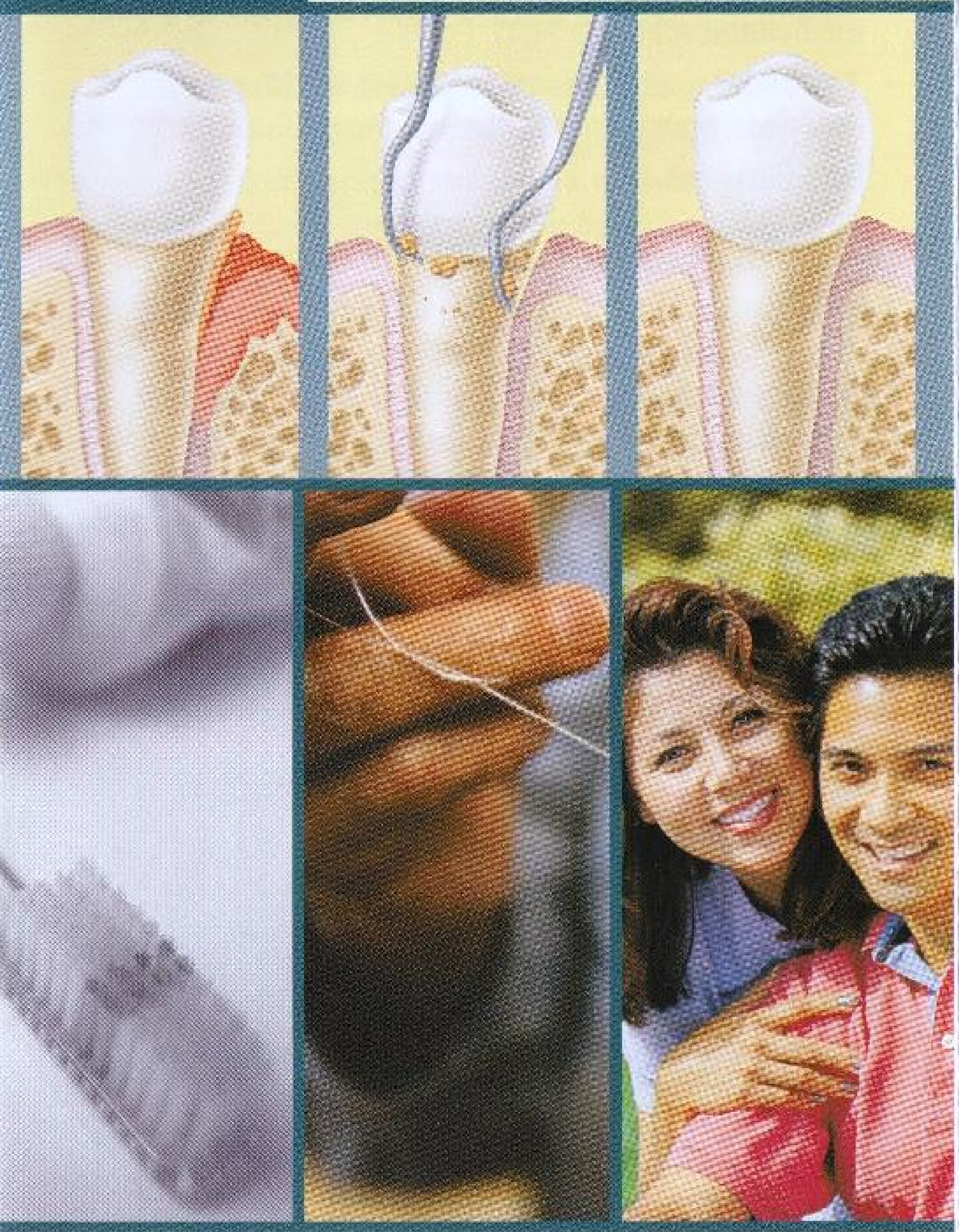


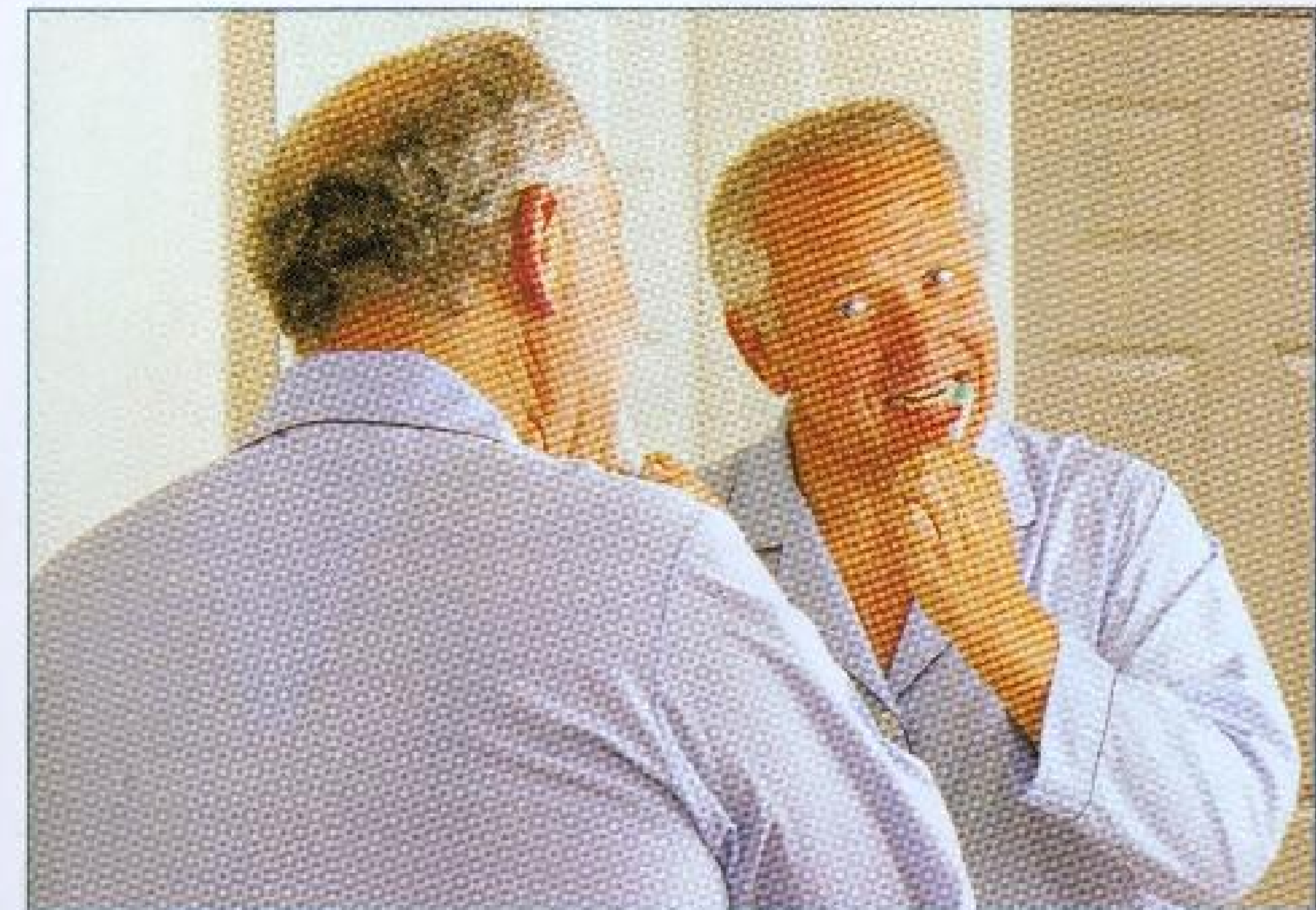
# TREATING ADULT PERIODONTAL DISEASE

Helping to Restore the Health of Your Teeth and Gums



## Understanding Adult Periodontal Disease

Periodontal disease is a serious infection of the gums and other tissues surrounding the teeth. Millions of Americans have periodontal disease. Left untreated, it can lead to tooth and bone loss. The welcome news is that periodontal treatment can make your mouth healthier and help you keep your teeth.



