

Gums - Are They Really Important?

Of course they are important but why are they important is the real question. Is your gum tissue just window dressing that acts like a frame on a picture, outlining your teeth or does it hold a far more important role in your overall health and appearance?

I would suggest that the health of your gum tissue is a very vital aspect of your overall well-being. Some authorities are even linking the health of the gum tissue (also known as *gingiva*) to such conditions as heart disease. The jury is still out but one can not deny the importance of healthy gum tissue.

What is healthy gum tissue?

Healthy gum tissue is pink, firm and does not bleed. Periodontal disease (a progressive disease of the gum tissue) takes on a variety of forms based upon its severity. It starts innocuously as just a small amount of inflammation (redness) and perhaps a bit of bleeding when you brush your teeth. You may even notice that your gum tissue appears a bit glossy and red. This is a condition known as *Gingivitis*. It is the first step towards periodontal disease if it is not stopped in its tracks.



If left alone it will progress through a variety of stages to a point where you may notice that your teeth have drifted, they appear loose and very often painful with pus coming out from around the teeth. At this point it just may be a bit too late!

What Can Be Done to Avoid this Problem?

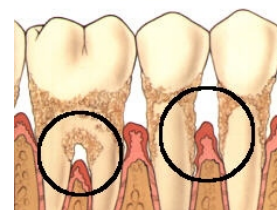
The most important step to take is the “first one”. If you notice that your gums are puffy and bleeding give us a call. Very often all that is needed is a good professional prophylaxis (cleaning to most of you). Add in a bit of improved home care and you may avoid a great deal of dental “grief” in the years to come. If this doesn’t help, and you are still not a candidate for full blown periodontal therapy, we do have another answer, **THE STM PROGRAM**.

What is our STM Program?

In short, **STM** stands for **Soft Tissue Management**. It is a one, two, three or in the most severe cases, a five visit program where our hygienist works with you, section by section, to make sure that your mouth is treated thoroughly. Each visit has its own protocol and may include such treatments as scaling, curettage, a variety of medications (including new specifically designed antibiotics that can now be placed directly into the infected gum tissue) and instruction in home care (with a test at the end).

What is Beyond STM?

If your periodontal health is beyond the capacity for STM to help; you will be referred to a Periodontist (a dental specialist) for evaluation and appropriate treatment. This may include a variety of surgical as well as other procedures to correct the problem.



It’s up to you. Your health, as always, is in your handz! **GIVE US A CALL TODAY TO SCHEDULE AN APPOINTMENT OR TO ASK FOR AN INFORMATIVE STM BROCHURE.**

Your dental team,

Cary, Joanne, Barbara, Michelle, Cassandra, Dean, Sam and Melissa

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