

The Importance of Preventing Gum Disease and its Complications

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DESCRIPTION

Gum disease is a bacterial infection that affects the gums and surrounding tissues that support the teeth. If left untreated, gum disease can cause irreversible damage to the teeth and gums, leading to tooth loss and other serious health problems. Plaque build-up on the teeth and gums causes gum disease. Plaque is a bacterial film that accumulates on the teeth and gums after eating or drinking. If the plaque is not removed by regular brushing and flossing, it can harden into tartar, which can only be removed by a dental professional. Tartar build-up can lead to gum inflammation, which can progress to gum disease if left untreated.

Several factors can increase the risk of developing gum disease, including poor oral hygiene, smoking, genetics, diabetes, and hormonal changes. Certain medications can also increase the risk of gum disease by reducing saliva production, which can lead to dry mouth and bacterial build-up.

Stages of gum disease

The two basic stages of gum disease are gingivitis and periodontitis.

Gingivitis is the milder form of gum disease, and it is usually reversible with proper treatment. Symptoms of gingivitis include red, swollen, and bleeding gums, bad breath, and receding gums.

Periodontitis is a more advanced form of gum disease that can cause irreversible damage to the teeth and gums. In addition to the symptoms of gingivitis, periodontitis can also cause tooth loss, gum recession, and bone loss.

Treatment

Gum disease treatment is determined on the severity of the condition. In the early stages of gingivitis, treatment usually involves a thorough cleaning of the teeth and gums, along with improved oral hygiene practices at home. This may include regular brushing and flossing, as well as the use of an antimicrobial mouthwash to reduce bacterial build-up.

If the gum disease has progressed to the more advanced stage of periodontitis, treatment may involve scaling and root planning, a deep cleaning procedure that removes plaque and tartar build-up from the teeth and gums. In some cases, surgery may be necessary to remove infected tissue or to restore lost bone and gum tissue.

Prevention of gum disease

The best way to prevent gum disease is to maintain good oral hygiene practices at home, including regular brushing and flossing. It is also important to see a dental professional regularly for check-ups and cleanings, as early detection and treatment of gum disease can prevent more serious complications from developing.

Other preventive measures include quitting smoking, reducing alcohol consumption, maintaining a healthy diet, and managing underlying health conditions such as diabetes or hormonal changes.

Complications

If left untreated, gum disease can cause serious complications, including tooth loss, gum recession, and bone loss. It can also increase the risk of other health problems, such as heart disease, stroke, and respiratory infections.

There is a link between gum disease and systemic diseases such as diabetes, cardiovascular disease, and Alzheimer's disease. Gum disease bacteria can enter the circulation and spread to other regions of the body, causing inflammation and damage to other organs and tissues.

In pregnant women, gum disease has been linked to low birth weight and premature delivery. It is important for pregnant women to maintain good oral hygiene practices and to see a dental professional regularly for check-ups and cleanings. Gum disease is a common oral health problem that can cause serious complications if left untreated. It is caused by a build-up of plaque and tartar on the teeth and gums, and it can be prevented through good oral hygiene practices and regular check-ups with a dental professional.

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Other factors leading to gum disease:

Poor oral hygiene: A few of the most prevalent manifestations behind gum inflammation is poor oral hygiene. If do not brush and floss regularly, plaque can build up on teeth and gums, leading to gum disease.

Smoking and tobacco use: Smoking and tobacco use can increase risk of gum disease. Smoking can reduce the flow of blood to the gums, making it harder for body to fight off infection.

Genetics: Some people may be more susceptible to gum disease due to their genetics. If the family has a history of gum disease, that may be more likely to develop the condition.

Hormonal changes: Hormonal changes that occur during pregnancy, puberty, and menopause can make the gums more sensitive and prone to infection.