

## Periodontology

A sound construction rests on a strong foundation. Periodontology, is that branch of dentistry that shoulders the responsibility of providing such a foundation. This branch deals with diagnosis, treatment and prevention of gingival and periodontal diseases which also includes regeneration of lost tissue and rehabilitation of the person as a whole. Periodontal disease commonly known as “pyorrhoea” manifest as gingivitis (in early stages) and periodontitis (in late stages)) along with gingival recession (elongation of tooth) or pocket formation.

This leads to various symptoms like-

Bleeding gums

Bad breath

Pus discharge from gums

Foul taste

Pain in gums

Sensitivity in teeth on intake of cold foods

Mobility or loosening of teeth.

The main causative agent for gum disease is plaque (soft deposit) and calculus (hardened plaque/tartar) which forms and deposit on tooth surfaces. If these deposits stay for a longer time on the tooth surface, they start dissolving the supporting tissues/bone) of the teeth. This causes gums to recede and ultimately loosening of teeth.

Periodontal disease have been found to be a risk factor for various systematic disease like-

Cardiovascular diseases- atherosclerosis, angina, MI, stroke

Pulmonary problem-COPD

Endocrinal problems-diabetes

Gynaecological problems-preterm low birth weight infants

Bony changes-osteopenia, osteoporosis.

Vice a versa, presence of the above systematic disease increases the severity of periodontal disease in presence of the local deposits (tartar).

Periodontal disease can be prevented by proper brushing with soft tooth brush and toothpaste twice a daily. Flossing with dental floss once a

day is also advisable so as to clean the gaps present in between the teeth.

Periodontal disease can be treated by-

Scaling and root planing

Flap surgery

Regenerative procedure like bone grafting and GTR

Periodontal plastic surgeries

Non surgical management of gum diseases.

Various esthetic procedure are also done under the branch of periodontics like-

Gingivoplasty and gingivectomy

Soft tissue grafting

Implants