

Brief note on periodontitis and its treatment options for gum disease.

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Introduction

Periodontitis, also known as gum disease, is a serious oral health condition that affects the tissues that surround and support the teeth. It is a chronic inflammatory condition that can cause irreversible damage to the gums and bone that support the teeth, eventually leading to tooth loss. Understanding what periodontitis is, its causes, and how it can be treated is essential for maintaining good oral health. Periodontitis typically begins as gingivitis, a milder form of gum disease caused by plaque build up on teeth. If left untreated, gingivitis can progress to periodontitis. In periodontitis, the gums pull away from the teeth, creating pockets that become infected. The immune system responds by releasing enzymes that break down the bone and connective tissue that hold the teeth in place. Over time, this can lead to tooth loss[1].

There are several risk factors that can increase the likelihood of developing periodontitis. These include poor oral hygiene, smoking, diabetes, hormonal changes, certain medications, and genetic factors. People with a family history of periodontitis are also at higher risk. Symptoms of periodontitis can include red, swollen, or tender gums, bleeding gums, bad breath, receding gums, loose teeth, and a change in the way teeth fit together when biting. However, in some cases, there may be no obvious symptoms until the disease has progressed to an advanced stage [2].

Treatment for periodontitis typically involves a combination of professional cleaning, medication, and lifestyle changes. Professional cleaning may involve scaling and root planing, a deep cleaning procedure that removes plaque and tartar from below the gumline. Antibiotics may also be prescribed to kill the bacteria that cause gum disease. In severe cases, surgery may be necessary to repair damaged tissues or remove damaged teeth. Preventing periodontitis begins with good oral hygiene habits. This includes brushing your teeth twice a day with a fluoride toothpaste, flossing daily, and using an antiseptic mouthwash. It is also important to visit the dentist regularly for checkups and professional cleanings, as the dentist can identify early signs of gum disease and provide appropriate treatment [3,4].

Periodontitis is a serious oral health condition that can cause irreversible damage to the gums and bone that support the teeth. It is caused by plaque buildup and can be influenced by a number of risk factors, including poor oral hygiene, smoking, and genetics. Treatment typically involves professional cleaning, medication, and lifestyle changes. Preventing

periodontitis requires good oral hygiene habits and regular dental check-ups. By taking these steps, you can maintain good oral health and prevent the progression of periodontitis [5].

Causes of periodontitis

Red, swollen, or tender gums: Infected gums often become red, swollen, and painful to the touch.

Bleeding gums: Gums that bleed when you brush or floss may be a sign of gingivitis or periodontitis.

Bad breath: Chronic bad breath that persists even after brushing and using mouthwash may be a sign of gum disease.

Receding gums: As the gums pull away from the teeth, they may appear to be receding, making the teeth look longer than normal.

Loose teeth: In advanced cases of periodontitis, the teeth may become loose or shift position.

Changes in the way teeth fit together: As the teeth shift or become loose, they may no longer fit together properly when biting or chewing.

Pus between teeth and gums: Pus may develop between the teeth and gums, indicating a severe infection.

Conclusion

It is important to note that not everyone with periodontitis will experience all of these symptoms. If you have any concerns about your oral health, it is important to see a dentist or periodontist for a proper diagnosis and treatment plan. Early detection and treatment of periodontitis is essential to prevent irreversible damage to the gums and bone that support the teeth.

References

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