
in Kansas through
advocacy,
public awareness
and education.*

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In This Issue

[Gum Disease is Preventable Not Inevitable](#)

Quick Links

[Home](#)
[Our History](#)
[Dental Champions](#)
[Partnerships](#)
[Community Coalitions](#)
[Contact Us](#)

2010 Conference Early Bird Deadline Extended

The Early Bird registration deadline has been extended until Monday, November 8th.

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Gum Disease is Preventable Not Inevitable!

For the 33 trapped Chilean miners, it was 17 days before they were able to brush their teeth. As a result many of them suffered from gum disease. The world was fixed to the news about the miners trapped half a mile underground, and between August 5th and October 12th when they were rescued, the world watched, waited, and hoped for their safe rescue.



In addition to not being able to brush their teeth for nearly 3 weeks, the miner's poor nutrition, and the use

information.

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of smoking tobacco while underground may have contributed to the poor oral condition when they were rescued. Two of the miners required oral surgery upon return to the surface, and one had such terrible oral pain that he had to sleep sitting up for the last few days of his time in the mine. This just goes to show how quickly gum disease can develop and how important it is to brush twice a day and floss everyday for good oral health.

What is Gum Disease?

Periodontal or gum disease is an infection of the tissues surrounding and supporting the teeth. It is a major cause of tooth loss in adults, and because gum disease is usually painless, you may not know you have it.

Gum disease is caused by plaque, a sticky film of bacteria that constantly forms on the teeth. It is this bacteria that creates toxins that can damage the gums.

Gingivitis is what the early stages of gum disease is called. It is in this stage that the gums can become red, swollen and bleed easily. During this stage, gum disease is still reversible and can usually be eliminated by daily brushing, flossing and visiting your dentist. However, in the more advanced stages of gum disease, called periodontitis, the gums and bone that support the teeth can become seriously damaged, causing the teeth to become loose, fall out or they even may have to be removed by a dentist.

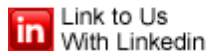
The following is a list of signs of gum disease. If you notice any you should see call and see your dentist right away:

- Gums that bleed when you brush your teeth
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Bad breath that doesn't go away
- Pus between your teeth and gums
- Loose teeth
- A change in the way your teeth fit together when you bite
- Change in the fit of partial dentures

Gum disease is preventable not inevitable! You can prevent

gum disease by taking good care of your teeth everyday by, brushing twice a day, flossing at least once a day, and by seeing your dentist on a regular basis.

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org



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