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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Can Periodontal Gum Disease Be Reversed?

By Blake Kritzberg

Can periodontal gum disease be reversed? The answer is yes, if you begin early enough and are diligent. More advanced periodontal gum disease may still be reversed, but it will take some special cleaning provided by your dentist to give you a fighting chance.

Adopting a strenuous daily oral hygiene routine now can go a long way to reversing periodontal gum disease.

1. Brush thoroughly when you get up in the morning and before you go to bed each night. Brushing or at least rinsing with water after meals and snacks will also help remove food and bacteria trapped between teeth, helping in reversing periodontitis.
2. Rinse your mouth with a good antibacterial mouthwash for at least a full thirty seconds twice each day. This will help reach bacteria trapped in pockets below your gum line, aiding in reversing periodontal gum disease.
3. Floss every single day. Pay special attention to flossing just below the gum line for reversing periodontal gum disease.
4. Even better than flossing or rinsing is the use of one of the powerful oral irrigators on the market, which blast food particles out from between your teeth and clean the gumline. High-end irrigators can be purchased with special tips to reach deeply into any pre-existing pockets and clean them out. These special tips are necessary for effective cleaning if your periodontitis has already established itself.

While a conscientious oral hygiene routine can go a long way in aiding the reversal of periodontal gum disease, sometimes the infection is too far advanced, and it is necessary to get professional help.

If the problem is becoming severe, your dentist may see fit to perform a periodontal cleaning. If x-rays show deep pockets of bacteria surrounding any of your teeth below the gum line, your dentist can choose from special procedures known as debridement, scaling or root planing to go in and scrape the bacteria out and make the tooth less hospitable to germs. He may also order a prescription

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antibacterial mouth wash to be used daily that will also help in reversing periodontal gum disease.

If more is required, he may perform actual periodontal surgery, which involves lifting the flaps of the gum to enable deep cleaning and suturing them back in place. After the procedure, you will have several appointments to check on the success of the cleaning. Still, there's good news for patients that have to suffer through surgery — a 2001 study found that roughly 50% of patients with moderate to severe periodontal disease showed measurable improvement from surgery, while those trying non-surgical options enjoyed less success.

The important thing is to seek help as soon as you notice any signs of trouble with your gums. The good news is, periodontal gum disease can be reversed if it's caught early enough.

Blake Kritzberg is proprietor of CuresForBadBreath.com. Stop by

<http://www.curesforbadbreath.com>

to

learn more about bad breath cures and how to prevent bad breath.

Poor Dental Hygiene May Account for Poor Health

By Yvonne Takhtalian, C.N.H.P, H.I.

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Bright white teeth and fresh breath does not necessarily mean you have a healthy mouth! General health is directly related to gum health. Gum disease has been linked to several medical conditions such as stroke, diabetes, heart attack and worsening lung disease. Healthy gums can reduce a person's biological age by up to 6.4 years. Why? Because studies show that the presence of periodontal diseases, most common in people with tooth loss, actually affects longevity. The best of these studies, done at Emory University in conjunction with the Centers for Disease Control, indicates that people with gingivitis and periodontal disease have a mortality rate that is 23% to 46% higher than those who don't. Keeping your gums clean and healthy may help reduce the risk of many illnesses, including heart disease.

Gum Disease

Gum disease or periodontal disease, a chronic inflammation and infection of the gums and surrounding tissue, is the major cause of about 70 percent of adult tooth loss, affecting three out of four persons at some point in their life. Red swollen and bleeding gums characterize gum disease in the initial stages and progresses to infections, chronic inflammation and bone loss in later stages. Eventually bacteria are allowed to flow freely through your gums and into your blood stream that activates and stresses the immune system.

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Heart Attack

Research shows that people with gum disease are 25% more likely to have a heart attack. Bacteria originating from the gums to the veins and arteries cause plaque build up and arterial inflammation that can provoke jeopardous clotting. A 12-year study conducted by Harvard University researchers and 41,000 healthy men free of cardiovascular disease showed that those with periodontal disease had more clot related strokes.

Diabetes

Periodontal disease severely affects the control of blood sugars. The spread of bacteria through out the body through the blood stream stresses and confuses the body when trying to adjust sugars to the invasion. Antibiotic treatment has help diabetics control blood sugars while treating the infections caused by gum disease.

Lung Infections

Breathing in oral bacteria caused by gum disease can cause lung infections. Bacteria that grow in the oral cavities can be breathed into the lungs to cause respiratory disease such as pneumonia.

Yvonne Takhtalian, C.N.H.P, H.I. spent the past 10 years developing & improving Vita-Myr Natural Products helping thousands like you heal gum disease & gingivitis. She just released a new line of 100% Natural Vita-Myr Soaps to compliment her Vita-Myr Mouthwash & Toothpaste. Find out more <http://www.vitamyr.com/> or email Yvonne <mailto:vitamyr@mindspring.com> Copyright © 2004 Vita-Myr® International Inc All rights reserved

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