

### **MICROSCOPIC IMAGING OF DENTAL PLAQUE**

In North America 80% of the adult population suffers from some degree of gum disease. It may be called GINGIVITIS, PERIODONTITIS, GUM RECESSION, PERIODONTAL POCKETS, or in very severe form, TRENCHMOUTH. You do not need to lose your teeth, or have gum surgery to heal these if you take the steps to treat the infection. How do you know if you have a gum infection hiding in your mouth? Typical symptoms are:

- Swollen or bleeding gums
- Loose or shifting teeth
- Bad breath
- Sour or salty taste
- Morning breath that is not sweet
- Feeling like something is stuck between your teeth even after you flossed
- Have a history of heart problems, diabetes, or any other chronic illness

If any of these symptoms sound familiar, you might have an infection, and if so it is important to understand what kind of infection you have to ensure proper treatment. If you have your teeth cleaned at a dental office while the disease is present, the infection can spread into your blood stream and the pathogens can settle into a weak spot like your heart valve, your pancreas, or your reproductive organs. The bacteria can cause havoc on your system like bacterial endocarditis infection of the inside of the heart, diabetes, and fertility issues. Many people with gum disease report that they get the "flu" after dental cleanings. That is because the infection in their gums has been transmitted throughout their entire body distressing their system.

### **How we identify the source of the infection?**

Identifying the bacteria causing the gum disease is quick and painless. A microscopic analysis of your plaque will reveal which bacteria, fungi or parasites live in your gums. A sample of your plaque is gathered from around the gum line of the teeth and placed on a microscope slide for review. The Hygienist and/or Dr. Aver will identify any pathogens (germs) and will show you what is going on in your mouth, and a treatment plan will be tailored to your specific needs. There are natural ways to eliminate these bacteria and heal the gums in the process. The cost for the Microscopic Analysis is \$45.00 and it may or may not be covered by insurance.

### **How do I prepare for the Microscopic Analysis?**

To prepare for the test it is best to "mature" the plaque by NOT flossing or brushing for 24 hours. Also DO NOT eat spicy, citrus or salty foods or drink any alcohol for 24 hours. We ask this so you do not disturb the bacteria that are the source of the gum disease.

### **Did you know gum disease is contagious?**

Yes, you can pass gum disease on to your loved ones and people who happen to get in the way of your sneeze, drink from your "just rinsed" cup, or who shared food with you at a "dipping" food event. Therefore you may want Dr. Aver to evaluate your spouse or loved one too.