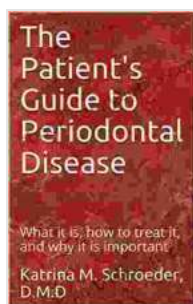


The Patient Guide to Periodontal Disease: Your Comprehensive Guide to Understanding and Preventing Gum Disease

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Periodontal disease is a serious oral health condition that can lead to tooth loss and other health problems. It is caused by bacteria that form plaque on the teeth and gums. Plaque is a sticky film that contains bacteria, food particles, and saliva. If plaque is not removed regularly, it can harden into tartar, which is a more serious form of plaque that can only be removed by a dentist.



The Patient's Guide to Periodontal Disease: What it is, how to treat it, and why it is important by Lasting Happiness

★★★★☆ 4 out of 5

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File size : 3755 KB
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Word Wise : Enabled
Print length : 110 pages

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Periodontal disease can affect people of all ages, but it is most common in adults. The risk of periodontal disease increases with age, tobacco use, poor oral hygiene, and certain medical conditions, such as diabetes.

Causes of Periodontal Disease

The main cause of periodontal disease is bacteria that form plaque on the teeth and gums. These bacteria produce toxins that irritate the gums and damage the supporting bone structure of the teeth. Other factors that can contribute to periodontal disease include:

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- Poor oral hygiene
- Tobacco use
- Diabetes
- HIV/AIDS
- Certain medications, such as steroids and chemotherapy drugs
- Genetics

Symptoms of Periodontal Disease

The early stages of periodontal disease often do not cause any symptoms. However, as the disease progresses, symptoms may develop, including:

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- Bleeding gums
- Swollen gums
- Receding gums
- Loose teeth
- Tooth loss
- Pain when chewing
- Pus between the teeth and gums
- Bad breath

Treatment Options for Periodontal Disease

The treatment for periodontal disease depends on the severity of the condition. In the early stages, treatment may involve:

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- Improved oral hygiene
- Professional teeth cleaning
- Antibiotics

In more advanced stages, treatment may involve:

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- Scaling and root planing

- Surgery
- Bone grafts

Prevention of Periodontal Disease

The best way to prevent periodontal disease is to practice good oral hygiene. This includes:

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- Brushing your teeth twice a day with a fluoride toothpaste
- Flossing your teeth once a day
- Seeing your dentist for regular checkups and cleanings

Other things you can do to reduce your risk of periodontal disease include:

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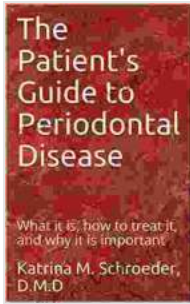
- Quitting smoking
- Managing your diabetes
- Taking good care of your overall health

Resources for More Information

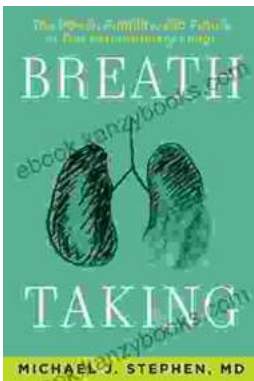
* National Institute of Dental and Craniofacial Research * American Academy of Periodontology * American Dental Association

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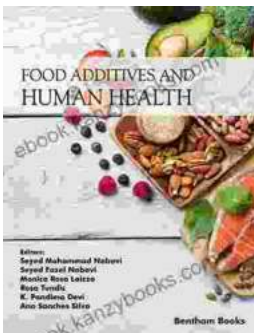


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