



**Healthy aging
requires a
healthy mouth.**

**Oral bacteria cause
poor oral health**

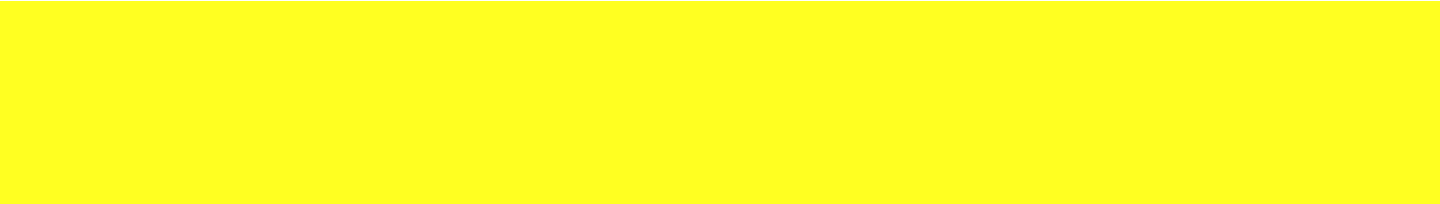
PREVORA
ANTIBACTERIAL TOOTH COATING chlorhexidine diacetate



About this guide

Oral healthcare is changing dramatically, to embrace new scientifically-proven methods and treatments which prevent disease in the mouth.

To inform our patients about these changes, your oral healthcare team is publishing a series of e-books about the new "science of prevention" and how it can help you to better oral health.



What is oral dysbiosis?

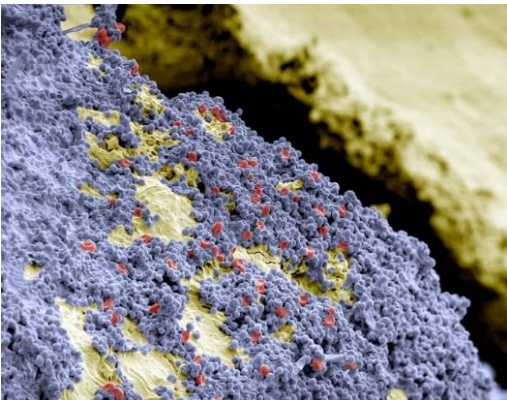
Oral dysbiosis (pronounced “dis-bio-sis”) the primary cause of poor oral health. It is a change in the mix of bacteria in your dental plaque.

Oral dysbiosis commonly appears as sore, inflamed or bleeding gums, cavities, or the need for major dental work such as crowns or extractions.

During dysbiosis, certain bacteria dominate the plaque. Once dominant, these bacteria become destructive to the teeth or the gums, and even to other parts of the body.

Scientists have identified some key bacteria in oral dysbiosis.

Oral dysbiosis results from a combination of factors: poor oral hygiene, taking multiple medications daily, chronic diseases such as diabetes, a change diet and advancing age.



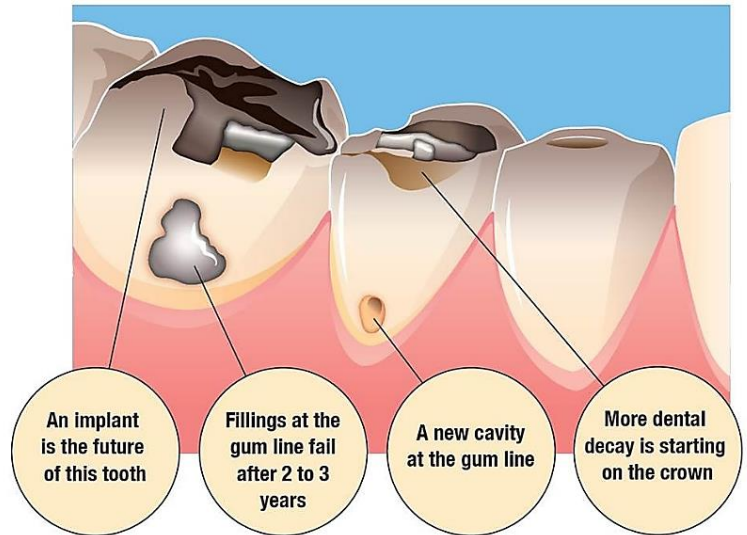
A magnification of the surface of the teeth. The blue dots are bacteria, the red are red blood cells.

How do I know if I have oral dysbiosis?

If your teeth look like this, you have had oral dysbiosis for years.

