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PERIO PROTECT LETTER

Dear Patients:

Scientific studies connecting your oral health and your overall health have been making headlines in recent years. The research links gum disease to type 2 diabetes, cardiovascular disease, inflammation, strokes, respiratory diseases, and complications in pregnancy. Gum disease is also the most common cause of bad breath, bleeding gums, receding gums, loss of bone supporting the teeth and eventually the loss of teeth. Periodontal (or gum) disease can also mean that the immune system is not functioning properly.

If you have any of these symptoms of gum disease, please take them seriously:

- Bleeding gums
- Swollen or tender gums
- Persistent bad breath
- Obvious plaque or calculus
- Sensitive teeth
- Spaces developing between teeth
- Receding gums (teeth appear longer)
- Loose or mobile teeth

Millions of Americans have these symptoms, but, because the signs are easy to ignore, many are not getting the treatment they need. Early treatment is crucial so I am happy to announce that my office offers the Perio Protect Method®.

The Perio Protect Method® includes a non-invasive prescription flexible dental tray, similar to a bleach tray, to place medication into periodontal pockets, the space between teeth and gum tissue where disease-causing bacteria grow. The prescription tray is custom-made for your mouth by a dental laboratory to push in and hold medication in periodontal pockets and prevent the medication from being quickly washed away. We will prescribe the appropriate medication for your condition, along with an individualized treatment plan. The first two weeks of treatment require more frequent applications of the medication. As healing occurs, we will modify usage instructions until you are ready to follow a simple maintenance regime. For most people, treatment requires only a few minutes each day.

This technique is designed to be used with brushing and flossing and can be combined with other treatments like professional deep cleanings when necessary. The purpose of the Perio Protect Method® is to decrease, whenever possible, the need for invasive procedures. For persons suffering from heart disease, it is absolutely essential, as it will address and eliminate the pathogenic periodontal bacteria that have been directly implicated in diseased heart. Moreover, we find that this method conforms nicely with our biological approach to treating gum disease, and most patients receive a customized treatment plan that may also include laser gum therapy and homeopathic support.

Patients who follow this method describe the tray delivery of medications as very comfortable and report bonus positive side effects of **fresher breath** and **whiter teeth**.

Sincerely,

Joseph Sarkissian DDS