Periodontitis

Periodontitis is a severe inflammatory disease that damages the gums and destroys the bone supporting the teeth. Without treatment, it can lead to the loosening and loss of teeth. Periodontitis can originate from untreated gingivitis. Periodontitis can increase the risk of heart attacks and strokes and can deteriorate the control of diabetes.

The Development and Symptoms of Periodontitis

The inflammation arises when plaque accumulates at the gum line and in the periodontal pocket. Plaque is a sticky film composed of bacteria. If not removed, it can harden into tartar, which further exacerbates the inflammation. Periodontitis can cause the gums to become red, swollen, and bleed during brushing. Bad breath and a bad taste in the mouth are common in periodontitis. As it progresses, periodontitis can lead to gum recession, loose teeth, tooth loss, and problems with biting.

Risk Factors:

- Smoking, one of the most significant risk factors
- Diabetes
- Poor oral hygiene
- Genetic factors
- Certain other diseases and medications
- Stress

Prevention and Treatment of Periodontitis

The risk of periodontitis can be reduced by maintaining good oral hygiene and making healthy lifestyle choices:

- Brush your teeth twice a day with fluoride toothpaste for 2 minutes, ensuring the gum line is thoroughly cleaned.

- Use interdental brushes, toothpicks, or dental floss daily in all the spaces between your teeth.

- Avoid smoking and tobacco products.

- Visit the dentist regularly for check-ups and cleanings.

At the dentist, the treatment of periodontitis focuses on managing the infection and stopping the inflammation. The treatment steps may include:

- Professional teeth cleaning to remove plaque and tartar from visible surfaces and especially from periodontal pockets.

- In advanced cases of periodontitis, surgical procedures may be necessary.

- Sometimes, an antibiotic course may also be needed to support the treatment.

- Maintenance treatment should be carried out every 3 – 12 months.

Early detection and proper treatment of periodontitis can help manage the disease and protect the teeth and gums.

Video (FIN): Proper brushing and cleaning between teeth [www.qadental.com/puhdistus]

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