

### What is gum disease?

Gum disease describes the swelling, soreness or infection of tissues supporting the teeth. There are two main forms of gum disease: gingivitis and periodontal disease.

### What is gingivitis?

Gingivitis means inflammation of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed during cleaning.

### What is periodontal disease?

Long lasting gingivitis can turn into periodontal disease. There are a number of types of periodontal disease and they all affect the tissues supporting the teeth. As the disease gets worse the bone anchoring the teeth in the jaw is lost, making the teeth loose. If this is not treated, the teeth may eventually fall out. In fact more teeth are lost through periodontal disease than through tooth decay.

### Am I likely to suffer from gum disease?

All gum disease is caused by plaque. Plaque is a film of bacteria which forms on the surface of the teeth and gums every day. Many of the bacteria in plaque are completely harmless, but there are some that have been shown to be the main cause of gum disease. To prevent and treat gum disease, you need to make sure you remove all the plaque from your teeth every day. This is done by brushing and flossing.

### How would smoking affect my gums and teeth?

Smoking can make gum disease worse. Patients who smoke are more likely to produce bacterial plaque, which leads to gum disease. The gums are affected because smoking causes a lack of oxygen in the bloodstream so the infected gums fail to heal. Smoking causes people to have more dental plaque and for gum diseases to progress more rapidly than in non-smokers. Gum disease still remains the most common cause of tooth loss in adults.

### What happens if gum disease is not treated?

Unfortunately, gum disease progresses painlessly on the whole so that you do not notice the damage it is causing. However, bacteria can sometimes become more active and this makes your gums sore. This can lead to gum abscesses, and pus may ooze from around the teeth. Over a number of years, the bone supporting the teeth can be lost. If the disease is left untreated for a long time, treatment can become more difficult.

### What should I do if I think I have gum disease?

The first thing to do is visit your dentist for a thorough check-up of your teeth and gums. The dentist can measure the 'cuff' of gum around each tooth to see if there is any sign that periodontal disease has started. X-rays may also be needed to see the amount of bone that has been lost. This assessment is very important, so the correct treatment can be prescribed for you.

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#### What treatments are needed?

Your dentist will usually clean your teeth thoroughly to remove the scale. You'll also be shown how to remove plaque successfully yourself, cleaning all surfaces of your teeth thoroughly and effectively. This may take a number of sessions with the dentist or hygienist.

#### What else may be needed?

Once your teeth are clean, your dentist may decide to carry out further cleaning of the roots of the teeth, to make sure that the last pockets of bacteria are removed. This is known as root planning. You may need the treatment area to be numbed before anything is done. Afterwards, you may feel some discomfort for up to 48 hours.

#### Once I have had periodontal disease, can I get it again?

Periodontal diseases are never cured, but can be controlled as long as you keep up the home care you have been taught. Any further loss of bone will be very slow and it may stop altogether. However you must make sure you remove plaque every day, and continue to go for regular checkups by the dentist and hygienist.