

Healthy Gums, Healthy Smile

Advancing Solutions for Better Oral Health



How do I know if I'm at greater risk for periodontal disease?

There are several factors that increase your risk for periodontal (gum) disease. The first of these is a history of previous treatment for gum disease. Smoking has also been shown to be one of the most significant risk factors for gum disease. Genetics and family history can play a role. Certain systemic conditions, such as pregnancy, stress and diabetes increase your susceptibility to gum disease. Nutrition and medications play a role as well as habits such as grinding or clenching your teeth. [The American Academy of Periodontology has a simple web-based risk assessment](#). This tool can provide a quick and easy assessment of your relative risk. Discuss any risk factors you may have with your dentist. Together you can develop a treatment regimen that will minimize your risks and prevent periodontal disease from striking again.