



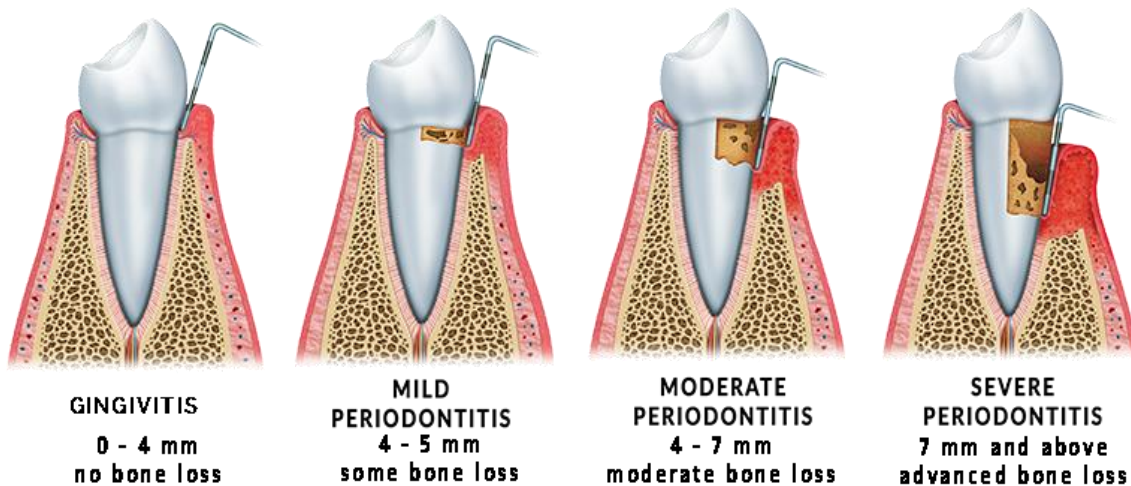
# PENTHOUSE DENTAL

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## Our practice Moto

Every patient is a father, mother, son or daughter of a loved one.

## What is a periodontal disease?



<https://gwinnettperio.com/about-gum-disease>

Gum disease, also called periodontal disease (perio “around” and odont “tooth”) is a continuous bacterial infection in the gums and bone surrounding your teeth. This cause supporting bone to be destroyed as well as the gums to recede, making the teeth look longer. If the disease is not treated teeth can become loose and be lost.

**Gingivitis:** A mild form of gum disease where the bacterial infection is only in present in the gums and no bone loss as taken place yet. The gums may present as red, swollen and bleed if you brush.

**Periodontitis:** A more severe form of gum disease. In periodontitis the gums and bone is infected and bone loss has started to take place. This leads to gums detaching from teeth forming “pockets.” As periodontitis progresses, the pockets become deeper and the disease accelerates.

## Symptoms of gum disease

- Red, swollen, tender bleeding gums
- Bad breath
- Sensitive teeth that’s painful chewing
- Receding gums or teeth that appear longer than normal
- Teeth that are loose or have shifted position

## What caused it? Contributing factors?

- Poor oral hygiene: Failure to brush and floss regularly, to decrease bacterial load.
- Inadequate frequency of dental cleanings: Even the best personal oral care may still be inadequate to decrease bacterial load as toothbrushes and floss can’t effectively remove bacteria under the gums and hardened bacteria (calculus)

- **Smoking:** Smoking restricts blood flow to the gums and interferes with basic functions of gum tissue that fight disease and assist healing.
- **Poor diet:** Lack of vitamins and minerals leads to decreased repair of oral tissues.
- **Clenching or grinding your teeth:** Clenching or grinding your teeth can put additional strain on the supporting tissues of the teeth and could speed up the rate at which gum disease progresses.
- **Genetic predisposition**
- **Treatments for other health problems:** Some medications reduce the production and flow of saliva. Saliva has a protective effect on the mouth and reduction may lead to increased risk of infection.
- **Systemic health problems:** Heart disease, respiratory disease, diabetes and autoimmune disorders can contribute to gum disease by decreasing the body's resistance to infection.
- **Hormonal changes:** Hormonal changes can cause the gums to become more sensitive and increase one's susceptibility to gum disease, eg. pregnancy

### How is the disease treated?

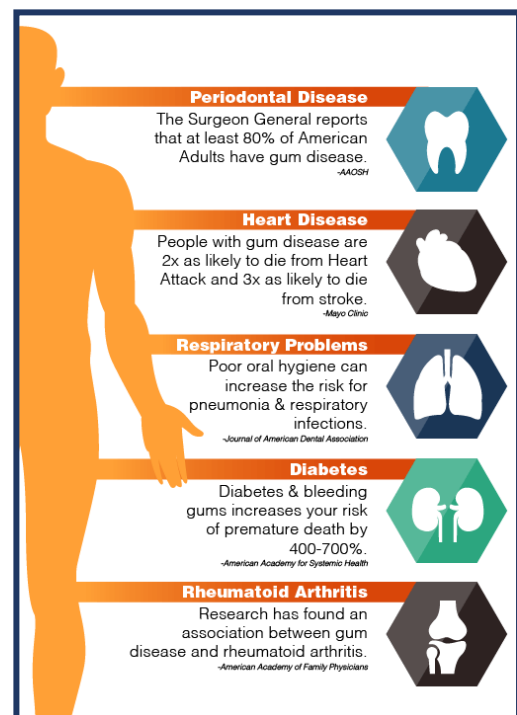
Treatment is aimed at removing plaque and bacterial deposits on your teeth and gums.

- **Oral hygiene practices:**
  - Brush your teeth twice a day with a fluoride toothpaste.
  - Consider using an electric toothbrush, which may be more effective.
  - Floss at least once a day to remove plaque.
  - Visit your dentist at least twice a year for a professional cleaning.
  - Don't smoke or chew tobacco.
- **Professional cleanings**
  - Any pockets that have formed could require deep cleaning to enable healing. A deep-cleaning method called scaling and root planing help to clean the roots and smoothen the surfaces.
- **Antibiotics may be prescribed with the professional cleaning.**
- **Surgery**
  - If inflammation persists in sites that are inaccessible to brushing and flossing, your dentist may recommend a surgical procedure called flap surgery to clean deposits under your gums. Under anesthesia, your gums are lifted away and the roots of your teeth cleaned. Your gums are then sutured (stitched) back into place.
  - If you've had any bone loss, a procedure known as bone grafting may be done at the same time as flap surgery to regenerate the lost bone.

### Why must the procedure be done?

The most common complication is the loss of teeth.

Periodontitis has also shown to lead to other diseases as the bacteria in your mouth is swallowed or taken up into your blood stream that is connected to other systems. Refer to image on the right.



<https://www.columbiadental.com/periodontal-disease/>