

# Gum Health Discussion Guide

Gum health is a critical part of oral health. The gums support the teeth and cover the underlying bone. If the gums become infected, it not only poses a threat to your teeth and jaw but to your overall health. Gum disease may be associated with increased risk for other chronic conditions throughout the body, such as diabetes and cardiovascular disease. Therefore, it is imperative to discuss and prioritize gum health during your dental appointments.

Below are common terms and questions to consider asking at your next appointment, or in case your provider mentions that you have gum disease, require a deep cleaning or scaling and root planing (SRP) treatment.

## Key Terms

### **Gum disease/Periodontal disease/**

**Periodontitis:** A chronic, lifelong bacterial infection of the gums that can have serious implications for the gums, teeth and jawbone, including tooth loss and jawbone damage.

**Gum pockets:** The pockets of diseased tissue that are created between the gums and the teeth once the gums begin to pull away from the teeth. As the pocket deepens, bacteria can spread and permanently damage the bone and gums that support the teeth. Teeth can become loose or may need to be removed.

**Scaling and root planing (SRP):** The most common treatment for gum disease. Scaling is the manual removal of plaque and tartar from the teeth and roots, while planing smooths out any rough areas on the roots to prevent bacteria from gathering. It can also be called a deep cleaning.

## Questions to Ask

**Q1: What should I be doing to prevent gum disease?**  
Why it matters: There are steps you can take to decrease your risk of gum disease.

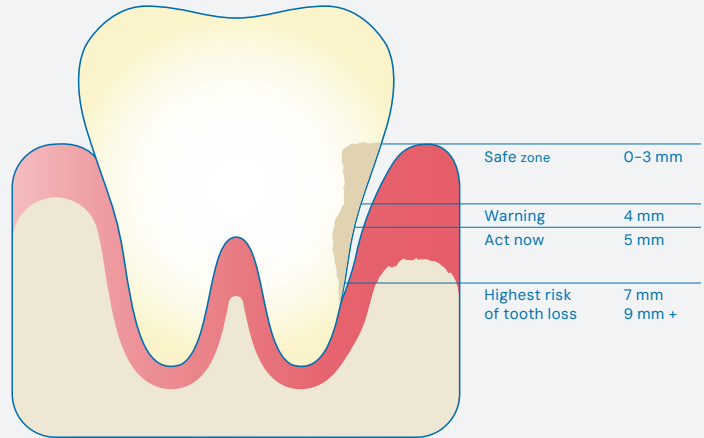
**Q2: Do I have any factors or chronic conditions that put me at higher risk of gum disease?**  
Why it matters: Certain lifestyle factors and preexisting conditions can increase the risk of gum disease.

**Q3: What are the warning signs of gum disease?**  
Why it matters: Some signs are more obvious than others, and the earlier you can identify the disease, the better.

**Q4: I have bleeding gums when I brush/floss, do I have gum disease?**  
Why it matters: Gums should not bleed when you are brushing or flossing. If you notice bleeding gums, speak to a dental care provider right away.

**Q5: What is my gum pocket depth?**

Why it matters: Deeper gum pockets are more difficult for patients to clean themselves and therefore they may harbor bacteria that can eventually cause bone loss. As part of your regular appointment, your dental care provider should be measuring your gum pocket depths, and based on those measurements, and bone loss seen on your x-rays, they may perform a deep cleaning. Measurements of 1-3mm are healthy, 4mm indicates more of a risk, and 5mm or more with bleeding indicates gum disease.



**Q6: Do I have gum disease?**

Why it matters: It's important to identify gum disease as soon as possible to begin treatment and potentially avoid the more severe oral health outcomes.

## If You Have Gum Disease or Need a Deep Cleaning/SRP

**Q1: How will you treat my gum disease?**

Why it matters: It is important to establish a clear treatment plan with your dental care provider so you can manage the infection together.

**Q2: If your dentist recommends a deep cleaning, what is a deep cleaning?**

Why it matters: If your dental care provider informed you that you need a deep cleaning, they may have noticed significant gum pockets and bone loss, meaning you have gum disease, a lifelong bacterial infection that can't be cured, only managed with ongoing treatment and monitoring.

**Q3: What treatment options are available for me?**

Why it matters: There are a variety of treatment options available. Your dental care provider will evaluate your condition and provide a recommendation.

**Q4: What can I do on my own time to minimize the damage to my gums?**

Why it matters: While gum disease is a chronic infection that cannot be cured, healthy habits can prevent further damage and the spread of bacteria.

**Q5: When should my next appointment be?**

Why it matters: Gum disease requires more frequent dental appointments to continuously monitor and treat as necessary, most typically occurring every three to four months. After your deep cleaning, your dentist will likely want to schedule your next visit.

# An Option to Treat Gum Disease Comprehensively

Your dental care provider may select a number of options in treating your gum disease. One such approach is ARESTIN (minocycline HCl) Microspheres, 1 mg, an antibiotic used in combination with SRP to fight the bacteria at the site of infection.

## What is ARESTIN?

ARESTIN is used in combination with scaling and root planing (SRP) procedures to treat patients with adult periodontitis (gum disease). ARESTIN may be used as part of an overall oral health program that includes good brushing and flossing habits and SRP.

Don't take ARESTIN if you are allergic to minocycline or tetracyclines. Ask your dentist or pharmacist for a list of these drugs if you are not sure. ARESTIN should not be used in children or in pregnant or nursing women because ARESTIN, like other tetracycline medicines may cause permanent discoloration of the teeth during tooth development.

