

# The least important thing we did today was clean your teeth.

Stop coming to us just to get your teeth cleaned! You should be seeing us regularly since only with our help can you keep oral inflammation to a minimum over your lifespan. That's really important. Here's why...

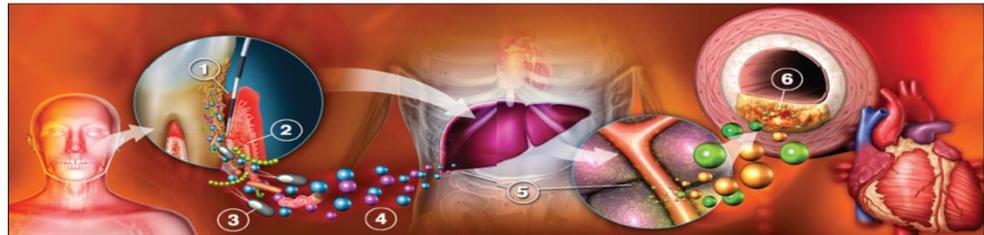
Dentistry has actually known for some time that if you have gum inflammation, cleaning the teeth will make them feel good for a day or two but will have no effect on eliminating the underlying inflammation. Medical research is confirming that inflammation *anywhere* in the body is a significant factor in many of the chronic diseases of aging (heart disease, diabetes, cancer, Alzheimer's disease). It turns out that the mouth is a significant source of inflammation when gum disease is present.

Inflammation in the body is now recognized as the cause of many serious chronic diseases.

The mouth is a significant source of inflammation when gum disease is present.

Gum inflammation rarely causes any symptoms - most people who have gum inflammation do not even know it. Gum inflammation occurs when microscopic bacteria, in the form of a biofilm, collect below the gum line beyond where your toothbrush can reach. Left unchecked, this biofilm causes the silent inflammation in your mouth that can lead to other serious health problems.

While everyone has bacteria in their mouth not everyone develops gum inflammation.



There are identifiable risk factors that make some people more susceptible to gum inflammation. We know that it takes about 3-6 months for the inflammation-causing biofilm to reform underneath the gum line. Thus, if you have gum disease risk factors it is even more important for you to partner with us on a regular basis to determine if any gum inflammation has developed and then to do what is necessary to eliminate it.

Partnering with us over your lifespan to keep oral inflammation to a minimum will pay dividends to your oral and overall health.