### Symptoms of Periodontal Disease

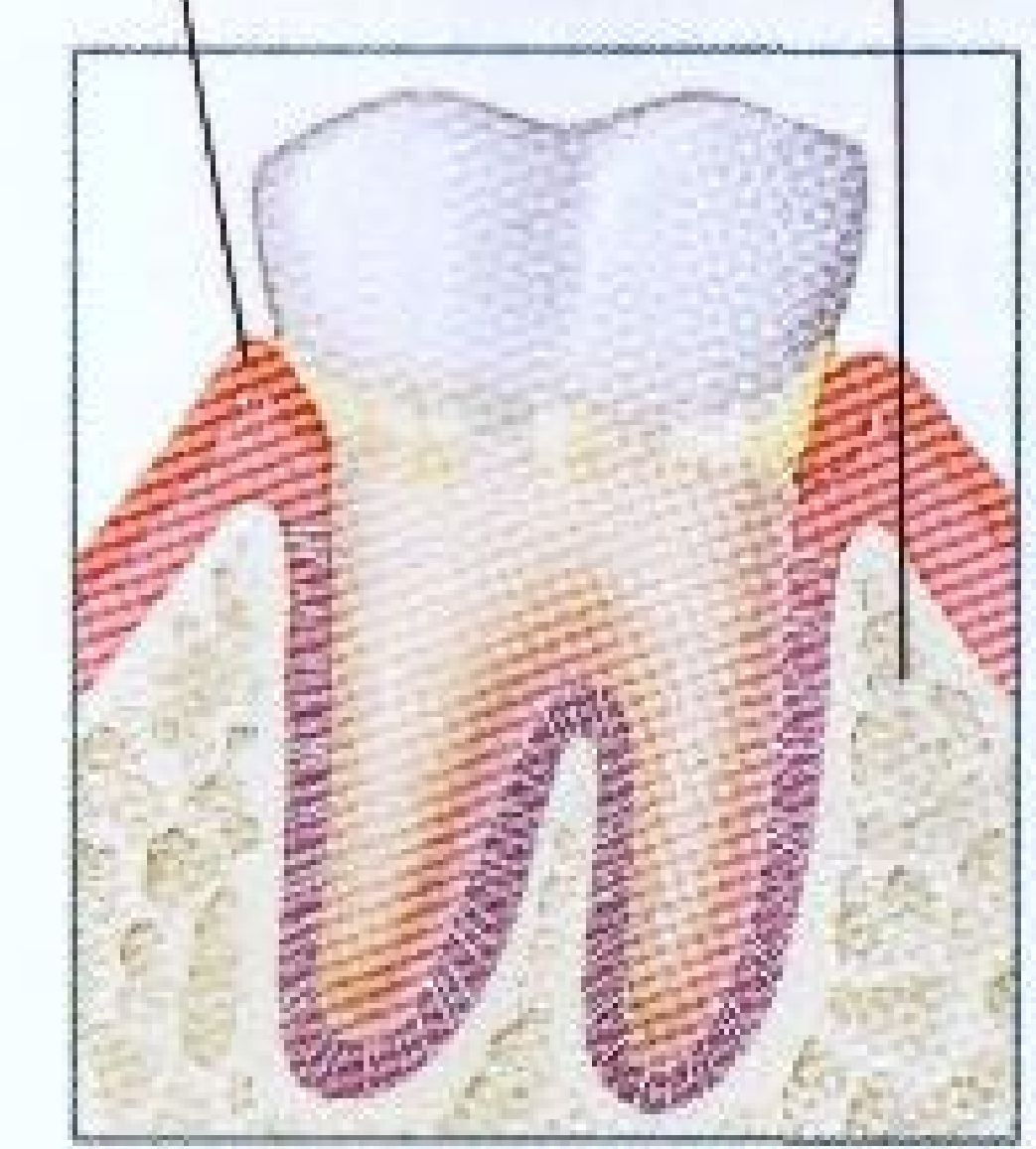
Though the symptoms of periodontal disease are often subtle, the disease is not entirely without warning signs. If you check any of the boxes below, be sure to talk with your dentist.