## How ARESTIN Works

During treatment, a dental care provider will apply ARESTIN to infected gum pockets after SRP has been performed. A dental care provider may apply ARESTIN during the same visit as the SRP or during a follow-up visit.

ARESTIN treatment application at the site of infection is easy. It does not require any needles or anesthesia.

In a clinical trial, in combination with SRP, ARESTIN provided 20% more reduction of pocket depth at 9 months.\*

The most common adverse events reported by  $\geq 3\%$  of patients in the ARESTIN group include: dental pain, swollen gums, headache, mouth ulcers, flu-like symptoms, sore throat, pain, stomach upset, and mucous membrane disorder.

### STUDY DESIGN AND RESULTS\*

SRP + vehicle, and (3) SRP + ARESTIN. Retreatment occurred at 3 and 6 months after initial treatment, and any new site with pocket depth  $\geq 5$  mm also received treatment. Patients treated with ARESTIN were found to have statistically significantly reduced probing pocket depth compared with those treated with SRP alone or SRP + vehicle at 9 months after initial treatment. ARESTIN vs SRP alone (n=250)  $p < 0.01$ ; ARESTIN vs vehicle + SRP (n=249)  $p < 0.001$ ; ARESTIN + SRP vs vehicle (n=249)  $p < 0.001$ .

Speak to your dental care provider about gum disease and ask if ARESTIN is the right option for you.

## IMPORTANT SAFETY INFORMATION

Do not take ARESTIN if you are allergic to minocycline or tetracyclines. Ask your dentist or pharmacist for a list of these drugs if you are not sure. Swelling of the face, itching of the skin, fever and enlarged lymph nodes have been reported with the use of ARESTIN. Some of these reactions were serious. Tell your dentist right away if you have any signs of allergic reaction, such as skin reactions or trouble breathing, or if you have an exaggerated sunburn reaction.

THE USE OF TETRACYCLINE CLASS DRUGS, INCLUDING ARESTIN, DURING TOOTH DEVELOPMENT MAY CAUSE PERMANENT DISCOLORATION OF THE TEETH, AND THEREFORE SHOULD NOT BE USED IN CHILDREN OR IN PREGNANT OR NURSING WOMEN.

ARESTIN has not been studied in patients with weakened immune systems (such as patients with HIV infections or diabetes, or those receiving chemotherapy or radiation). Tetracyclines, including oral minocycline, have been associated with the development of autoimmune syndrome with symptoms such as joint pain, muscle pain, rash, swelling, fever, enlarged lymph nodes, and general body weakness. Tell your doctor about any health problems you have, including whether you have had oral candidiasis ("thrush") in the past, and about all medications you are taking.

In clinical studies, the most frequently reported non-dental side effects were headache, infection, flu symptoms, and pain.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Visit [www.arestin.com/PI](http://www.arestin.com/PI) for full Prescribing Information.

## Insurance Tips

You may be eligible for a copay as low as \$0\*. If your dentist recommends ARESTIN, your medical insurance may cover it, even if your dental insurance doesn't.

You may have to qualify for prescription coverage through your medical prescription benefits. Please note a prior authorization may be required, which is a process healthcare providers may have to undergo to gain approval of coverage from an insurance company before the provider can administer treatment. You may receive a call from the dental office requesting additional information.

Bring your medical insurance card to your appointment and speak with the office staff about coverage options.

## References:

Smile Generation, American Diabetes Association. (n.d.). Diabetes and gum disease: A two-way street. Diabetes and Gum Disease Risk | ADA. <https://diabetes.org/about-diabetes/complications/oral-gum-disease#:~:text=If%20you%20develop%20gum%20disease,against%20gum%20disease%20and%20inflammation>

\*ARESTIN Bausch Health Companies Inc.

This offer is only valid for patients with private commercial insurance, where ARESTIN (minocycline HCl) microspheres, 1 mg is a covered medication. This offer is not valid for anyone eligible for reimbursement of prescriptions, in whole or in part, by any federal, state, or other governmental programs, including, but not limited to, Medicare (including Medicare Advantage and Part A, B, and D plans), Medicaid, TRICARE, Veterans Administration or Department of Defense health coverage, CHAMPUS, the Puerto Rico Government Health Insurance Plan or any other federal or state health care programs. You agree not to seek reimbursement for all or any part of the benefit received through this offer and are responsible for making any required reports of your use of this offer to any insurer or other third party who pays any part of the prescription filled. Offer good only in the United States through the ARESTIN Rx Access® program. This offer is not valid where otherwise prohibited by law, taxed, or otherwise restricted. This offer is not valid with other offers. The coupon has no cash value. No cash back. This benefit can be used only for an ARESTIN prescription filled by Accredio Health specialty pharmacy and dispensed to the dental office on behalf of the patient as authorized below. You must be 18 years of age or older to redeem this offer for yourself or a minor. This offer cannot be redeemed at government-subsidized clinics. This offer is only valid on one prescription fill of ARESTIN. The maximum benefit available is \$1,500 per prescription fill. You are responsible for all additional costs and expenses after the maximum benefit is reached. If you receive coverage through a health savings account (HSA) or similar arrangement, it is your responsibility to know how claims are processed and understand that amounts paid by the third party for your ARESTIN prescription may be deducted from your benefits limit automatically. This offer is not health insurance. This offer expires on December 31, 2024. Bausch Health US, LLC reserves the right to rescind, revoke, terminate, or amend this offer at any time, without notice.