

EP. 54 Perio Pop Quiz

It's pop quiz time again! Test your knowledge on periodontal disease.

According to the ADA, what percentage of the population will have some form of gum disease at some point in their lifetime?

- a) 25-35%
- b) 50%
- c) 75-80%
- d) 100%

75 – 80%. Remember, that gingivitis is a form of gum disease and nearly everyone will have some signs of periodontal disease at some point in their lives. Thankfully, some will be reversed and hopefully most will be treated. Be aware of every stage in your treatment room.

Is periodontal disease more prevalent in males or females?

Males- Most recent studies say that 56.4% of males have perio vs. 38.4% in females. The study also said that perio is more prevalent among Mexican Americans, and unsurprisingly, highest among current smokers across the population.

Based on the number of the population suffering from perio disease, what should be the percentage of active perio in your office? Those are the codes for Quadrant Scaling and Root Planing and Site Specific Scaling.

- a) 15%
- b) 25-40%
- c) 65%
- d) 87%

25-40%. If you have a high number of new patients coming into your office you can expect to see many of them fall into the perio disease category. When we analyze the hygiene stats of our offices, more often than not, they are nowhere near the 25-40%. That is not because they are not seeing perio, but more often treating the patient and calling it a prophylaxis (often because of the insurance barriers to treating.)

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What percentage of offices are probing one time a year?

- a) 5%
- b) 13.5%
- c) 57%
- d) 95%

13.5% - I suspect that this number comes from the insurance claims for perio treatment being so low. We often see offices at less than 3%, seldom as much as the 25-40% that the AAP say would be likely. Florida Probe Voice Works can make probing easier!

Which of the following diseases have been shown to have connections to perio disease?

- a) Heart disease
- b) Low birth weight babies
- c) Diabetes
- d) Stroke
- e) All of the above.

All of the above. Make sure to evaluate the medical history and make connections. One does not cause the other, but they do potentiate each other. Other connections that have been seen are elevated C-Reactive protein during pregnancy, Alzheimer's Disease, Erectile dysfunction, failure of joint replacements, and others. Much of this is related to the inflammation associated.

True or False: 1-in-4 60 year olds in the US have diabetes.

True—and if the patient also has perio disease, each disease can make the other worse. Perio makes it a challenge to control blood sugar—in fact the American Diabetes Association says that it is 6X's more difficult to control diabetes if patient has both. They are both chronic diseases.

EP. 54 Perio Pop Quiz *(cont'd)*

Which is the #1 Lawsuit in dentistry?

- a) Failure to do a comprehensive exam
- b) Failure to file insurance correctly
- c) Harassing patients about not flossing
- d) Failure to diagnose periodontal disease.

Of course, it is failure to diagnose perio disease. Second is failure to diagnose oral cancer. Make sure you have a Standard of Care for diagnosing and treating each of these diseases. Then make sure that your entire team is consistent with following it, verbalizing what you are doing, involve the patient in the process, and document what you do.

After periodontal therapy, be it maintenance or active, how long does it take for perio pathogens to repopulate?

- a) 2-12 weeks
- b) 6 months
- c) 18 months
- d) 24 months, about the time the insurance will pay for additional treatment.

2-12 weeks—this is why you have your patients return every three months to maintain any gains you make with the active perio therapy. What if insurance won't pay? "Please pay alternate benefits if available."

Take the pop quiz with your team!