- Gums that bleed when you brush or floss
- Red, swollen, or tender gums
- Persistent bad breath or bad taste
- Formation of deep pockets between teeth and gums
- Loose or shifting teeth
- Changes in the way teeth fit together when you bite

## Periodontal Disease May Progress

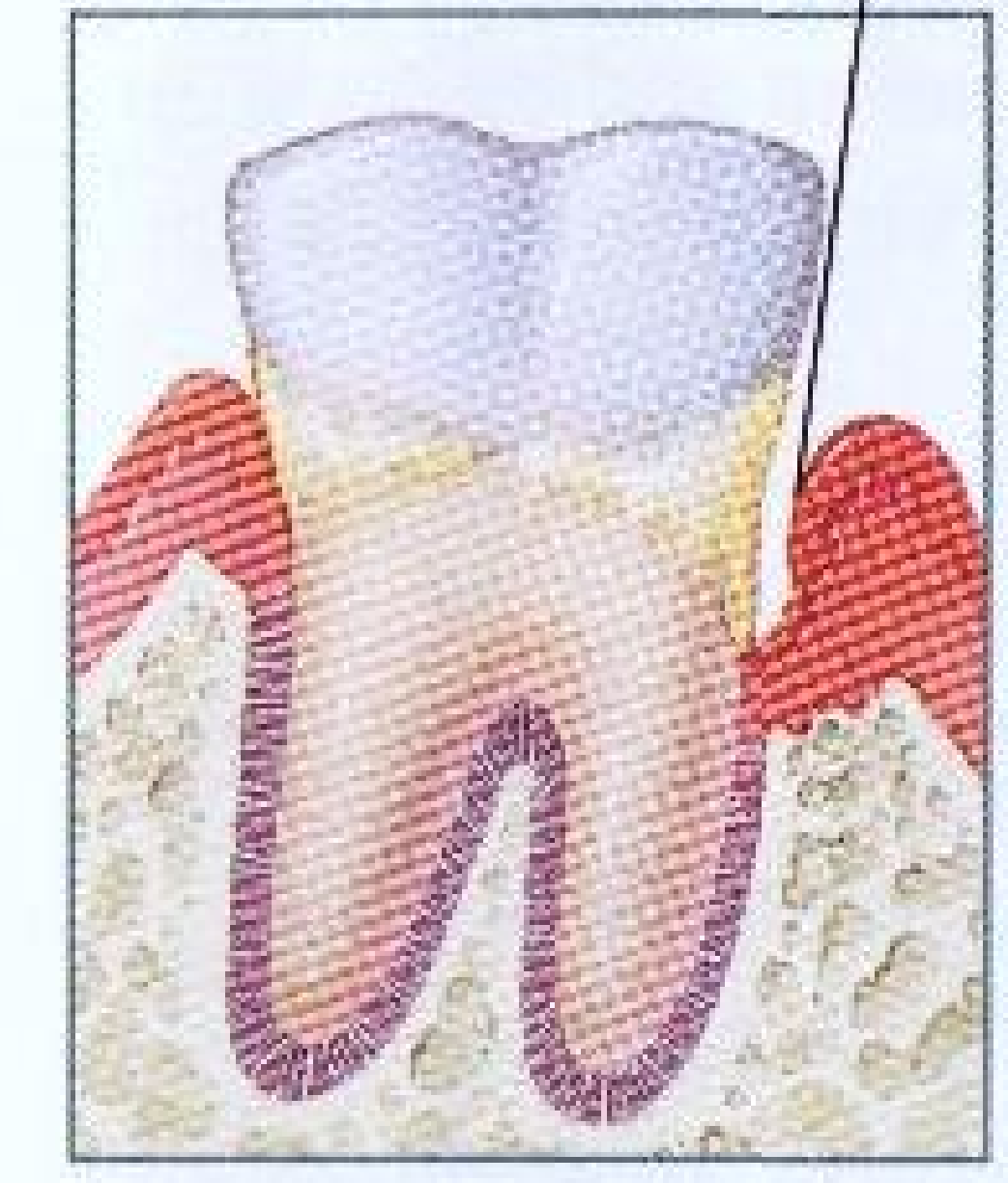
You may have periodontal disease without noticing any symptoms. There are three main stages: Gingivitis, periodontitis, and advanced periodontitis. Early detection and treatment can help keep periodontal disease from progressing.