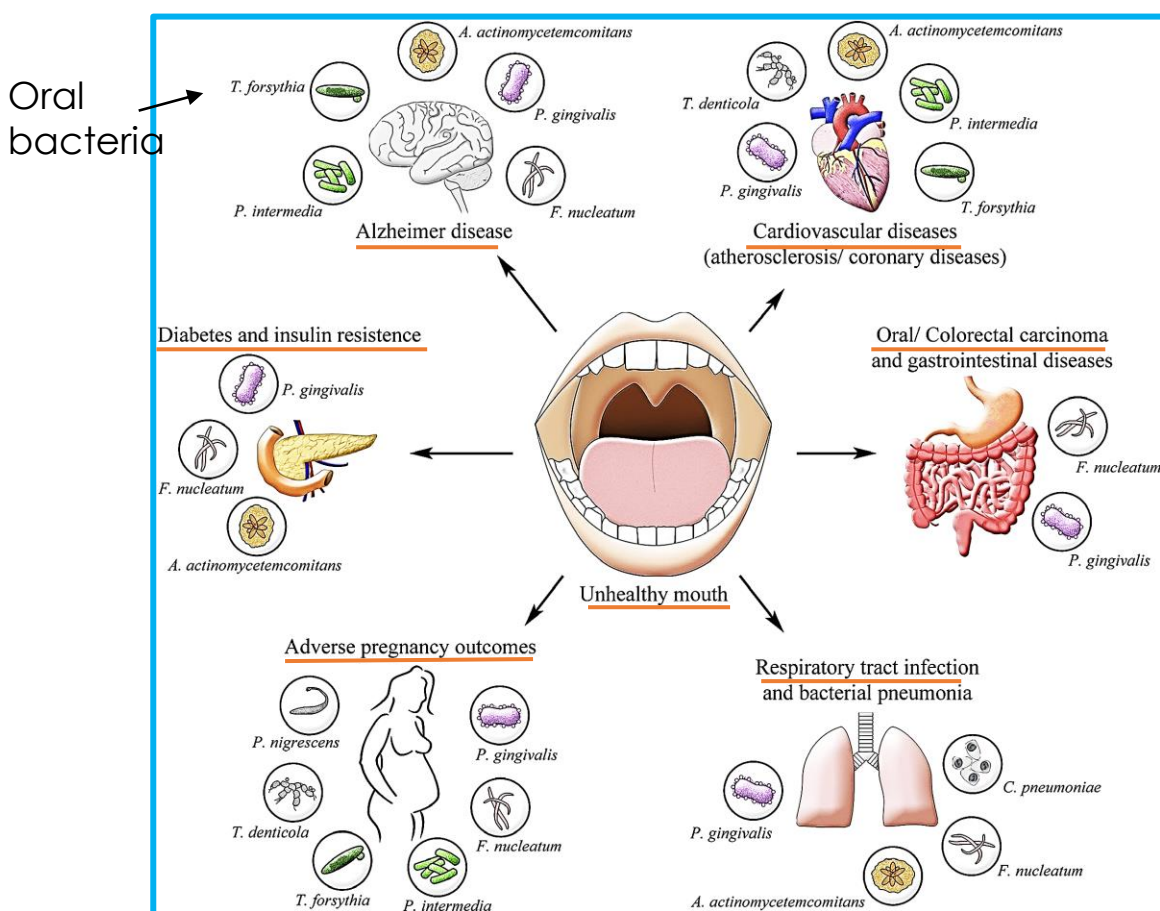
If you are having cavities or need crowns, then the bacteria in your plaque are destructive.

If you have inflamed gums or observe blood in your spit after you brush, then you likely have an unhealthy mix of bacteria in your mouth.



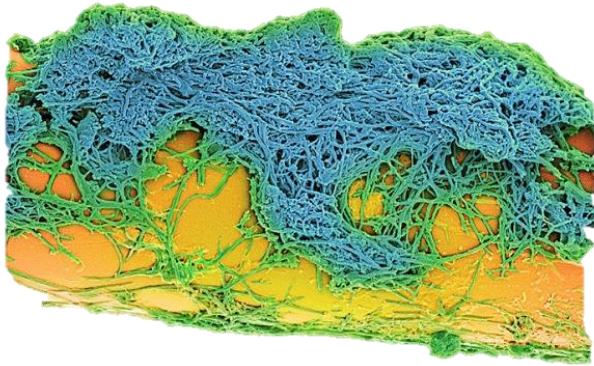
Can oral dysbiosis affect my health too?

What happens in the mouth, can happen in the body too – and vice versa. Consider this diagram. Many studies now report oral bacteria are risk factors for unstable diabetes, cardiovascular and respiratory problems and even growing confusion.



Source: Bui FQ et al. 2019. Association between periodontal pathogens and systemic disease. *Biomed J.*, 41, 1, 27-35

So how do I manage oral dysbiosis?



A magnification of bacteria in dental plaque clinging to the bristle of a tooth brush.

Do your best to keep your teeth and your gum line free of plaque. This means daily brushing and flossing.

But when your daily hygiene is insufficient or difficult, we can help with new, proven and safe methods.

One approach is a new antiseptic tooth coating called Prevora. It is painlessly applied to your teeth and gum line in a series of short visits. Prevora helps to rebalance bacteria in your dental plaque. Prevora patients go for years without cavities or gum disease. Many Prevora patients report they feel better too.



Prevora quickly reduces oral dysbiosis

Consult with your oral healthcare professional

Science's growing understanding of the interrelationships between oral health and overall health, makes a consultation with your hygiene team ever more important.

Your hygienist observes oral inflammation and ongoing poor oral health with unique skills and competencies. Your hygienist also knows how to treat oral dysbiosis safely, quickly, affordably and without pain.

Team up with your hygiene team to get to better oral health and better overall health.





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