

## **GUM DISEASE**

Gum disease or periodontal disease, is one of the most concerning oral diseases we deal with here at the **Eastbourne Dental Centre** and is the single most common cause of tooth loss in adults.

Gum disease or Periodontal Disease is an inflammatory disease that attacks the gums, ligaments and bone that hold our teeth in place. It can vary from mild inflammation to mobility, localised infections and subsequent tooth loss.

The main signs of gum disease include bleeding gums, mobile teeth, swollen/tender gums, and bad breath/bad taste.

The main causative factor is the presence of the bacteria in mouths held in close proximity to the tooth and its ligament via plaque. Plaque is calcified over time into calculus/tartar if it is not removed promptly. If this hard build-up, calculus, remains it will continue to cause inflammation of the gum and possibly gum disease if it is not removed professionally.

Other causes of gum disease include: smoking/tobacco products, pregnancy, medications, and other diseases.

The type of treatment required depends on the severity of each individual case. The main treatment is to remove and minimise further build-up with scaling and /or root planing at the dentist/hygienist or periodontal specialist and often more frequent cleanings may be required.

Of course the ongoing key preventative factor is *homecare*. With effective homecare by twice daily brushing and daily flossing the chances of having gum trouble is greatly minimised or if disease is already present can be effectively halted.

For any gum or other dental issues or advice contact us here at the **Eastbourne Dental Centre**, cnr Rimu St and Marine Pde, ph.5627506.