

Periodontal Disease in Pets

Periodontal disease is the most common dental condition in dogs and cats – by the time your pet is 3 years old, he or she will very likely have some early evidence of periodontal disease, which will worsen as your pet grows older if effective preventive measures aren't taken. Early detection and treatment are critical, because advanced periodontal disease can cause severe problems and pain for your pet.

Periodontal disease doesn't just affect your pet's mouth. Other health problems found in association with periodontal disease include kidney, liver, and heart muscle changes.

It starts with plaque that hardens into tartar. Tartar above the gumline can often easily be seen and removed, but plaque and tartar below the gumline is damaging and sets the stage for infection and damage to the jawbone and the tissues that connect the tooth to the jaw bone. Periodontal disease is graded on a scale of 0 (normal) to 4 (severe).

The treatment of periodontal disease involves a thorough dental cleaning and x-rays may be needed to determine the severity of the disease. Your veterinarian or a board-certified veterinary dentist will make recommendations based on your pet's overall health and the health of your pet's teeth, and provide you with options to consider.



Stage 1



Stage 2 & 3



Stage 4

Stage 1 Periodontal Disease

In stage 1 periodontal disease, there is visible tartar buildup on the teeth and slight swelling and redness of the gums.

Stage 2 and 3 Periodontal Disease

In stage 2 periodontal disease, the gums are more swollen and there can be mild loss of bone around the tooth roots (only visible on x-rays). Stage 3 periodontal disease might not look much different from stage 2 based on looking at the teeth, but x-rays show more severe bone loss.

Stage 4 Periodontal Disease

Stage 4 periodontal disease is the most severe type, with severe tartar accumulation, receded gum lines, tooth damage, and bone loss.

What can I do at home for my pet's oral health?

Prevention of the most common oral disease in pets consists of frequent removal of the dental plaque and tartar that forms on teeth that are not kept clean. Regularly brushing your pet's teeth is the single most effective thing you can do to keep their teeth healthy between dental cleanings, and may reduce the frequency or even eliminate the need for periodic dental cleaning by your veterinarian. Daily brushing is best, but it's not always possible and brushing several times a week can be effective. Most dogs accept brushing, but cats can be a bit more resistant – patience and training are important.

There are many pet products marketed with claims that they improve dental health, but not all of them are effective. Talk with your veterinarian about any dental products, treats, or dental-specific diets you're considering for your pet, or ask your veterinarian for their recommendation.



For more information, visit,
American Veterinary Medical Association

avma.org

American Veterinary Dental College

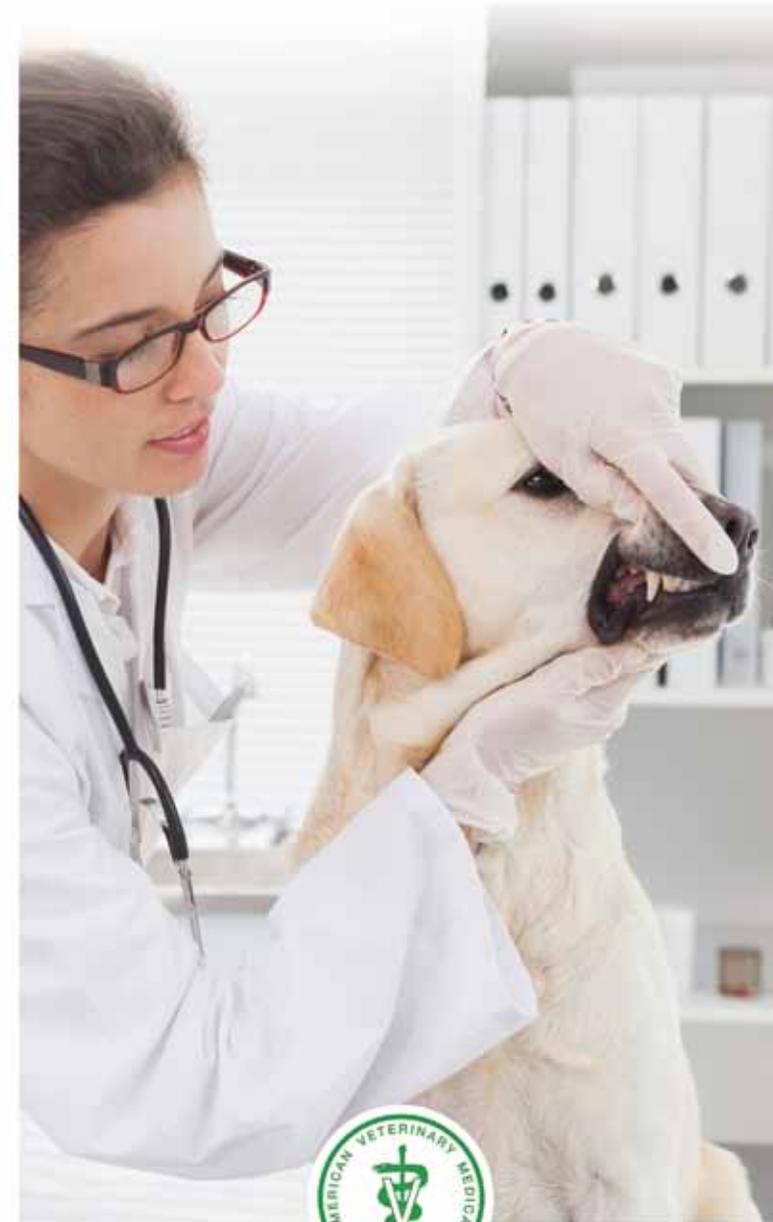
avdc.org

Dental Images used with permission © AVDC



American Veterinary Medical Association
1931 North Meacham Road, Suite 100
Schaumburg, Illinois 60173 - 4360
Phone: 847.925.8070 • Fax: 847.285.1329
www.avma.org • AVMAinfo@avma.org

Pet Dental Care



Brought to you by the
American Veterinary Medical Association

Dental health is a very important part of your pet's overall health, and dental problems can cause, or be caused by, other health problems. Your pet's teeth and gums should be checked at least once a year by your veterinarian to check for early signs of a problem and to keep your pet's mouth healthy.

