



Can Periodontitis Heal If Good Oral Care Is Taken?

If your dentist diagnosed periodontal disease at your last appointment, you are not alone. Many others have the same problem. Treatment is the first step in preventing tooth loss.

The word periodontal literally means “around the tooth.” Healthy gum tissue fits like a cuff around each tooth. Where the gum line meets the tooth, it forms a slight v-shaped crevice called a sulcus. In healthy teeth, this space is usually three millimeters or less.

Periodontal diseases are infections that affect the tissues and bone that support teeth. As the tissues are damaged, the sulcus develops into a pocket that is greater than three millimeters. Generally, the more severe the disease, the greater the pocket depth and bone loss. The enlarged pockets allow harmful bacteria to grow and make it difficult to practice effective oral hygiene. Left untreated, periodontal diseases may eventually lead to tooth loss.

<http://www.clelandperio.com/periodontics.php>

You can have a healthy smile that will last a lifetime with proper care. This means thorough daily brushing, cleaning between teeth and regular checkups to avoid tooth decay and periodontal disease.

Most people know that tooth decay can result in tooth loss if not treated. But for adults, it is periodontal (gum) disease that is a major cause of tooth loss.

Periodontal disease is caused by bacterial infections that attack gums, ligaments and bone. Although the body has some natural defenses that resist bacterial attacks, these may not fully protect gum and bone tissues from inflammation and infection.

<http://www.stevencorben.com/conservativeperiodontalcare.nxg>

Early-stage periodontal disease (gingivitis) is seldom painful and causes relatively minor signs, such as red, swollen and bleeding gums. But untreated gingivitis can progress to periodontitis, a serious infection that destroys the soft tissue and bone that support your teeth, and eventually may cause tooth loss.

What's more, long-term periodontitis can lead to even more-serious problems, including higher blood sugar levels and an increased risk of heart attack and stroke. Gum disease may even affect your unborn child. Pregnant women with periodontitis are much more likely to give birth to premature babies than are women with healthy gums.

Periodontitis is both preventable and treatable. Although factors such as smoking, heredity, medications and lowered immunity make you more susceptible to gum disease, the most common cause is poor oral hygiene. Daily brushing and flossing and regular professional cleanings can greatly reduce your chances of developing periodontitis.

<http://www.colgate.com/app/Colgate/US/OC/Information/OralHealthBasics/CommonConcerns/GumDisease/Periodontitis.cvsp>

Gingival flap surgery is used to treat gum disease (periodontitis). It may be recommended for people with moderate or advanced periodontitis, especially if the initial, non-surgical treatment (scaling and root planing) has not eliminated the gum infection. It may also be done in conjunction with another procedure known as osseous (bone) surgery.

Your periodontist or your dental hygienist will first remove all plaque and tartar (calculus) from around your teeth and make sure your oral hygiene is good. Before flap surgery, your periodontist will determine whether your general health or your current medications allow for a surgical procedure to be carried out.

After numbing the area with a local anesthetic, the periodontist will use a scalpel to separate the gums from the teeth and then lift or fold them back in the form of a flap. This gives the periodontist direct access to the roots and bone supporting the teeth. Inflamed tissue is removed from between the teeth and from any holes (defects) in the bone. The periodontist will then do a procedure called scaling and root planing to clean plaque and tartar. If you have bone defects, your periodontist may eliminate them with a procedure called osseous recontouring, which smoothes the edges of the bone using files or rotating burs.

<http://www.colgate.com/app/Colgate/US/OC/Information/Popular-Topics/Gum-Disease/Gingival-Flap-Surgery.cvsp>

Periodontal diseases are some of the most common infections in the United States. In fact, more than 75 percent of American adults over age 35 have some form of periodontal disease.

Despite the number of people infected with these diseases, most believe they don't have them. In a recent survey, eight out of ten Americans believed they did not have periodontal disease, but seven out of ten exhibited one or more symptoms.

Periodontal diseases are painless until their advanced stages. If left untreated, periodontal diseases can result in bad breath, red, swollen and bleeding gums, and eventually, tooth loss. In fact, periodontal diseases are the leading cause of adult tooth loss.

<http://www.akstandbatos.com/periodontal.html>

There are numerous disease entities requiring different treatment approaches. Dental plaque (bacteria) is the primary cause of gum disease in genetically susceptible individuals. Daily brushing and flossing, not smoking and regular professional cleanings will prevent most periodontal diseases.

The bacteria found in plaque produces toxins or poisons that irritate the gums, which may cause them to turn red, swell and bleed easily. If this irritation is prolonged, the gums separate from the teeth, causing "pockets" (spaces) to form. As periodontal disease progresses, the supporting gum tissue and the bone that holds teeth in place deteriorates. If

left untreated, this may lead to tooth loss. There often are no symptoms. Periodontal disease is often a “quiet disease”.

<http://www.pittsburghimplantsandperio.com/periodontal-treatment-pa/periodontal-maintenance.html>

There are several ways to treat periodontitis, depending on its severity. The goal of periodontitis treatment is to thoroughly clean the pockets of bacteria and to prevent more damage. Treatment may be performed by a periodontist, a dentist or a dental hygienist. Treatment is most successful when you adopt a daily routine of good oral care.