Gum Bone



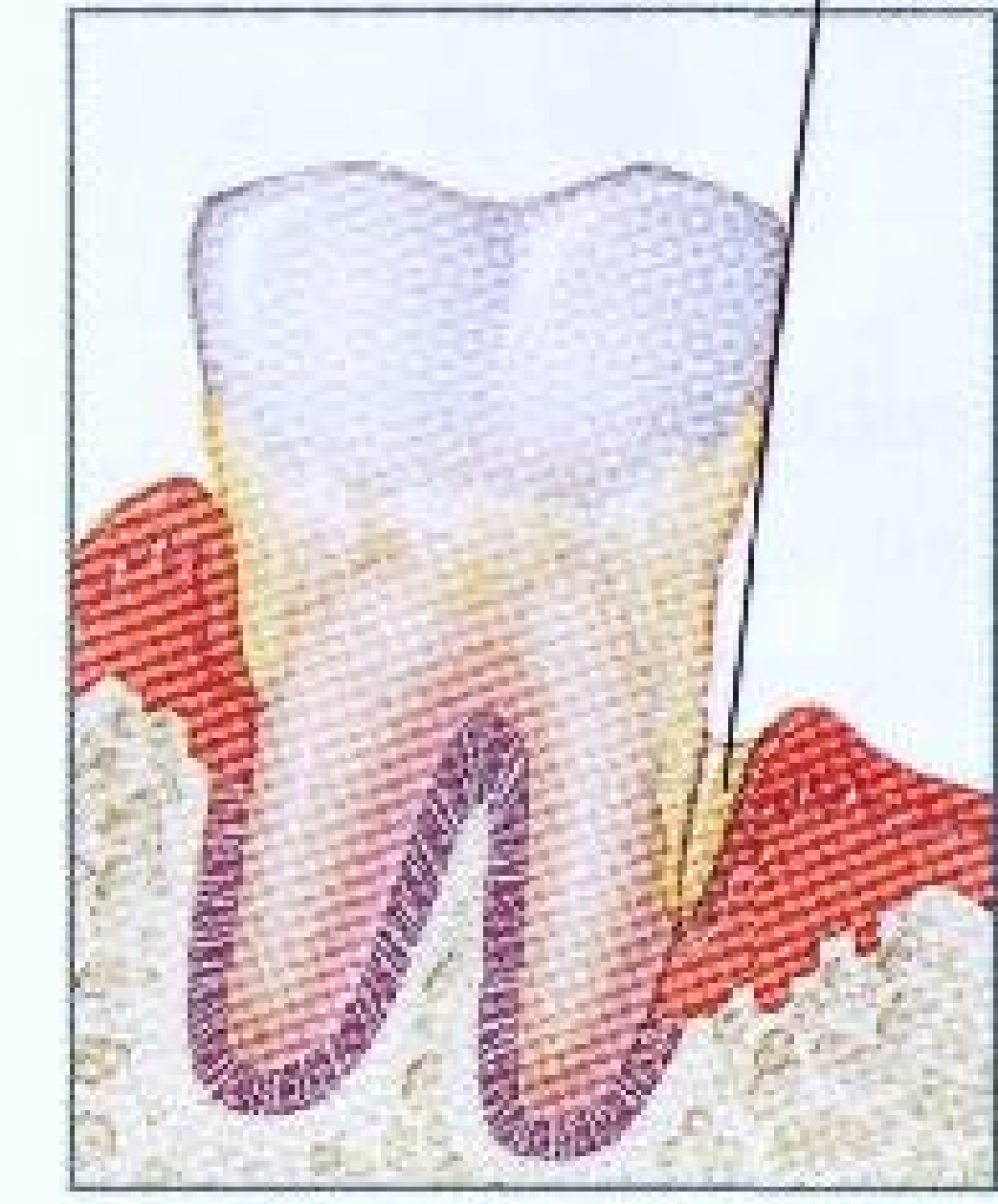
**Gingivitis**  
Bacteria and plaque have caused the gums to become inflamed and to bleed easily. Plaque gets in the space between the gum and tooth, causing "pockets." Good home care and professional cleaning are usually enough to restore healthy gums.

