

## QUICK FACTS

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### SIGNS AND SYMPTOMS OF PERIODONTAL DISEASE

- BLEEDING GUMS
- SORE OR SWOLLEN GUMS
- LOOSE TEETH
- GUM RECESSION
- CHRONIC BAD BREADTH
- PUS AROUND TEETH
- PAIN UPON CHEWING
- RECENT BITE CHANGE
- SPACES BETWEEN TEETH
- FOOD ACCUMULATION

IF YOU HAVE ONE OR MORE OF  
THESE SYMPTOMS, YOU MAY HAVE  
PERIODONTAL DISEASE.

PERIODONTAL INFECTION IS  
OFTEN **WITHOUT** SYMPTOMS.  
A COMPLETE PROFESSIONAL  
EVALUATION IS NEEDED.

SCAN TO VIEW OUR WEBSITE!



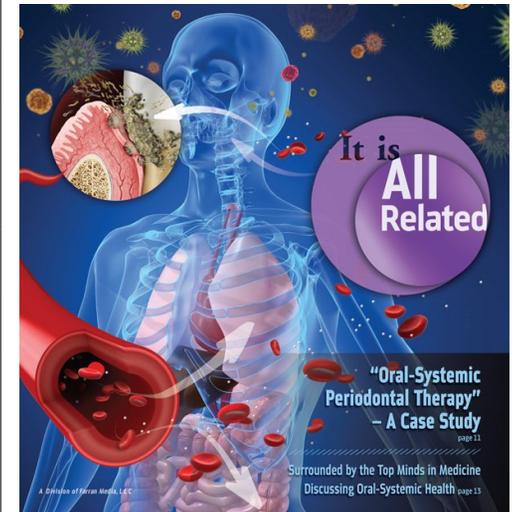
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## ORAL SYSTEMIC CONNECTION



“The oral cavity plays an  
important role in the overall  
health of the body”

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**It has been reported that 3 out of every 4 Americans have signs of mild periodontal disease or gingivitis. Almost 30% show signs of the more severe disease, chronic periodontitis. We now have reason to believe that the health of your teeth and gums may have a significant effect on the overall health of your body. Recent scientific literature suggests a strong relationship between oral disease and other systemic diseases and medical conditions.**

THE MOST SIGNIFICANT AREAS IDENTIFIED TO-DATE TO HAVE A SUSPECTED ORAL SYSTEMIC CONNECTION ARE:

- Cardiovascular Disease
- Pulmonary Disease
- Fetal Development
  - Diabetes
- Orthopedic Implant Failure
  - Kidney Disease

In all of the above mentioned medical conditions, oral bacteria and periodontal disease are suspected contributing factors. In some cases, it may be the periodontal pathogenic bacteria or their associated cytokines that are the culprits. In other cases, it may be the secondary inflammatory response within the body that may initiate or aggravate an underlying medical condition. Whatever the pathway, it is imperative that patients understand periodontal disease, and how it may be treated or prevented.

## PREVENTING AND TREATING GUM DISEASE

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Associations between periodontal disease and diabetes, cardiovascular disease, stroke, pulmonary disease and pregnancy complications are currently being studied.



The weight of the evidence thus far supports a plausible correlation. The elimination and/or maintenance of gum disease may prove to be an important factor to overall

health.

Maintaining good oral health goes beyond brushing teeth a couple of times a day, daily flossing and the use of a good mouthwash. Even by being scrupulous with at home hygiene, over time, bio film (plaque) will adhere to teeth and harden. Even without symptoms, you can have advanced disease. Without a professional comprehensive periodic exam, infected pockets cannot be detected. The plaque will form in hard to reach areas, creating pockets where bacteria can grow. It is the excess accumulation of bacteria that causes the local periodontal tissue to become inflamed (gingivitis). If left untreated, gingivitis will progress to a more chronic condition, periodontitis (periodontal disease). When inflammation is present, oral

bacteria and its byproducts, called endotoxins, can enter the general blood circulation. It is the body's secondary inflammatory response to these circulating bacteria that is implicated in the complication of many medical conditions and diseases. The goal of periodontal treatment is to remove inflammation-causing bacteria from the mouth, thereby preserving tooth health and decreasing overall systemic inflammation.

## YOUR NEXT VISIT

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**Depending on the severity of the periodontal disease, the treatment will vary.**

**For mild disease, scaling and root planing is recommended, along with creating new oral hygiene habits to eliminate its recurrence.**

Any questions? Please call 732-295-1616