Scaling. Scaling removes tartar and bacteria from your tooth surfaces and beneath your gums. It may be performed using instruments or an ultrasonic device.

Antibiotics. The use of antibiotics to treat periodontitis remains open to debate. Your periodontist or dentist may recommend using topical or oral antibiotics to help control bacterial infection. Topical antibiotics are generally the antibiotic of choice. They can include antibiotic mouth rinses or insertion of threads and gels containing antibiotics into the space between your teeth and gums or into pockets after deep cleaning. Oral antibiotics are used less often because they may lead to antibiotic resistance and the creation of so-called superbugs. However, oral antibiotics may be necessary to completely eliminate infection-causing bacteria.

<http://www.mayoclinic.com/health/periodontitis/DS00369/DSECTION=treatments-and-drugs>

Periodontal disease can affect one tooth or many teeth. In the mildest form of the disease, gingivitis, the gums redden, swell and bleed easily. There is usually little or no discomfort. Gingivitis is often caused by inadequate oral hygiene. Gingivitis is reversible with professional treatment and good oral home care.

<http://www.azphp.com/gum-disease>

Your teeth are intended to last a lifetime and they can, with proper care. This means thorough daily brushing, cleaning between the teeth, and regular professional cleaning to avoid periodontal diseases.

Unless you have regular dental checkups, you may not be aware you have a periodontal disease until your gums and bone have been so seriously damaged that tooth loss is inevitable.

More than half of all people over age 18 have at least the early stage of some type of periodontal disease. After age 35, about three out of four adults are affected by some form of the disease. However, periodontal diseases can occur at any age. Even children as young as five or six can have signs of some of these diseases.

http://www.jkdds.com/pages/patient_library/periodontics.html

If periodontal disease is your problem, the treatment can vary widely depending on how far the diseases have progressed. There are non-surgical as well as surgical options. If caught in the early stages, simple procedures are done that will remove the plaque and calculus from below the gum line and disrupt the infection-causing bacteria. If these diseases have advanced to the point where the periodontal pockets are deep and the supporting bone is lost, further treatment might be necessary. If you are not happy with your smile, there are cosmetic periodontal and dental procedures available to help you achieve the look you desire.

The best way to prevent periodontal disease and tooth decay -- and keep your teeth for a lifetime -- is good oral health care. That is, through brushing, flossing and regular dental visits

that include a periodontal evaluation. Brushing and flossing remove a thin sticky film of bacteria that grows on your teeth. This sticky film, called plaque, is the main cause of tooth decay and gum disease.

Periodontal scaling is a treatment procedure involving instrumentation of the crown and root surfaces of the teeth to remove plaque, calculus, and stains from these surfaces. It is performed on patients with periodontal disease and is therapeutic, not prophylactic, in nature. Periodontal scaling may precede root planing, which is a definitive, meticulous treatment procedure designed to remove cementum and/or dentin that is rough, may be permeated by calculus, or contaminated with toxins or microorganisms. When done in a thorough fashion, some unavoidable soft tissue removal occurs. This procedure is used as a definitive treatment in some stages of periodontal disease and is part of pre-surgical therapy ("tissue preparation") in others. It is recognized that debriding the root surface is a critical element in establishing periodontal health.

<http://www.drcharleskaner.com/treatment.htm>

There are two ways to treat periodontal (gum) disease: surgically and non-surgically. A large majority of patients can be adequately treated non-surgically, if the disease is discovered and treated before it becomes too advanced. More than 75% of Americans over 30 will develop some form of gum disease at some point in their lives. However, with early detection and proper conservative treatment, almost all teeth can be saved.

Just as a sturdy home needs a firm foundation, so our teeth need solid support from the tissue that surrounds them. Any weakening of this supportive tissue is called perio ("around")-dental ("tooth") disease.

<http://www.dentalcare4u.com/services/periodontal.php>

Good oral health is not only important to your appearance and sense of well-being, but also to your overall health. Cavities and gum disease may contribute to many serious conditions, including heart disease, diabetes, respiratory diseases, and premature and low weight babies. Untreated cavities can also be painful and lead to serious infections.

Maintaining good oral health includes keeping teeth free from cavities and preventing gum disease. Poor oral health can affect your appearance and self-esteem, and has been linked to sleeping problems, as well as behavioral and developmental problems in children. Poor oral health can also affect your ability to chew and digest food properly.

Smoking is a major risk factor for oral and dental disease, including oral cancer. Tobacco reduces blood flow to the gums, therefore the gums do not get the oxygen and nutrients needed to stay healthy and prevent bacterial infection.

<http://worldental.org/oral-hygiene/5-steps-to-good-oral-health/>

Alternatives to surgery include scaling and root-planing. These are the components of periodontal debridement and when combined with very good oral hygiene can allow gum tissue to heal and reattach to the teeth. Debridement and oral hygiene are for the early stages of periodontal disease but even with advanced disease, debridement is often used before surgery and can limit the areas of gum tissue that ultimately require surgery.

The need for surgery depends on the stage the disease has reached and only your dentist can determine that. Another thing to keep in mind is that another condition can sometimes aggravate and accelerate gum disease -- malocclusions (parafunction). So this is something that would need to be addressed.

<http://answers.yahoo.com/question/index?qid=20090103181351AAxAqrR>