

Gum Disease

In this information sheet you will find out what gum disease is and how we can help you to treat / prevent it.



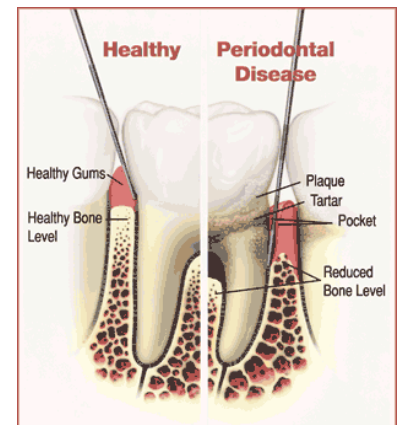
Are you worried that gum disease spells the end for your teeth and that dentures are inevitable or maybe you are just concerned that you may have gum disease (also called periodontal disease) and are looking for some more information. At Craigentenny Dental Care half of our clinical team are dedicated to treating and preventing this condition and have been helping patients to beat their gum disease for more than 20 years. So if you are suffering from this problem we have the knowledge, experience and skills to help you, why not book an appointment for an assessment with one of our dentists?

What Is Gum disease (Periodontal Disease) ?

Gum disease is the progressive break down of the fibres and bone that support your teeth. In its most advanced form this involves the loss of so much bone that your teeth become loose. Left untreated this can lead to the need for the extraction of multiple teeth. Recent studies have suggested links between untreated gum disease and heart disease, Alzheimer's as well as other medical conditions so getting to grips with gum disease is an important part of general health too.

How Do You Know I Have Gum disease?

Bleeding gums when you brush or floss are the first sign that things are not right. Many people assume that bleeding gums mean that you have brushed too hard, this is simply not the case. Bleeding gums are the first sign of gum disease and is referred to as gingivitis, thankfully this is easily treated if caught early. Left untreated gingivitis can progress on to more extensive gum disease and start to destroy the bone that holds your teeth in place.



At Craigentenny you can relax knowing that during every single examination of adults and children we carry out a thorough check on your gums. Gum disease covers everything from bleeding gums to loose and wobbly teeth so as part of our care we measure exactly how healthy your gums are. By probing round each tooth in turn we can establish how much or little damage has been done to the gum and bone around your teeth. Generally healthy gums only allow the probe to sink in a short way and do not bleed when gently probed. Unhealthy gums allow the probe to sink in a long way and often bleed when probed gently.

What Causes Gum disease?

Gum disease is caused by a mixture of 3 things.

- a build up of Plaque and Tartar (also called Calculus) both above and below the gum line.
- Your natural genetic susceptibility (thanks mum & dad!)
- Other factors such as smoking, uncontrolled diabetes, diet and nutrition

The main factor that we can control in treating Periodontal disease is plaque and tartar. Plaque is a mixture of the millions of bacteria that live in your mouth, dead skin cells that have rubbed off your gums and bits of food. This plaque and tartar stimulates your immune system, and cause inflammation in the gums. As a result of the inflammation bone is “eroded” away round your teeth. Contrary to popular advertising mouthwash alone will make little difference to this problem. To treat gum disease you need to eliminate the bacteria that cause gum disease and then keep them at bay. Achieving this is difficult but with an experienced and knowledgeable dental team and your enthusiastic participation you might just be surprised at the results.

How Is Gum disease Treated ?

Our mix of dental professionals allow us to provide extensive support and help to patients suffering from gum disease. Your dentist carries out a thorough consultation to identify your aims & goals for treatment as well as a detailed examination. Although we have a big team at Craigentenny we ensure continuity of care by making sure you work with just one specific dentist and one hygienist who get to know you and your gums in great depth. Your dentist co-ordinates treatment and in partnership with you will develop a plan to treat your gum disease.

Treatment requires hard work from both you and our team here at the practice. Your dentist and hygienist gather detailed records to assess your gum disease initially and then check on progress made in its treatment. They systematically and thoroughly remove the plaque and tartar that has built up above and below the gum line over a number of visits. What we do is only part of the solution as build up of plaque cannot be stopped completely. We will also work with you to help you develop the most effective day to day homecare routine that will give you the best chance of successfully stopping your gum disease. We will also provide advice and where appropriate support in addressing other factors which impact significantly on gum disease such as smoking, diabetes and nutrition.