

Gum disease

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Gum disease is a bacterial illness that affects the tissues that support and surround your teeth. It is one of the most common causes of tooth loss in adults. You may be unaware that you have gum disease since it is typically painless. Gum disease, also known as periodontal disease, is caused by plaque, a sticky film of bacteria that forms on our teeth all the time.

Gingivitis is the first stage of gum disease, characterised by inflammation of the tissues that surround and support the teeth. It is most usually caused by poor dental hygiene. Gingivitis is a frequent ailment with a wide range of severity. Gums that are red, puffy, and bleed readily when teeth are cleaned or flossed are signs of this condition. Periodontitis is not the same as gingivitis.

Gum disease is caused by a variety of factors

Gum disease is caused mostly by plaque. Other variables, however, might have a role in periodontal disease. These are some of them:

- Hormonal changes, such as those that occur during pregnancy, because diabetes impairs the body's capacity to utilise blood sugar, diabetics are more likely to acquire infections, such as periodontal disease and cavities. Gums become more sensitive during pregnancy, adolescence, menopause, and monthly menstruation, making gingivitis more likely.
- Illnesses can have an impact on the health of your gums. This covers disorders that affect the immune system, such as cancer or HIV.
- Medications can have an impact on oral health because some reduce saliva flow, which protects teeth and gums. Some medications, including the anticonvulsant Dilantin and the anti-angina medicines Procardia and Adalat, can promote aberrant gum tissue development.
- Bad habits, such as smoking, make gum tissue healing more difficult.
- Family history of dental disease can be a contributing factor for the development of gingivitis.

What Are Gum Disease's Signs and Symptoms?

Even in the late stages of gum disease, the illness may advance painlessly with little visible indications. Although periodontal disease symptoms are frequently modest, the ailment does not come without warning indications. Certain signs and symptoms may indicate the presence of the illness. Gum disease causes the following symptoms:

- Bleeding gums during and after tooth brushing
- Gums that is red and inflamed. Gums that are healthy should be pink and firm.

- Foul breath or a bad taste in the mouth that persists
- The development of deep pockets between the teeth and the gums

What Is the Treatment for Gum Disease?

The goals of gum disease treatment are to promote reattachment of healthy gums to teeth; reduce swelling, the depth of pockets, and the risk of infection; and to stop disease progression. Treatment options depend on the stage of disease, how you may have responded to earlier treatments, and your overall health.

How Can Gum Disease Be Prevented?

When plaque control is practised, gingivitis can be reversed and gum disease can be prevented in nearly all cases. Professional cleanings at least twice a year, as well as daily brushing and flossing, are required for proper plaque management.

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