

Periodontal Disease

Did you know that 4 out of 5 adults (80%) have some sort of Periodontal or gum disease? Most of them don't even realise that they have a problem as it can be painless. Early stages of these diseases go unnoticed and can only be diagnosed by your dentist. Sometimes there is only slight bleeding when brushing, or someone may have commented on your breath.

A lot of people think that if they don't have any tooth aches, or teeth broken, that it is not important to go to the dentist regularly for a check up. How wrong they are. Do you know that you can lose teeth through periodontal disease?

The primary cause of gum disease is plaque. It is a sticky invisible film that builds up on teeth and in the crevices between the gums and the teeth. It contains a lot of bacteria.

If it is allowed to accumulate and is left there, it causes the gums to become inflamed and may cause them to bleed. This is called Gingivitis.

If it is left there over a long period of time, the inflammation can spread further down the tooth, under the gum, destroying the supporting structures of the tooth and shrinking the bone. This will make the tooth loose, and therefore extracting may be the only answer.

Periodontal disease can be treated and stopped in its tracks. We can't replace the supportive structure that has been lost but we can maintain the remaining structure.

Gum Disease Can Be More Destructive Than Tooth Decay

How Can I Prevent This From Happening To Me.....

We strongly recommend, that you have regular dental check ups every six months. Don't wait for a problem to arise. Remember, gum disease can start off with no pain. When you finally do notice a problem, a lot of the supporting structure of your teeth may well be destroyed.

Hygiene Maintenance Program.

We run a very successful Hygiene maintenance program. We take the worry out of our patients remembering to come back. We make your hygiene appointment after each visit, so you can have peace of mind that your dental health is always monitored, every six months.

What is good oral hygiene

Good oral hygiene results in a mouth that looks and smells healthy. This means that your teeth are clean & free of debris, gums are pink & don't hurt or bleed when you brush or floss, & bad breath is not a constant problem. Good oral hygiene will keep bacteria in the mouth at relatively low levels, preventing the build-up that leads to disease.

How is good oral hygiene practiced in between 6 monthly check ups?

- 1) Brush twice a day & floss daily.
- 2) Eat a balanced diet and limit snacks between meals.
- 3) Use dental products that contain fluoride (including toothpaste).
- 4) Make sure that your children (under 12) drink fluoridated water or take a fluoride supplement if they live in a non-fluoridated area.



How Periodontal Disease effects your Over all health!

The mouth is the window to the body. It is both an indicator of the body's overall health, and a potential starting point for inflammation of the gums (periodontal disease).

Periodontal disease not only causes tooth loss, researchers have also linked it to Heart Disease, Stroke, Diabetes, Respiratory problems, and Premature birth. Conversely, researchers are making the connection that these diseases can make an individual more susceptible to periodontal disease.

In some cases, the first signs of systemic diseases that affect the entire body-may be seen in the mouth. For example, periodontal disease that does not respond to traditional therapies could be an early indicator of diabetes. Pale gums could be a symptom of leukemia. Oral lesions often are an early sign of the HIV-virus infection.

Major research studies continue in an effort to learn more about the link between periodontal disease and other systemic diseases. For example, researchers reported that older adults who have higher proportions of the four periodontal-disease - causing bacteria in their mouths, also tend to have thicker carotid arteries, a strong predictor of stroke and heart attack.

In addition, researchers are involved in a major study of more than 800 pregnant women with periodontal disease to find out if they are more likely to deliver preterm, low-birth weight babies. The researchers want to find out if treating expectant mothers gum disease will reduce the incidence of premature births.

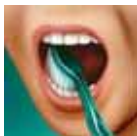
When your mouth and teeth are disease free, your risks for developing other diseases throughout your life may be reduced.

The link between oral health and the body's overall health underscores the need for dental-medical teamwork in preventing and treating disease. A dentist is much more than just a "tooth doctor" they are an integral part of a patient's health-care team.

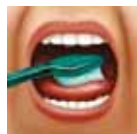
Technique's for brushing & flossing?



Tilt the brush at a 45 degree angle against the gum line and sweep the brush away from the gum line.



Gently brush the outside, inside & chewing surfaces of each tooth using short back and forth strokes.



Gently brush your tongue to remove bacteria and to freshen breath.



Wind most of the floss around each middle finger, allowing an inch of loss in the middle.



Holding the floss between your thumb & index finger, slide the floss using a sawing motion between the teeth towards the gum line.



Gently slide the floss around the base of the tooth under the gum, then slide it around the adjacent tooth and so on.

What if my gums bleed?

If your gums start to bleed as you floss or brush, DO NOT STOP! This occurs because the bacteria living in you gums, has made your gums become infected and swollen. By flossing and brushing you are removing the bacteria and reducing the swelling in your gums. The more you floss and brush the less bleeding you will have and the healthier and firmer your gums will become.