

Many unaware they have pyorrhea

By Michael D. Moore, D.D.S.
Ninety percent of the American population is unaware that it has periodontal disease, which has been called gum disease or pyorrhea. The reason that most people are unaware that they have such a disease is because it is not an acute disease like a cold or the flu, which drains you overnight, but rather it is a chronic long-term disease.

What is periodontal disease and what does it do to you? Periodontal disease is a result of bacterial actions and the body's response to the bacteria. It is an inflammatory disease which will affect the gums as well as bone. Another way to look at it is an infection of the gums by the bacteria. Some of the signs of the disease are puffy, swollen, red gums which bleed when brushed and especially when flossed. The gums are usually tender when flossed, cleaned, or probed. The teeth may be sensitive to cold or hot depending on how long the disease has been present. Roots of the teeth begin to show up and notches may begin to form in these exposed roots. And, finally, the ultimate of the disease, teeth become mobile and are lost due to the bone loss.

Some people would say that losing the teeth is not so bad because dentures can be worn. However, dentures are not the ultimate in dental health. They are the last resort for dentists to provide patients with an esthetic set of teeth and a means to eat their food. Depending on a person's bone, dentures will become loose, refined and replaced many times in a lifetime. In time, dentures will cause more bone loss since they traumatize and inflame the underlying tissue, which supply the bone with important nutrients.

You might be asking how all this can be prevented. Actually it is very simple if you remember one thing. You should never see blood on your floss or tooth brush, and if you do you are not flossing or brushing properly to remove the disease causing bacteria. The exception to this is you may have a bad filling or a systemic disease. Both of which cannot be taken care of by you but can be by your dentist or doctor.

So it can be said that a High school graduation rules changed

Morrow County School District adopted changes in high school graduation requirements for county schools at its meeting Monday night in Boardman.

The changes are a result of revised state standards to which the county must conform.

After two years of study, public testimony and review, the State Board of Education adopted revised standards for the state's public schools, including changes in high school graduation requirements, at its Feb. 22 meeting.

Effective with the Class of 1984, students will be required to have one more credit of global studies (world history, world geography or world cultures.) Students will be required to have one-half credit in career development in place of one credit in career education. Students will be required to have one-half credit in government in place of one credit in citizenship education. Students also must take one credit of class in applied arts, fine arts or foreign language.

The Class of 1984 will continue to be required to take 22 credits for graduation including four credits in language arts and two credits in physical education.

The schools will continue to require career competency and other existing competencies and performance indicators in the basic skill areas of reading, writing, mathematics, speaking, listening and reasoning.

majority of the nation has periodontal disease. That if this chronic disease is allowed to continue, teeth will be lost and a denture will become the means of mastication. How-

ever, the disease can be stopped or at least slowed down by remembering that there should never be any blood present when flossing or brushing.

Blue Mountain to mark holiday

All offices and facilities at Blue Mountain Community College will close for the three day Memorial Day weekend, May 24, 25 and 26. The McCrae Activity Center including gymnasium, rac-

quetball courts and swimming pool will close Friday, May 23, at 4 p.m. and remain closed until 6 a.m. Tuesday, May 27. The library will close Friday at 5 p.m. and open again Tuesday at 7:30 a.m.

Ione man earns B.A. at Portland

Michael J. McElligott, Box 261, Ione, received a bachelor of business administration in management from the University of Portland during commencement ceremonies at

Portland Civic Auditorium May 4.

McElligott is listed on the 1979-80 spring semester honor roll. Also listed on the honor roll: Janet L. McElligott,

P.O. Box 261, Ione, sophomore, College of Arts and Sciences; and Michelle A. McElligott, Box 5, Ione, sophomore, School of Business Administration.

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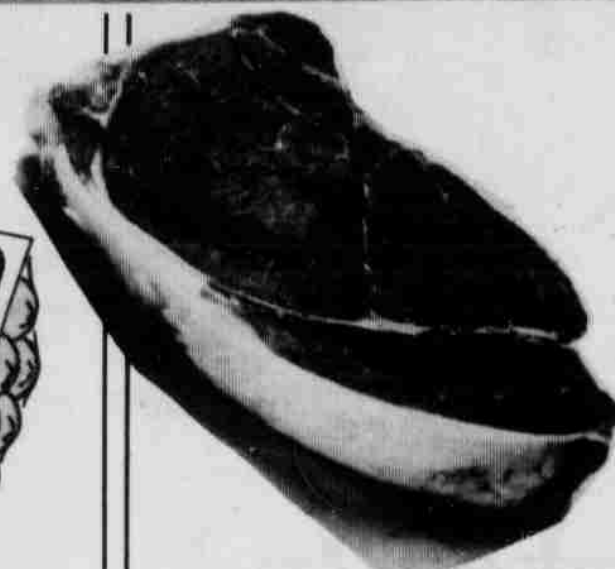


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MJB Instant Coffee 10-Oz. Size... \$4.59
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