

General Perspective of Periodontitis

Ming Liu*

Department of Medical and Surgical Specialties, Radiological Sciences, and Public Health, Unit of Occupational Health and Industrial Hygiene, University of Brescia, Italy

Received: 03-Feb-2022, Manuscript No. OHDM-22-15848; **Editor assigned:** 04-Feb-2022, Pre QC No. OHDM-22-15848 (PQ); **Reviewed:** 18-Feb-2022, QC No. OHDM-22-15848; **Revised:** 23-Feb-2022, Manuscript No. OHDM-22-15848 (R); **Published:** 02-Mar-2022, DOI: 10.35248/2247-2452.22.21.982.

Introduction

Periodontal disease is primarily the result of infection and inflammation of the gums and bones that surround and support the teeth. In the early stages of periodontitis, the gums can swell, turn red, and bleed. In a more serious form of periodontitis, the gums can separate from the teeth, lose bone, and loosen or fall off the teeth. Periodontitis mainly occurs in adults. Periodontitis and tooth decay are the two biggest threats to dental health. Periodontitis causes severe inflammation of the gums. The inflammation is so severe that there are air pockets between the gums and teeth. Microorganisms such as bacteria attach to the surface of the tooth and the pockets surrounding the tooth and multiply. Ultimately, it destroys the tissues and bones that hold the teeth in place. This reaction can lead to tooth loss. Inflammation occurs when the immune system reacts and releases toxins. The various stages of periodontitis are inflammation (gingivitis), early periodontitis, moderate periodontitis, and advanced periodontitis.

Causes and Symptoms of Periodontitis

Most often, periodontal disease begins with plaque, a sticky film composed primarily of bacteria. If left untreated, plaques can eventually lead to periodontitis with plaques build up in the teeth, plaques harden under the gums to form tartar, and plaques can cause gingivitis. Persistent periodontal disease can cause periodontitis. Factors that can increase the risk of periodontitis are: smoking, diabetes, Medications that reduces the production of saliva which protects the gums. These medications include antihistamines, antidepressants, and medications for high blood pressure (hypertension), Genetics changes, Female hormonal changes such as pregnancy and contraceptives, Diseases that limit immune system response such as cancer and AIDS. These conditions can lead to necrotic periodontitis the most serious form. The Symptoms include Bleeding, redness, swelling, sensitization, and receding gums (tissue is pulled back, more teeth appear). Your teeth will be loosen, become sensitive to the touch, and produce pus. Other symptoms include bad breath, changes in bites, and painful chewing.

Diagnosis and Treatment

To determine if you have periodontitis and how severe it is, your

dentist will review your medical history, examine your mouth, measure pocket depth, and take dental X-rays. Treatment can be performed by a periodontist, a dentist, or dental hygienist. The goal of treatment for periodontitis is to thoroughly clean the tooth pockets and prevent damage to the surrounding bone. If you want to follow a good daily oral care routine in-order to treat health problems that can affect your dental health then immediately quit smoking, only then your treatment is most likely to be successful.

Nonsurgical Treatments

Many medicated mouthwashes and other treatments are available, including prescription antimicrobial mouth rinse such as chlorhexidine, antiseptic chips, antibiotic gels, antibiotic microspheres, enzyme inhibitors, and oral antibiotics.

Surgical Treatments

If you have advanced periodontal disease, treatment may require dental interventions such as: Example: Flap plastic (surgery to reduce pocket size), Soft tissue grafting, Bone grafting, guided tissue regeneration and tissue stimulating protein.

Conclusion

Periodontitis can lead to tooth loss and bacteria that cause periodontal disease can enter the bloodstream through the gum tissue and infect other parts of the body. For example, periodontal disease is associated with respiratory disease, rheumatoid arthritis, coronary artery disease, and problems with blood glucose control in diabetes. The best way to prevent periodontitis is to use a good oral hygiene program that starts early and is consistently practiced throughout life. Good oral hygiene which means brushing your teeth at least twice a day for 2 minutes once in the morning and once before going to bed, also flossing at least once a day. Regularly visit the dentist or dental hygienist to clean your teeth usually for every 6-12 months. If there are risk factors that increase the risk of periodontitis like dry mouth, taking certain medications or smoking, you may need specialized tooth cleaning more often.