Periodontal Disease does not HURT until it is in its ADVANCED STAGES.

90% of adults over 55 and 70% of adults 35 to 54 have Periodontal Disease.

This pamphlet describes Periodontal Disease and the steps we take through regular hygiene appointments to reduce your risk of developing it.

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1. Adult periodontitis begins around age 35 and is almost universal (90% of adults over 55 and 70% of adults 35 to 54).
2. Periodontitis can affect overall health and has been linked to heart disease, arthritis, diabetes and pre-term births.
3. The most significant feature is bone loss around your teeth.
4. The degree of bone loss is determined mainly through genetic pre-disposition and smoking.
5. It is a site-specific disease (may occur in one area and not in another).
6. It progresses slowly, and changes in bone levels are noted over a 5 to 10 year period.
7. Bone loss is a response to inflammation caused by bacterial toxins and therefore periodontitis is classified as an infectious disease.
8. Treatment is based on the removal of bacteria, toxins, and calcified deposits, which harbours the bacteria. This is called debridement or scaling and root planing. Old dental work that is jagged and/or rough also harbours bacteria and therefore requires replacing.
9. The rationale for seeing a dental hygienist on a regular basis is for treatment of adult periodontitis.
10. We aim to control the progression of the bone loss through scaling, root planing, brushing, flossing, and education.
11. This is required throughout a patient’s lifetime, similar to controlling adult onset diabetes through diet.
12. Sometimes, if scaling and root planing fail to prevent the progression, we use minor surgical procedures to help slow the progression of bone and tooth loss.
13. We treat each case individually and develop a treatment plan based on your assessments gathered through conducting a comprehensive examination and taking supportive x-rays.
14. We monitor your bone loss through continued reassessment at your recall appointments.
15. Every patient has the right to refuse treatment as long as they fully understand the consequences.

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Stages of Periodontal Disease

- Healthy Gums
- Gingivitis
- Periodontitis
- Advanced Periodontitis