

Are you at risk for periodontal (gum) disease?

Periodontal diseases are bacterial infections that affect the gums, bone and ligaments that attach teeth to bone. If left untreated, these infections can result in the loss of teeth.

Your dentist will discuss your level of risk for developing periodontal disease with you and recommend treatment based on your individual needs.

Low periodontal disease risk

You may be at low risk if you:

- Have no history of periodontal disease
- Are a non-smoker
- Brush and floss daily
- Have no chronic medical conditions affecting periodontal health (e.g. diabetes)

Possible interventions

- Continue level of home care (brushing and flossing)
- Review oral hygiene with your dental professional
- Visit your dental professional every 12 to 18 months

Moderate periodontal disease risk

You may be at moderate risk if you:

- Have a history of periodontal disease
- Smoke fewer than 10 cigarettes per day
- Have your diabetes under control
- Do not brush and floss daily
- Do not visit your dental professional as often as recommended
- Have a family history of periodontal disease
- Belong to an at-risk ethnic group

(continued)

Moderate periodontal disease risk (*continued*)

Possible interventions

- Quit smoking
- Get educated about periodontal disease
- Review oral hygiene with your dental professional
- Visit your dental professional every 6 to 12 months

High periodontal disease risk

You may be at high risk if you:

- Have a history of periodontal disease
- Smoke more than 10 cigarettes per day
- Have uncontrolled diabetes
- Are HIV positive
- Are taking immunosuppressive medications (e.g. after a transplant)
- Do not brush and floss daily
- Do not visit your dental professional as often as recommended
- Have a family history of periodontal disease
- Belong to an at-risk ethnic group

Possible interventions

- Quit smoking
- Get educated about periodontal disease
- Review oral hygiene with your dental professional
- Consult with your physician about medical complications
- Take prescription medications
- Visit your dental professional every 3 to 6 months