

# Rosebud Dental Group

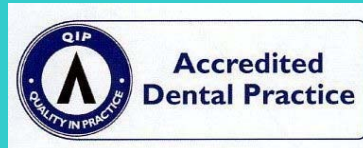
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## Newsletter



QUARTER 1 : 2016

Welcome to our first newsletter for 2016, this year we'll be sharing, in easy to read terms, some of the causes of dental diseases and some measures that can be taken to prevent or reduce them. The two types of dental disease that we treat at RDG more than any others are gum disease and tooth decay. While there are a myriad of other diseases and problems that can affect the mouth nearly everyone will have either one or both of these problems to a varying degree during the course of their life. This newsletter we write about

### Periodontal Disease

Periodontal disease or gum disease affects the tissues that support the teeth that comprise the gingiva, or skin, surrounding the teeth, the ligament that attaches the teeth to the bone under the gingiva and the part of the jawbone that supports the teeth. There are two broad categories of periodontal disease.

**Gingivitis** is the inflammation of the gingiva resulting in bleeding gums when probed, often noticed when brushing your teeth or eating apples etc. The gingiva may also be swollen and red or reddish-blue in colour and it can be associated with bad breath. A severe form is Acute Ulcerative Necrotising Gingivitis or ANUG, which is extremely painful, however mild gingivitis may have no other symptoms other than bleeding gums. Nearly everyone we see will have some degree of gingivitis present, either generalised around the mouth, or in one particular area. However it should not be ignored, there is evidence that periodontal disease is associated with heart disease.

### Periodontal Disease

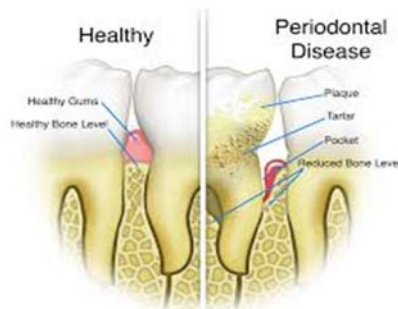


Diseased Gums

Healthy Gums

**Periodontitis** is a more severe disease where the gingiva is not just inflamed

but the supporting structures of ligament and bone are being destroyed with teeth eventually becoming loose and falling out or requiring extraction. The gap between the gingiva and the tooth becomes gradually deeper from a healthy 1 to 2mm up to the entire length of the tooth root making cleaning almost impossible and providing a "pocket" around the tooth for food debris and plaque to accumulate in. Halting the progression of periodontitis requires a lifetime commitment to regular treatment and always maintaining an excellent level of personal Oral Hygiene.



The causes of both gingivitis and periodontal disease are complex and not fully understood, we do know however that twice daily complete removal of plaque and debris etc containing bacteria from the tooth root surface will prevent or largely control the disease. Not all people who have a plaque build-up will get gingivitis, and not all people with gingivitis will progress to periodontitis; however twice daily meticulous cleaning including the use of dental floss or interdental brushes as well as a normal soft toothbrush or electric toothbrush can prevent both. Regular cleaning by a dental professional is also recommended and a referral to a periodontist who specialises in gum disease may be required for people who do develop periodontitis.

Brushing and flossing technique is equally important as frequency when it comes to preventing gum disease. Correct brushing requires a soft or electric toothbrush with the bristles angled to-

wards the gum so that they bend down



into the pocket between gum and tooth. Particular attention is also required to make sure that all surfaces of the tooth are reached as well, being the inside as well as the outside of the tooth and the biting surface. Brushing alone however is not enough, tooth brushes do not reach the surface between the teeth and this area requires flossing (or interdental brushes which are like toothpicks with bristles).



If you aren't flossing at least once a day you will have periodontal disease occurring somewhere in your mouth. Flossing as well as brushing is essential to oral health.

We hope this information helps you better understand periodontal disease and the need for a personal oral hygiene regime of the highest standard.