Deeper pocket



**Periodontitis**  
High levels of bacteria initiate a release of tissue-destroying enzymes. These enzymes start a process which results in deeper pockets and bone loss. Treatment is aimed at stopping further damage and reversing the progression of the disease.

Infected pocket



**Advanced Periodontitis**  
Bacteria and enzymes have caused gum and bone to degrade further. At this stage, tooth loss is possible, and it is critical to avoid this outcome.

**Periostat**  
(doxycycline hyclate) 20mg tablets



"Periostat has been shown to help stop the progression of periodontitis when used as directed as an adjunct to scaling and root planing, in a conscientiously applied program of oral hygiene and regular professional care."

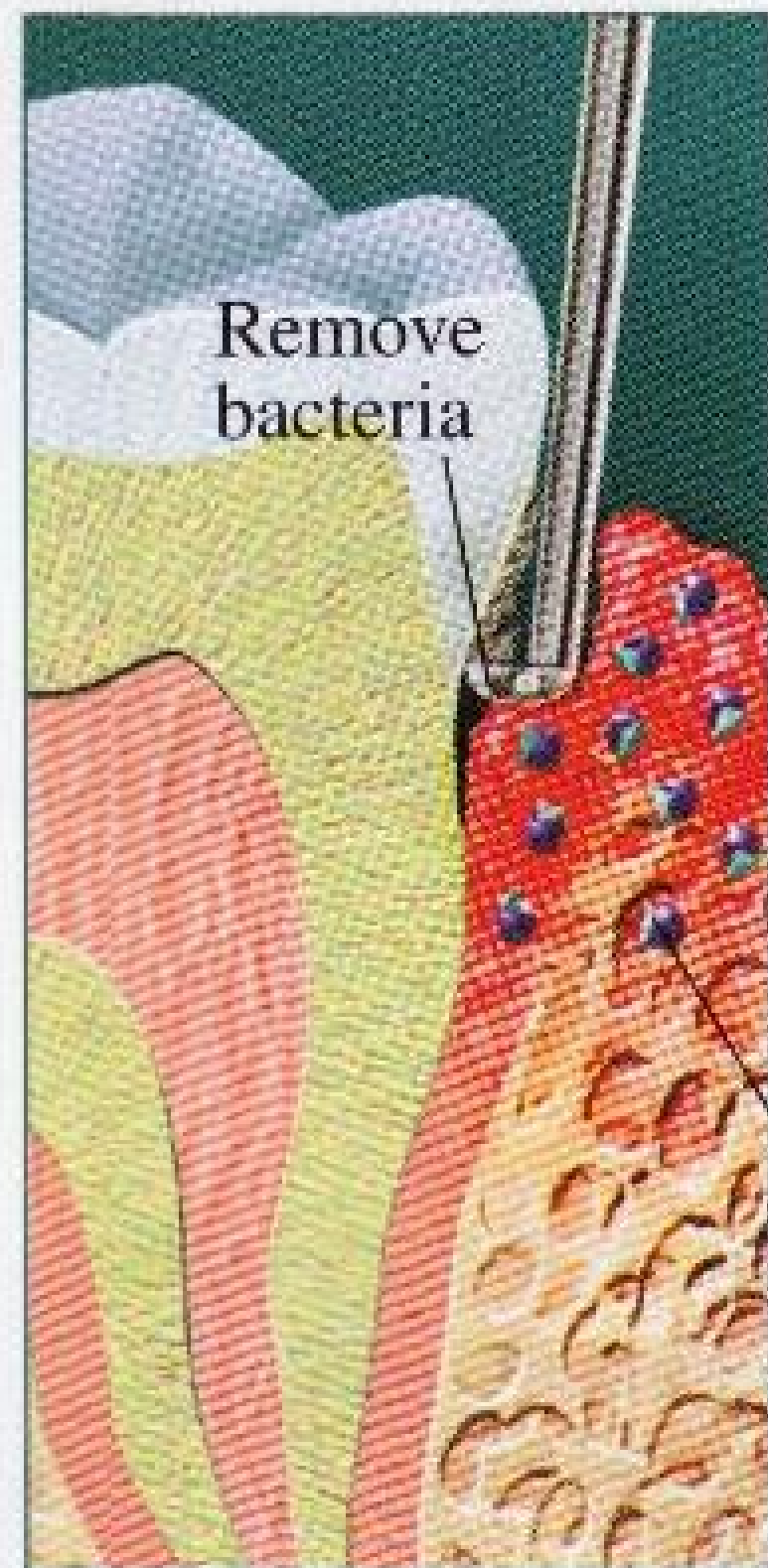
Council on Scientific Affairs, American Dental Association.

