



Country Dental

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**Appointments:**  
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**Opening times:**  
Monday to Friday  
9.00am to 1.00pm  
2.00pm to 6.00pm

Late evenings  
by appointment

[country-dental.co.uk](http://country-dental.co.uk)

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# Gum Disease

Gum Disease is the swelling, infection or soreness of the tissues that support the teeth.

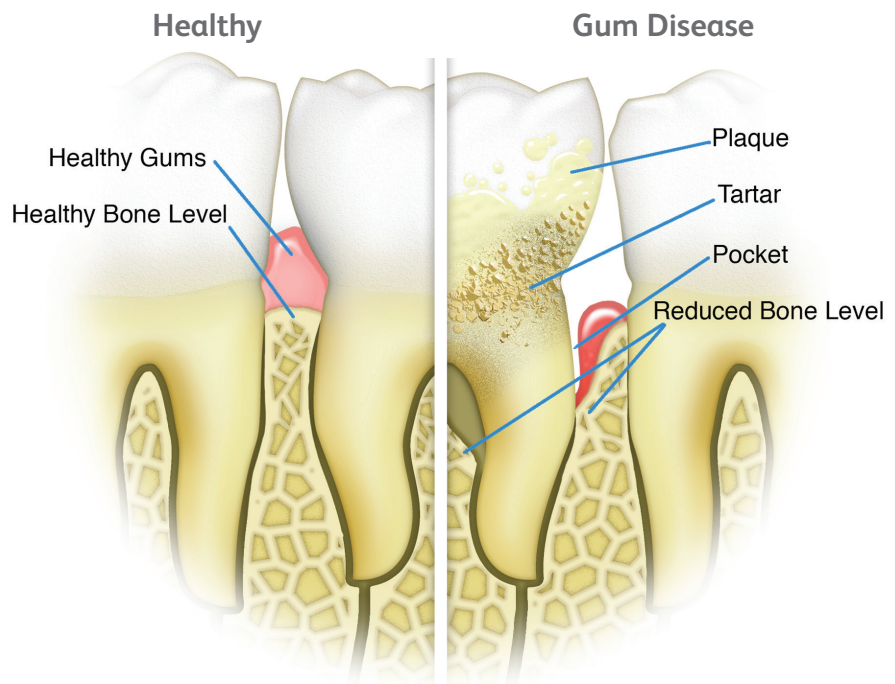
The two main forms of Gum Disease are gingivitis and periodontal disease. Gum Disease has been shown to be linked to some systemic illnesses such as heart disease, stroke, diabetes, early-term babies and respiratory disease. Gum Disease is caused by dental plaque. Plaque is a film of bacteria which forms continuously on teeth and gums. To prevent Gum Disease, it is essential to remove plaque every day with thorough tooth brushing and interdental cleaning. When the gum tissues are inflamed, the gums are swollen and bleed when brushed, gingivitis is present. It is, essentially, a reversible condition.

Periodontal disease is often the result of long-standing gingivitis, where irreversible damage has occurred to the supporting structures of the teeth. Damage can include bone loss and as the periodontal disease progresses, significant amounts of supporting structure are lost, causing tooth mobility, infection and tooth loss. Patients can have an increased risk of Gum Disease for a number of reasons: poorly controlled diabetes, genetic susceptibility, poor diet, a dry mouth, some medications, denture wearing and poor oral hygiene. Smoking can also increase Gum Disease by up to 50%.

Most people suffer from some form of Gum Disease at some stage in their lives. Gum Disease is the main cause of tooth loss in adults.

## What are the signs of Gum Disease?

- Bleeding gums
- Gum infections
- Swollen red gums
- Bad breath
- Loose teeth.



Meticulous oral hygiene at home and good nutrition are the most important parts of gum treatment. Failure to comply will cause your gum disease to progress, resulting in early tooth loss and poor health.

## How do you diagnose Gum Disease?

Your dentist or hygienist will undertake several tests such as bleeding scores, tooth mobility and gum pocket measurements. These are the 'gum cuffs' around the teeth. The deeper the gum pockets, the greater the attachment loss and the more advanced the Gum Disease. X-rays are also taken to view the bone level. Gum pocket and bone loss measurements and gum bleeding indices are used to assess the severity of Gum Disease and monitor gum health during treatment.

Gum Disease cannot be cured, but with excellent oral hygiene, regular dental care and good nutrition, it can be stabilised to prolong the life of the teeth.

As well as thorough oral hygiene at home, gum treatment involves the removal of scale and plaque from your teeth. It may also be necessary to remove loose and infected teeth. Occasionally, gum surgery is required. Your hygienist or dentist will advise you on oral hygiene home care.

The frequency of dental hygienist visits will depend on the severity of your Gum Disease and your ability to maintain your oral hygiene at home. As well as good oral hygiene, it is also important to have a good balanced diet with plenty of fresh fruit and vegetables to aid gum cell growth and repair. Coenzyme Q10, vitamin C, zinc and coconut oil have been shown to help gum healing in Gum Disease cases.

**We have a range of  
tooth hygiene  
products available  
for patients to  
purchase.**