



## Periodontal disease

(Damage to the bone and gums supporting the teeth)

The Smile Clinic

### WHY SHOULD I WORRY?

40-50% of adults across the world suffer from gum disease as the mouth is an active place for millions of bacteria attacking the teeth and gums.

There is evidence to link periodontal disease to other severe health conditions such as heart attacks, oral cancer and diabetes.

What causes gum disease?

Many factors affect the health of your gums such as smoking, regular drinking, poor oral health from poor brushing and poor maintenance as well as some systemic diseases.

What effect does periodontal disease have on my teeth?

The gums are the support for the teeth. If the gums are not strong enough then teeth can become loose and move, treatment provided will be prone to recurrent caries and failure, the gums will bleed and the bone holding the teeth in place will start to disappear, gums will recede and the condition at that stage is irreversible. You are likely to loose your teeth at an earlier stage.

What can my Dentist do?

Periodontal disease in itself will cause considerable pain and discomfort of an unpredictable nature.

Before considering any definitive restorative treatments, your dentist will help you improve the condition of your gums with oral hygiene instructions, advice on oral hygiene aids as well periodontal treatment involving the removal of tartar from the tooth surfaces to aid the gums to attach back onto the root surfaces, the dentist will aim to stabilise the condition to avoid further damage.

What can you do?

Follow the instructions given by your dentist to help improve your cleaning regime and attend for your dental appointments

Once your gums are healthy, you will be reviewed for a follow up appointment.

Your dentist can then consider treatment options for your teeth.