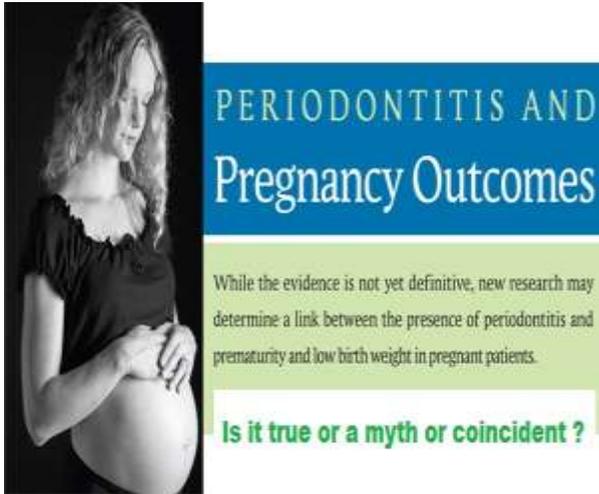


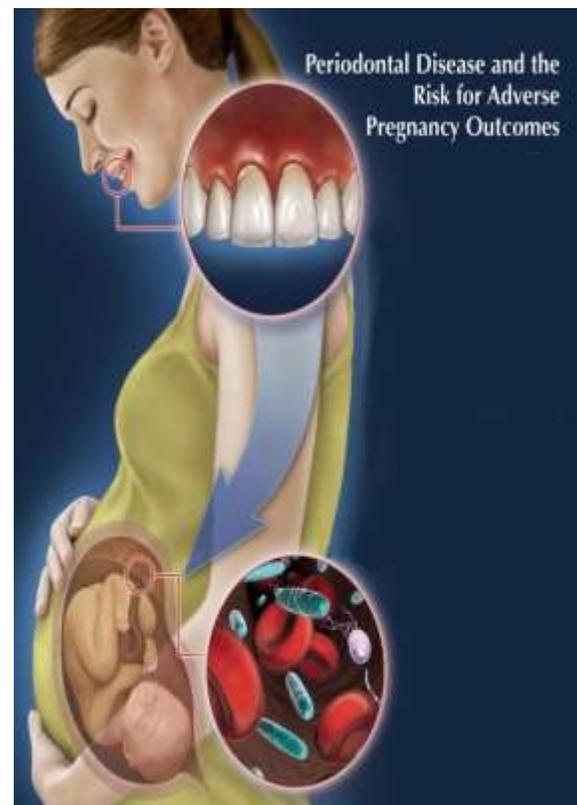
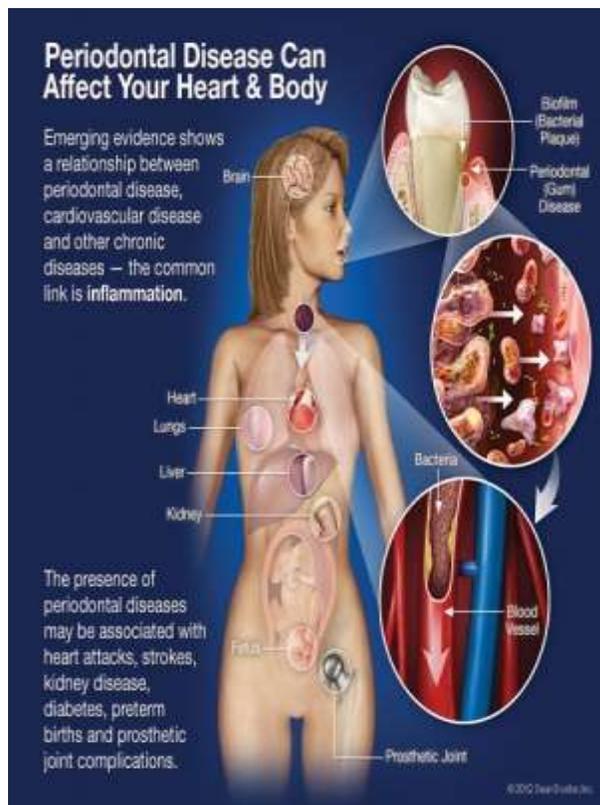
Dr:o< TALK: Gum Disease (PERIODONTITIS)



The word periodontics means supporting structure of the teeth (from Greek word “*peri*” means “around” and “*odous*” means “tooth”). In everyday word we call it “gum” (gingiva). If you have a periodontal (gum) disease, you are not alone! Over 50% of adult in the US over age of 30 is currently having some form of gum disease. It is cause by the accumulation and coalescence of bacterial plaque (biofilm) on the teeth and the gum which induced a host / body immuno-inflammatory response which led to the destruction of the supporting bone around the teeth. Untreated, this leads to tooth lost. It is the most common leading cause of tooth lost in adult in our modern era!



2 common form of gum disease: The acute /milder form is commonly known as “gingivitis” and the chronic form is called “periodontitis”. These are some of the common risk factors that associated with gum disease: smoking and hormonal change in women*; medication; genetic; systemic diseases. Most common symptoms of gum diseases are: persistent bad breath (halitosis); redness/swollen gums, bleeding gums, gum recession and tooth mobility.



Many have asked/have more serious questions/concerns. Can a gum disease cause a health problem beyond my mouth? In some studies, researcher has shown that people with gum disease were more likely to develop heart disease, stroke, or have difficulty controlling their blood sugar. Other study showed women with gum disease were more likely to deliver preterm, low birth weight baby. But so far, there is no definitive proof that gum disease causes all of these illnesses. More evidence and research is still needed to establish a cause-and-effect relationship between these conditions! One thing is for sure; gum disease will lead to tooth lost which will effects or compromise your chewing function or capabilities. In some individual this will also effects their TMJ and could result of having a TMD and oro-facial pain in the future to come. Now, this can be very expensive to treat!



Now the good news! The gum diseases are treatable and preventable. They are many treatment modalities that are available now than it was 20 years ago; including new procedural technique, material and medication. From a simple treatment of root planning and scaling to surgery and tissue/bone grafting; this has been shown effectively in treating almost any form of gum disease. The prevention is actually quite simple. It is by brushing your teeth at least twice a day; floss regularly; visit your dentist regularly for annual checkup & cleaning and don't smoke.

I hope this article will give our viewers/patients some clear information about the myth of gingivitis, periodontitis, and the treatment that are currently available at our office. Please feel free to e-mail or contact our office for any questions or concern that you may have because we are to help you!

***occur during pubertal growth and 1st /3rd term of pregnancy**