## Treating Periodontal Disease with Periostat and SRP



When there are high levels of bacteria in the space between your gums and teeth, enzymes are released. These enzymes can destroy gum tissue and bone that supports the teeth.

Enzymes causing tissue destruction



Periostat is the first and only medication that suppresses these enzymes, reducing tissue damage. When used along with SRP (professional tooth scaling and root planing), Periostat can help slow, stop, and sometimes reverse periodontal damage.

Periostat suppressing destructive enzymes

**Periostat**  
(doxycycline hyclate) 20mg tablets

See the back panel for more information about Periostat, or visit our website at [www.periostat.com](http://www.periostat.com).

## Take Periostat as Directed

Periostat is available only by prescription. Talk to your dental healthcare provider about whether Periostat is right for you.

- Periostat is a prescription pill that should be taken twice a day.
- Periostat should be taken with a full glass of water at least an hour before or two hours after meals.
- If you miss a tablet, continue with your normal medication schedule.
- The duration of Periostat treatment is different for everyone. Ask your dentist how long you should take Periostat.

### Who Should Not Take Periostat

Don't take Periostat if you are pregnant or breast feeding, as it may cause harm to your unborn child or infant. Don't take Periostat if you are allergic to tetracycline antibiotics.

## Take Action for Your Health

- Get your prescription for Periostat filled and begin taking it as soon as possible.
- Practice appropriate home care, such as brushing and flossing.
- Keep all future appointments with your general dentist, periodontist, or hygienist.



## Caring for Your Teeth at Home

Professional periodontal treatment is an investment in the health of your mouth. Protect that investment by taking care of your mouth. Proper home care includes eating healthy, brushing and flossing, and seeing your dentist regularly. It also includes using any medications as directed.

### Eating Healthy

Make nutritious meal choices. Keep these tips in mind:

- Eat a variety of foods to get a broad range of vitamins and minerals. This will help keep your gums healthy.
- If you find it difficult to maintain a well-balanced diet, a good nutritional supplement can help.

### Brushing and Flossing

Your dentist will design a home care program of brushing and flossing. Follow your program carefully. Proper brushing and flossing will help prevent plaque from forming and gum disease from recurring.

### Seeing Your Dentist

Regular maintenance visits include dental exams and cleanings. Remember to keep all of your dental appointments.

