

Smoking, gum disease and tooth loss

From the Centers for Disease Control and Prevention

What is gum disease?

Gum (periodontal) disease is an infection of the gums and can affect the bone structure that supports your teeth. In severe cases, it can make your teeth fall out. Smoking is an important cause of severe gum disease in the United States.¹

Gum disease starts with bacteria (germs) on your teeth that get under your gums. If the germs stay on your teeth for too long, layers of plaque (film) and tartar (hardened plaque) develop. This buildup leads to early gum disease, called gingivitis.²

When gum disease gets worse, your gums can pull away from your teeth and form spaces that get infected. This is severe gum disease, also called periodontitis. The bone and tissue that hold your teeth in place can break down and your teeth may loosen and need to be pulled out.³

Warning signs and symptoms of gum disease²

- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Gums that have pulled away from your teeth

How is smoking related to gum disease?

Smoking weakens your body's infection fighters (your immune system). This makes it harder to fight off a gum infection. Once you have gum damage, smoking also makes it harder for your gums to heal.^{4,5,6}

What does this mean for me if I am a smoker?

- You have twice the risk for gum disease compared with a nonsmoker.¹
- The more cigarettes you smoke, the greater your risk for gum disease.⁵
- The longer you smoke, the greater your risk for gum disease.⁵
- Treatments for gum disease may not work as well for people who smoke.³

Tobacco use in any form – cigarettes, pipes and smokeless (spit) tobacco – raises your risk for gum disease.⁷

How can gum disease be prevented?

You can help avoid gum disease with good dental habits.³

- Brush your teeth twice a day.
- Floss often to remove plaque.
- See a dentist regularly for checkups and professional cleanings.
- Don't smoke. If you smoke, quit.

How is gum disease treated?

Regular cleanings at your dentist's office and daily brushing and flossing can help treat early gum disease (gingivitis).²

More severe gum disease may require:³

- Deep cleaning below the gum line.
- Prescription mouth rinse or medicine.
- Surgery to remove tartar deep under the gums.
- Surgery to help heal bone or gums lost to periodontitis. Your dentist may use small bits of bone to fill places where bone has been lost. Or your dentist may move tissue from one place in your mouth to cover exposed tooth roots.

If you smoke or use spit tobacco, quitting will help your gums heal after treatment.³

References

1. Eke PI, Dye BA, Wei L, et al. Prevalence of Periodontitis in Adults in the United States: 2009 and 2010. *Journal of Dental Research* 2012; 91(10):914–20 [accessed 2014 Jul 18].
2. Centers for Disease Control and Prevention. Periodontal Disease [last updated 2013 Jul 10; accessed 2014 Jul 18].
3. National Institute of Dental and Craniofacial Research. Periodontal (Gum) Disease: Causes, Symptoms, and Treatments [last updated 2012 Aug; accessed 2014 Jul 18].
4. Centers for Disease Control and Prevention. Highlights: Smoking Among Adults in the United States: Other Health Effects [last updated 2004 May 27; accessed 2014 Jul 18].
5. U.S. Department of Health and Human Services. A Report of the Surgeon General. The Health Consequences of Smoking. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004 [accessed 2014 Jul 18].
6. U.S. Department of Health and Human Services. The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2014 Jul 18].
7. Centers for Disease Control and Prevention. Oral Health for Adults [last updated 2013 Jul 10; accessed 2014 Jul 18].

Tribal RV parks have space available for you

Logan Road RV Park
Lincoln City, Oregon
loganroadrvpark.com
877-LOGANRV

Hee Hee Illahee RV Resort
Salem, Oregon
heeheeillahee.com
877-564-7295

SOCIAL SECURITY DISABILITY/SSI

Everything You Wanted to Know

- How do you qualify for Disability and/or SSI
- How to apply for benefits
- The appeal process
- What you need to know when receiving benefits
- How to create and use your *mySocialSecurity* account and other online services

Please create & print out your personal *mySocialSecurity* account for this workshop at ssa.gov/myaccount

When: Wednesday, May 18, 2016
Time: 10 a.m. – Noon

Speaker: Kimberly Herrmann is a public affairs specialist with the Social Security Administration (SSA). Having worked as a claims representative and in the Leadership Management Program, Kimberly has extensive experience with SSA's many programs and conducts educational seminars and trainings throughout Oregon.

A FREE Workshop by the Social Security Administration



Location:
Siletz Community Health Clinic
(Upstairs – Shell Room)

When you're **ready to quit** tobacco, call 1-800-QUIT-NOW (1-800-784-8669) or go to www.quitnow.net/oregon/

Time to apply for Siletz Tribal Head Start's 2016-2017 school year

It's time to apply for your child to attend the Siletz Tribal Head Start program for our upcoming 2016-2017 school year.

If your child will be age 3 or 4 as of Sept. 1, 2016, he/she is eligible to enroll in the Siletz Tribal Head Start program. Call us at 800-922-1399 or 541-444-2532 and ask for Head Start to request an application.

There are new enrollment requirements that all Head Start programs must meet. All Head Start programs are now required to conduct either a face-to-face or telephone interview with all applicants to verify the information on their child's application. So when you return your application, we will be calling to verify the information with you.

This new requirement must be met before we can select your child for enrollment into our program. If we are unable to reach you, we will leave a detailed message asking you to call us back. Please call us back as soon as possible so we can finish processing your child's enrollment application.

This is a mandatory requirement we must meet and we are unable to enroll any child until we complete this verification process. If you have questions about our program, call either number above and ask for Head Start.