



SEE YOUR DENTIST

A Healthy Mouth For A Healthy New Year

(NAPSA)—If you think keeping your gums healthy is a good way to start off the new year, you have lots of company. The majority of Americans consider regular dental visits and teeth cleaning as important to maintaining a healthy lifestyle as is a balanced diet, exercise and regular physician visits. In fact, during a survey of 1,000 Americans, over half rated it higher than getting regular cholesterol checks. However, far fewer request a dental screening that could detect periodontal disease.

What is periodontal disease?

Periodontal disease or gum disease, as it is more commonly known, is a serious chronic bacterial infection that attacks and destroys the gums and bone that hold your teeth in place. What many patients don't know is that periodontal disease may be linked to other serious medical conditions.

A Link To Other Conditions

The *Journal of Periodontology* reported that periodontal disease could be linked to other systemic illnesses such as bone disease, heart disease, respiratory disease, diabetes, and low birthweight babies.

Studies in the *Journal of the American Medical Association* link periodontitis with an increased risk for stroke, and the *Current Opinion on Periodontology* reported that periodontal disease was seven times more likely to be associated

Tips For Maintaining A Healthy Mouth

1. Drink fluoridated water and use fluoride toothpaste.
2. Take care of your teeth and gums through brushing and flossing daily to prevent gingivitis, the mildest form of gum disease.
3. Avoid tobacco and limit alcohol. Both increase risk factors for oral infection.
4. Eat wisely, avoiding sugars and starches when snacking.
5. Visit the dentist regularly to detect early signs of oral health problems.



By maintaining oral health you can arrest gum disease and decrease your risk of contracting other diseases, such as diabetes and stroke.

with a pre-term delivery of a low birthweight infant than a mother's age, race, number of live births and use of tobacco or alcohol.

Who is at risk?

According to the Centers for Disease Control and Prevention (CDC), one in seven adults age 35 to 44 have periodontal disease, and one in four over age 65 are affected. That means that each of those individuals is not only at risk for potential complications from tooth loss and surgery, but also from an increased risk of developing other, more serious diseases. What is also troubling, is that less than one-third of Americans are aware of the link between periodontal disease and these systemic illnesses and the role that good oral hygiene can play in prevention.

How do antibiotics play a role?

Traditionally, scaling and root

planing (SRP), has been the standard treatment for periodontal disease. A recent study published in the *Journal of Periodontology*, however, has shown that using a combined treatment of ARESTIN™ plus scaling and root planing is a more effective way to eliminate the bacteria that cause periodontal disease. The study examined 748 patients, age 30 or older with moderate to advanced periodontitis. Recently, dentists and hygienists have begun adding ARESTIN®, the first locally administered antibiotic to help fight periodontal disease, to this procedure.

Remember, good oral hygiene plays an important role in the prevention of gum disease and maintaining good overall health.

For additional information on periodontal disease online, visit www.arestin.com or call 1-866-ARESTN4.

Note to Editors: ARESTIN is indicated as an adjunctive therapy to scaling and root planing (SRP) procedures for reduction of pocket depth in patients with adult periodontitis. ARESTIN contains minocycline, a tetracycline derivative, and therefore should not be used in children and in pregnant or nursing women. The use of drugs of the tetracycline class during tooth development may cause permanent discoloration of the teeth. The most common treatment-emergent adverse events were headache (9.0 percent), infection (7.6 percent), flu syndrome (5.0 percent), and pain (4.3 percent). These occurred at a similar rate to SRP and SRP and placebo.