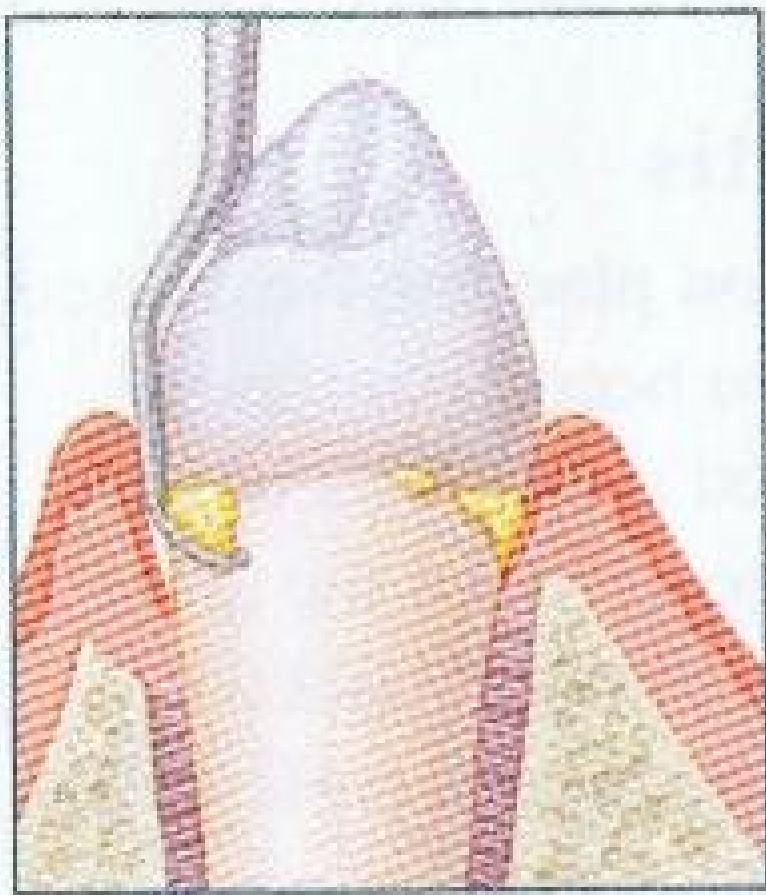
### Know Your Risks

Certain risk factors can make periodontal disease worse by limiting your ability to fight infection. Others make it worse by lessening blood flow to the gums and other tissues. Even if you have only one of the risk factors listed below, you need to be extra committed to taking care of your teeth and gums.

- Tobacco use (smoking or chewing)
- Diabetes
- Family and/or previous history of periodontal disease
- Weakened immune system
- Stress
- Use of certain medications, such as oral contraceptives, steroids, blood pressure drugs, cancer-fighting drugs

# Adult Periodontal Treatments

With regular checkups and proper home care, periodontal disease can be diagnosed early and treated. Treatments include scaling and root planing (SRP), enzyme suppression, antibacterial therapy, and surgery. For best results, you may have several kinds of treatments.



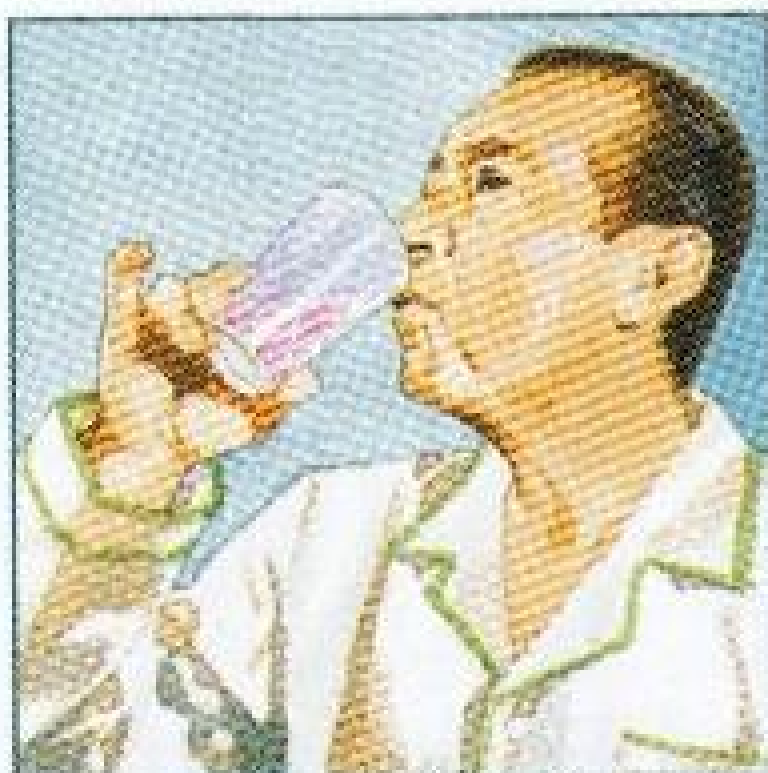
## Scaling and Root Planing (SRP)

Scaling and root planing is a type of professional tooth cleaning. It removes plaque and tartar from the teeth and smooths the root surfaces.



## Enzyme Suppression Plus SRP

This kind of treatment includes oral medication and helps stop enzymes from attacking gums and bone.



## Antibacterial Therapy

This treatment includes oral medication, locally applied antibiotics, and rinses that can help fight bacteria.



## Surgery

Surgical treatment is used for advanced infections and pockets too deep for SRP alone. Surgery may be done on soft tissue or bone to help the healing process.