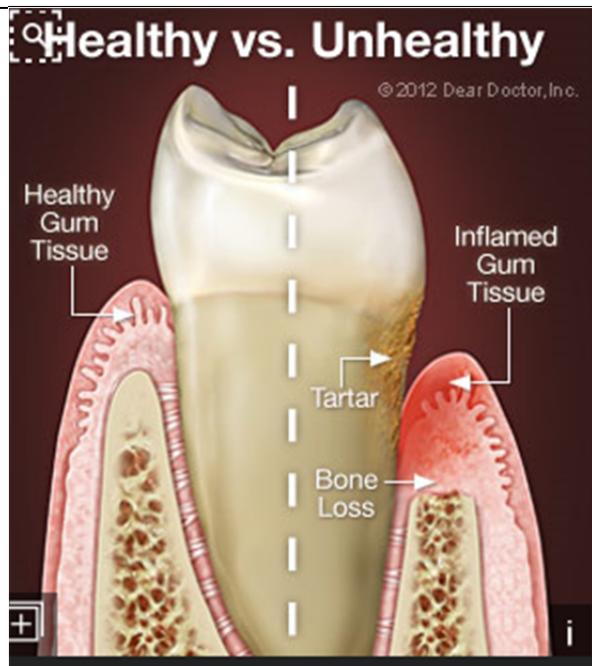


# Periodontal Therapy

## What are the symptoms of periodontal disease?

- Red, swollen, tender gums
- Bleeding while brushing/flossing
- Receding gums
- Loose or shifting teeth
- Persistent odorous breath
- Dentures no longer fit
- Drainage between teeth and gums
- A change in bite and jaw alignment



## Periodontal Disease

Periodontal disease, also called gingivitis (gum) diseases are serious bacterial infections that destroy the gingiva and the surrounding tissues of the mouth. Dental caries, or cavities, in the tooth affect only the tooth. Periodontal disease affects the bones around the tooth, the gingiva, the coverings of the roots of the teeth, and the membrane of the tooth. A dentist specializing in periodontal disease is called a periodontist. If the inflammation is left untreated, the disease will continue and the underlying bones around the teeth will dissolve and will no longer be able to secure the teeth in place and may spread to other body systems.

## Causes

As with many other oral health disease, bacteria and plaque build-up is often the culprit. In fact, plaque build-up is the leading cause. This is a systemic disease that may affect all other body systems-such as heart disease/stroke, respiratory diseases, diabetes, osteoporosis, etc. Other potential causes include:

- \* Genetics
- \* Poor oral hygiene
- \* Mouth breather
- \* Dietary low in nutrients & Vitamin C
- \* Bruxism (clench/grinding)
- \* Smoker
- \* Autoimmune/Systemic Disease
- \* Diabetes
- \* Hormonal changes
- \* Certain medications

**Treatments-** Next page

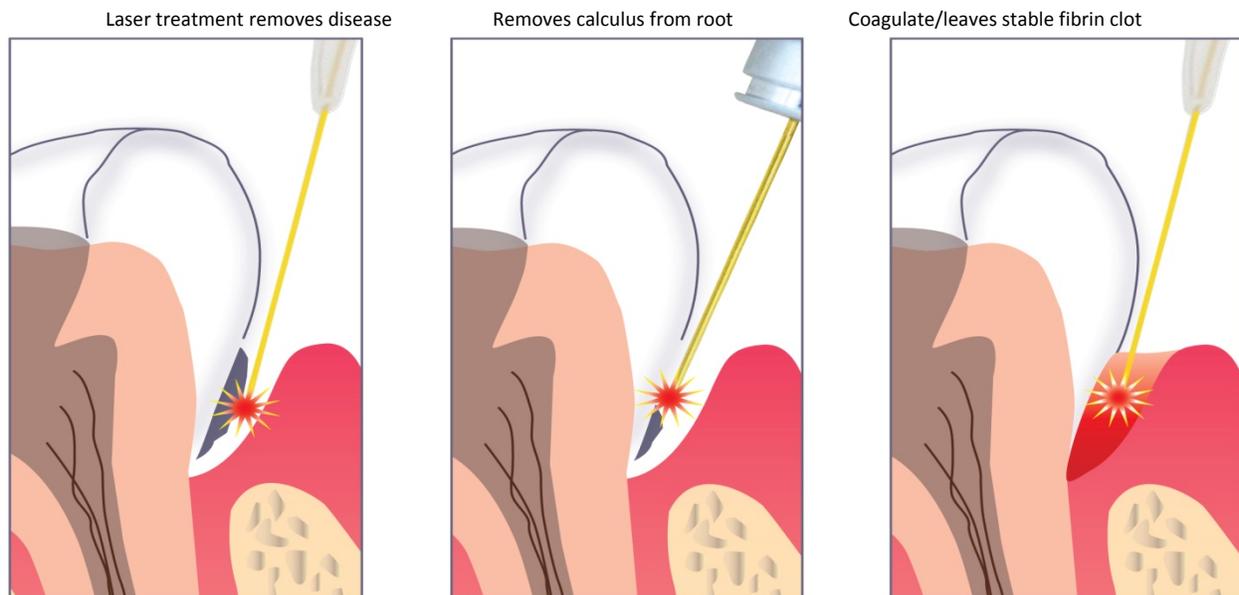
## Treatments

**Plaque removal**-Deep scaling and root planning cleaning can help remove plaque and infected tissue in the early stages of the disease, while smoothing the damage root surfaces of the teeth. The gingival can then begin to reattach to the teeth.

## Medications

**Procedures**-When the disease is advanced, the infected areas under the gingiva will be cleaned, and the tissues will then be reshaped or replaced. Types of procedures include:

- \*Periodontal pocket reduction
- \*Bone regeneration procedure
- \*Soft tissue grafting
- \*Clinical crown lengthening
- \*Laser Bio-Modulation
- \*Dental implants-metal or metal-free
- \*Laser Treatments
- \*Periodontal plastic procedures
- \*Non-surgical treatments
- \*Laser Frenectomy treatment



## Your role in Periodontal Health

Dental plaque and bacteria are the main cause of periodontal disease, so it's essential to remove the plaque daily with effective brushing/flossing at home. This doesn't mean scrubbing, which can actually cause your gums to recede. Our periodontal team is very pro-active in assisting you. Eating a nutritious diet low in sugar, staying away from smoking in all forms, will also increase your periodontal health, your overall health- and your chances of keeping your teeth for life. There are some areas of the mouth that a toothbrush and floss just can't reach to keep the bacteria from further damaging the gingiva and surrounding structures, which is why it's so **important to have regular periodontal maintenance visits at the periodontal office** by a periodontal hygienist and team.

**Want a healthy body- Start with a healthy mouth!**

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