

## Barry W. Heaton, D.D.S.

Diplomate of the American Board of Periodontology  
Practice Limited to Periodontics & Dental Implants

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### Dear Valued Patient,

In our continued effort to keep you informed regarding your periodontal health, here's our November newsletter.

#### *Periodontal Health Promotes Systemic Health*

A new analysis of recent research has revealed that gum disease represents a far more serious threat to the health of millions of Americans than previously realized. These studies found that periodontal (gum) infection may contribute to the development of heart disease, the nation's number one cause of death, increase the risk of premature and/or underweight births, and pose a serious threat to people whose health is already compromised due to diabetes and respiratory diseases.

It seems clear that gum disease, far from being just an oral health problem, actually represents a significant health risk to millions of people. Studies support what many scientists have suspected for years - that oral infections such as periodontal disease can adversely affect conditions outside the mouth.

Periodontal disease is characterized by inflammation and bacterial infection of the gums surrounding the teeth. The bacteria that are associated with periodontal disease can travel into the bloodstream to other parts of the body, and that puts health at risk.

"People think of gum disease in terms of their teeth, but they don't think about the fact that gum disease is a serious infection that can release bacteria into the bloodstream. The end result could mean additional health risks for people whose health is already affected by other diseases -- or lead to serious complications like heart disease." Robert Genco, D.D.S., Ph.D

Many Americans have oral exams each year to check for cavities and tooth decay. It is equally important to pay attention to your gums. Having a periodontal screening and evaluation could help protect your overall health. There are often no symptoms of gum disease in its early stages, so patients need to make sure their dentist or Dr. Heaton checks their gums regularly.

If you or a family member are experiencing one or more of the following symptoms, you may have active periodontal disease which could put you at risk for serious health conditions.

- Persistent bad breath
- Gums that bleed when you brush your teeth
- Red, swollen and tender gums
- Gums that have pulled away from teeth
- Loose or separating teeth
- Pus between the gum and tooth
- A change in the way your teeth fit together when you bite

Dr. Heaton is continually giving and attending lectures regarding periodontal health as it relates to your overall health.



*From all of us here,  
Dr. Barry Heaton,  
Helen, Clarice, Shawn,  
Michele and Teona*

We have two offices which are conveniently located in :

Houston

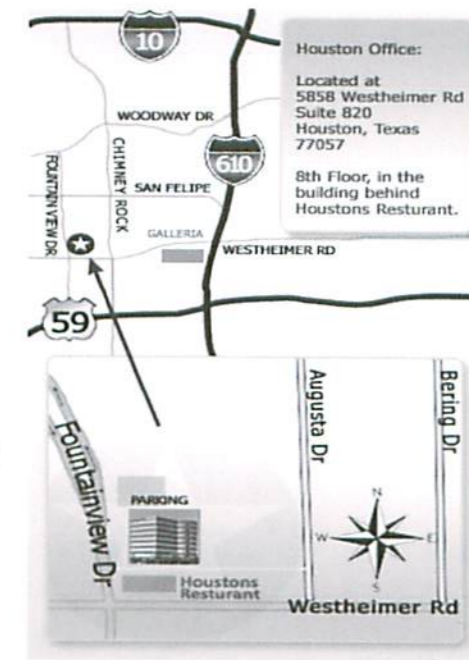
(Westheimer and Fountainview)

and

Katy

(Cinco Ranch Blvd and Mason Road )

Both locations provide easy-access and free parking.



You can schedule your appointment at either location as early as 7:30AM!!

If you are due for your next periodontal maintenance appointment, please call to get the date and time you prefer. Your health is very important to us and we look forward to seeing you soon.