What is veterinary dentistry, and who should perform it?

Veterinary dentistry includes the cleaning, adjustment, filing, extraction, or repair of your pets' teeth and all other aspects of oral health care. These procedures should be performed by a veterinarian or a board-certified veterinary dentist. Subject to state or provincial regulation, veterinary technicians are allowed to perform certain dental procedures under the supervision of a veterinarian.

The process begins with an oral exam of your pet's mouth by a veterinarian. Radiographs (x-rays) may be needed to evaluate the health of the jaw and the tooth roots below the gumline. Because most dental disease occurs below the gumline, where you can't see it, a thorough dental cleaning and evaluation are performed under anesthesia. Dental cleaning includes scaling (to remove dental plaque and tartar) and polishing, similar to the process used on your own teeth during your regular dental cleanings.



Before and After Dental Cleaning



Before veterinary dental cleaning: Notice the red, swollen gums as well as the build up of tartar and calculus on the tooth.



After cleaning: Notice the much better condition of the gums as well as the cleaner tooth.

What are the causes of dental problems in pets?

Although cavities are less common in pets than in people, they can have many of the same dental problems that people can develop:

- broken teeth and roots
- periodontal disease
- abscesses or infected teeth
- cysts or tumors in the mouth
- malocclusion, or misalignment of the teeth and bite
- broken (fractured) jaw
- palate defects (such as cleft palate)

Oral health in dogs and cats

Your pet's teeth should be checked at least once a year by your veterinarian for early signs of a problem and to keep your pet's mouth healthy.

Have your pet's teeth checked sooner if you observe any of the following problems:

- bad breath
- broken or loose teeth
- teeth that are discolored or covered in tartar
- abnormal chewing, drooling, or dropping food from the mouth
- reduced appetite or refusal to eat
- pain in or around the mouth
- bleeding from the mouth
- swelling in the areas surrounding the mouth

Some pets become irritable when they have dental problems, and any changes in your pet's behavior should prompt a visit to your veterinarian. Always be careful when evaluating your pet's mouth, because a painful animal may bite.

Why does dentistry require anesthesia?

When you go to the dentist, you know that what's being done is meant to help you and keep your mouth healthy. Your dentist uses techniques to minimize pain and discomfort and can ask you how you are feeling, so you accept the procedures and do your best to keep still. Your pet does not understand the benefit of dental procedures, and he or she reacts by moving, trying to escape, or even biting.



Anesthesia makes it possible to perform the dental procedures with less stress and pain for your pet. In addition, anesthesia allows for a better cleaning because your pet is not moving around and risking injury from the dental equipment. If radiographs (x-rays) are needed, your pet needs to be very still in order to get good images, and this is unlikely without heavy sedation or anesthesia.

Although anesthesia will always have risks, it is safer now than ever and continues to improve so that the risks are very low and are far outweighed by the benefits. Most pets can go home the same day of the procedure, although they might seem a little groggy for the rest of the day.



The AVMA, American Animal Hospital Association, and American Veterinary Dental College do not recommend dental cleanings without anesthesia because they do not allow cleaning or inspection below the gumline, where most dental disease occurs, and can result in injury to the pet or the person performing the procedure.



Information from your veterinarian

How to brush your pet's teeth

Just like in humans, dental care is an important part of your pet's overall health.

Here's a step-by-step guide to keeping those chompers sparkling white at home.

1 Start brushing your pet's teeth early—8 to 12 weeks old is best. If you brush every day, your pet will become familiar with the routine when their permanent teeth erupt. Please note: You may need to stop brushing while your pet loses her baby teeth. Her mouth will be a bit sore and handling may cause more pain. Continue once all permanent teeth come in.

2 Work with your pet's mouth. Be patient and make it fun. Use love and praise, and try to practice at the same time each day to establish a routine. Choose a quiet time, such as late in the evening. Or, if your pet is highly motivated by food, try just before dinner so she'll be rewarded for her cooperation.



3 Handle your pet's muzzle and touch her lips. Work up to rubbing the teeth and gums with your finger. Put a few drops of water flavored

with low-sodium chicken or beef bouillon for dogs and tuna juice for cats in your pet's mouth and she'll begin to look forward to these sessions.



4 Rub the teeth gently with a bouillon- or tuna-flavored washcloth or a piece of gauze wrapped around the end of your finger.



5 Finally, use a finger brush or a soft veterinary or human toothbrush to brush the teeth using the bouillon water or tuna juice. Hold the brush at a 45-degree angle to the tooth and brush gently back and forth or in a circular pattern from gum to tip. Brushing the tongue side of the teeth is less critical, but still good. Offer rewards and treats when your pet allows you to brush.

6 Consider other dental aids. A large selection of veterinary toothpastes, oral rinses, and gels are available to you. Our veterinary team can help you select the right one for you and your pet. These products all enhance your home care program, but daily brushing is best. Avoid human toothpaste because fluoride and detergents can be harmful if swallowed. Hydrogen peroxide can be harsh on the gums and shouldn't be swallowed either. Baking soda has a high sodium content and should be avoided in older pets.

7 Pick kibble and rubber chew toys that will help keep the teeth clean. Avoid natural bones, which are hard enough to fracture teeth. Our veterinary team can recommend a complete and balanced professional diet to use at feeding time and as a treat.