

CROOKES & JENKINS

DENTAL

Periodontal Disease

Information Pack

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crookesandjenkinsdental.com.au

What is Periodontal Disease?

The periodontium is the tissues around a tooth—the gums, bones and ligaments that hold a tooth in place.

Periodontal disease occurs when the surrounding tissues that support the teeth are infected by bacteria that colonise the plaque/tartar, causing the gums to turn red, puffy and bleed easily when brushed or flossed.

There are two types of periodontal disease:

- Gingivitis is an inflammation of the gums that is caused by the presence of plaque and calculus. When plaque is removed by efficient and regular tooth brushing and flossing the gums will be healthy and a pale pink colour. If tooth brushing is not regular or inefficiently done, the plaque will harden to become calculus and will need professional removal.
- Periodontitis is inflammation of the gums and destruction of the bones and ligaments that surrounds each tooth. Periodontitis is caused by the bacteria in plaque and tartar that has accumulated over time below the gum line. Eventually, the tooth becomes mobile and loosens from its socket.

Periodontal disease can affect a person's overall health. It can affect heart health, auto-immune diseases and the health of an unborn child.

Risk Factors:

- Uncontrolled Diabetes
- Obesity
- Smoking
- Lack of oral health care



Treatments

There is no cure for periodontitis but it can be stabilized with regular care from your dentist/specialist or Oral Health Therapist, efficient and regular home oral care, cessation of smoking, and good control of diabetes and high blood pressure.

Studies show that 'well managed periodontitis has direct effect in managing Type 2 Diabetes'.

(<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0030239/>)

Obesity is a risk factor in developing periodontitis and worsening periodontal measures'.

(<http://www.ncbi.nlm.nih.gov/pubmed/25672656>)

Another study shows 'the positive effect on smoking cessation on periodontitis progression and its healing after treatment.

(<http://www.ncbi.nlm.nih.gov/pubmed/23600995>)

Toothbrushing and flossing cannot remove calculus, especially from below the gumline. Hard calculus can only be removed by professional teeth scaling and cleaning below the gumline—debridement.

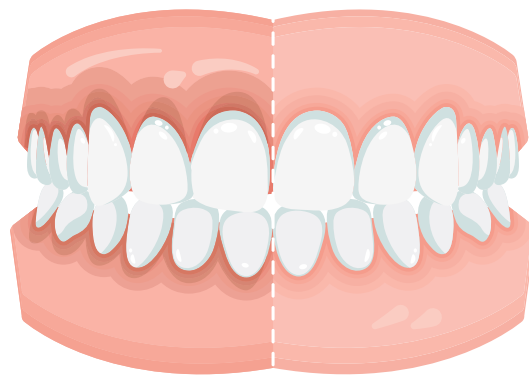
People are often unaware that they have gum disease until it is advanced. It is recommended that you see your dentist regularly for an assessment, treatment and management of periodontal disease. If the condition is advanced or deteriorating, this may include a referral to a gum specialist, a periodontist.

Your dentists and OHT's at Crookes and Jenkins Dental can give you tailored advice based on your individual treatment requirements.

What you can do!

- Brush & floss daily
- Use interdental brushes between large spaces
- Maintain regular 3 or 6 month dental check up and cleans to allow for a deep clean into pockets
- Maintain regular appointments with your GP
- Cease or reduce smoking habit
- Maintain a balanced diet

If you notice your gums bleed when you brush or floss, make an appointment to see us.



Periodontitis

Healthy teeth



Contact Us

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