

Health Awareness



Women Winning When It Comes To Peridontal Health

(NAPSA)—In a contest to decide who takes better care of their health, research suggests women would win the prize.

According to the Centers for Disease Control (CDC), compared to men, women are better about going for routine checkups and are more likely to visit a doctor when feeling sick or injured. Recent research published in the *Journal of Periodontology* shows women are also more proactive than men in maintaining healthy teeth and gums.

According to the study, women are almost twice as likely to have had a regular dental checkup in the past year. In addition, women were more likely to schedule the recommended treatment following the dental checkup. Women in the study also had lower incidences of dental plaque, calculus and bleeding on probing—all of which can be used as markers of periodontal disease.

The study also suggested that women have a better understanding of what oral health entails, as well as a more positive attitude toward dental visits.

Periodontal disease is a chronic inflammatory disease that affects the gum tissue and other structures supporting the teeth. Left untreated, gum disease can lead to tooth loss. In addition, research has associated gum disease with other chronic diseases such as diabetes, cardiovascular disease and rheumatoid arthritis.

“It is crucial that everyone—both men and women—strive to maintain periodontal health,” says Donald S. Clem, DDS, a periodontist in private practice in Fullerton, Calif., and president of the American Academy of Periodontology. “It has never been

more important to ensure the health of your teeth and gums. You cannot be healthy unless you are periodontally healthy.”

Periodontal Health: Women vs. Men

- Women are 26 percent more likely than men to floss on a daily basis.
- 74 percent of women would be embarrassed by a missing tooth, a possible consequence of periodontal disease, compared to 57 percent of men.
- Women are almost twice as likely to notice missing teeth on another person than men.
- 44 percent of women are aware that periodontists can help contribute to overall good health, compared to 33 percent of men.

Source: *The American Academy of Periodontology*



Taking good care of your periodontal health involves daily toothbrushing and flossing. You should also expect to get a comprehensive periodontal evaluation every year. A dental professional, such as a periodontist—a specialist in the diagnosis, treatment and prevention of gum disease—can conduct a comprehensive exam to assess your periodontal disease status.

To assess your risk or to learn more, visit www.perio.org.

About the American Academy of Periodontology:

The American Academy of Periodontology (AAP) is the professional organization for periodontists—specialists in the prevention, diagnosis and treatment of diseases affecting the gums and supporting structures of the teeth, and in the placement of dental implants.