

## Periodontitis

Periodontitis is chronic inflammation of the periodontium. The tissue and bone responsible for holding the tooth in place are gradually destroyed. It can take years or decades, or even just weeks or months in an aggressive case. Without treatment, you can expect loosening and loss of teeth, even if they were free from decay.

### What causes periodontitis?

Periodontitis is triggered by plaque on the tooth surface and in the spaces between the teeth. Plaque consists of an accumulation of bacteria that eventually leads to the loss of tooth-bearing tissue. In general “no plaque means no periodontitis”!

### Gum inflammation (or gingivitis) promotes periodontitis

Periodontitis is always preceded by gingivitis. The transition from gingivitis to periodontitis occurs in stages. The inflammation gradually affects all parts of the periodontium. The gums detach from the tooth and form pockets which, in turn, are breeding grounds for bacteria. The tooth pockets get deeper, the gums recede, further tissue and eventually bone loss follows. The tooth loses its hold and becomes loose.

### Preventive care and early diagnosis

Good oral hygiene is very important to minimise plaque and reduce the risk of disease. We recommend brushing your teeth twice a day and cleaning the interdental spaces with floss or interdental brushes once a day. In addition to simple tartar removal, we recommend professional dental cleaning, during which your teeth are thoroughly cleaned, even in places that are difficult to reach. Professional dental cleaning should be carried out once to twice per year (or more often for at-risk patients).

The earlier the periodontitis is detected, the higher the chances of treatment success. Warning signs are redness on the gums, swelling of the gums, bleeding gums during dental care and receding gums. Regular check-ups (once or twice a year) are very important to detect signs of periodontitis.