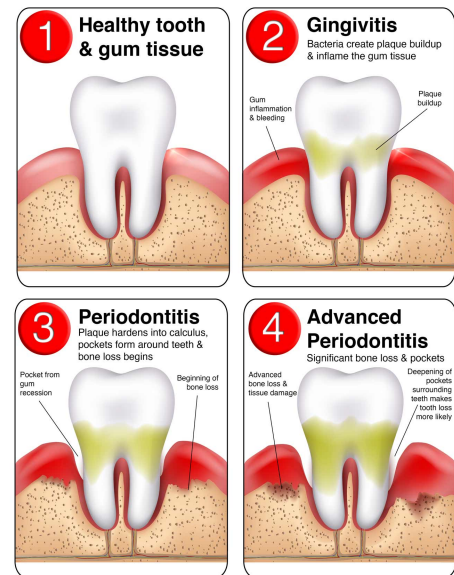


What Is Periodontal Disease?

Periodontal (gum) disease is an infection of the tissues that hold your teeth in place. It's typically caused by poor brushing and flossing habits that allow plaque—a sticky film of bacteria—to build up on the teeth and harden. Other causes or risk factors include other systemic inflammatory conditions such as diabetes, cardiovascular disease, hormonal changes (as seen in pregnancy, etc), genetic predisposition, and more. In advanced stages, periodontal disease can lead to sore, bleeding gums; painful chewing problems; and even tooth loss.

Symptoms of gum disease can include:

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Receding gums or longer appearing teeth
- *Oftentimes, gum disease is “silent” or shows no symptoms until it has become advanced.



The main goal of treatment is to control the infection. The number and types of treatment will vary, depending on the extent of your gum disease. There are non-surgical interventions such as scaling and root planing, with the help of localized antibiotics or laser therapy to kill bacteria and aid in tissue healing. For advanced disease, there are also surgical interventions that serve to also remove and eliminate the damaging bacteria, while also attempting to restore any bone support or soft tissue that has been lost by the disease process.

Any type of treatment requires that you keep up good daily care at home. Your dentist may also suggest changing certain behaviors, such as quitting smoking, as a way to improve your treatment results.

If you have any further questions, feel free to contact the office via email or phone call and we'll be happy to provide you with additional guidance or recommendations.