



DEDICATED TO SURGICAL EXCELLENCE AND INNOVATION

ADVANCED PERIODONTICS IMPLANT CENTER

Obesity and Periodontal Disease

IF YOU HAVE BEEN TOLD YOU HAVE PERIODONTAL (GUM) DISEASE, you're not alone. Gum disease is a chronic inflammatory condition that is widespread among the adult population. According to the Centers for Disease Control and Prevention, over 47% of the American population, or 64.7 million adults, have periodontal (gum) disease.

What causes gum disease?

Our mouths are full of bacteria. These micro-organisms, along with mucus and other particles, form a sticky, colorless "plaque" on teeth. This plaque is a complex biofilm of bacteria that is hard to rinse off or have anti-septics penetrate. Mechanical toothbrushing with flossing is best to remove this plaque and prevent infection.

Gingivitis

The longer plaque and tartar are on teeth, the more harmful they become. The bacteria causes inflammation of the gums that is called "gingivitis." In gingivitis, the gums become red, swollen and can bleed easily. Gingivitis is a mild form of gum disease that can usually be reversed. This form of gum disease does not include any loss of bone and tissue that holds our teeth in place.

Periodontitis

When gingivitis is not treated, it can advance to "periodontitis" (which means "inflammation and bone loss around the tooth"). In periodontitis, there is bone loss creating space, called "pockets," that become even more infected. The body's immune system fights the bacteria as the plaque spreads and grows below the gums. Bacterial toxins and the body's natural response to infection start to break down the bone and connective tissue that holds our teeth in place. If not treated, the supporting structures to the teeth are destroyed.

Periodontal disease is a major cause of tooth loss, and early treatment of the disease reduces tooth loss. A number of studies have shown that there are many different systemic risk factors for periodontal disease; these factors include tobacco use, obesity, diabetes, cardiovascular disease, osteoporosis, respiratory diseases, rheumatoid arthritis, certain cancers, kidney disease and dementia.

Oral Health and Obesity

The disease of obesity affects the largest number of adults in the United States. The World Health Organization defines overweight and obese as body mass index (BMI) greater than or equal to 25 and 30, respectively. Obesity is a complex condition with multiple genetic, biologic, social, and behavioral causes that interact to ultimately lead to a chronic imbalance between energy intake and expenditure. It is now known that fat cells produce many chemical signals and hormones. Many of these substances increase overall inflammation in the body. This may lead to a decreased immune status, which increases susceptibility to periodontal disease.

It is important to report that increased BMI is positively correlated with periodontal disease prevalence. We hope this will increase awareness among medical, and dental professionals so that there is increased patient education about the oral health risks of obesity.



Dr. Love completed her four years of Dental training in University of Colorado at Denver. She then served her one year residency at SUNY Stony Brook in Long Island working alongside Geriatric dental program, and completed her three years of surgical periodontal training at Case Western Reserve University rotating through Cleveland Clinic in Cleveland, Ohio. She has been committed to innovation and surgical excellence in the Coachella Valley since 1998.



Dr. Love is pleased to announce the addition of Dr. Bobby Butler to the staff of Advanced Periodontics and Implant Center. Dr. Butler practiced periodontics and implant dentistry in downtown Seattle for 21 years. He is a Diplomate of the American Board of Periodontology and Part-time Clinical Faculty at the University of Washington. Dr. Butler is a highly respected Periodontist among his peers and has published many articles. He also lectures on cosmetic microsurgery techniques, regenerative periodontal therapy, implant aesthetics and correcting implant complications.