

GUM DISEASE: what it is, how it evolves



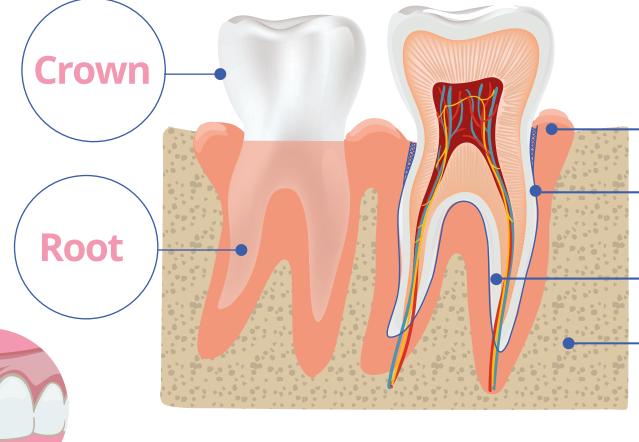
Crown

is the visible part we bite with

Root

is the invisible part, which fixes the tooth to the bone and bone to the gum through the periodontium (tissues that surround & support the tooth)

HEALTHY



Periodontium

consists of 4 components

Gum or gingiva

the pink, visible cover

Periodontal ligament attachment fibres fastening

tooth to the bone

Cementum

covering & holding the root

Alveolar bone

where the root is anchored

Most pregnant women do suffer gum disease to a greater or lesser degree

Gum disease (periodontal disease) begins at the gingival sulcus, the covering soft tissue around the neck of the teeth and shows itself by gum bleeding, e.g. after toothbrushing

PROGRESSION OF GUM DISEASE:

0-2 mm deep

GINGIVITIS



Pregnancy hormones



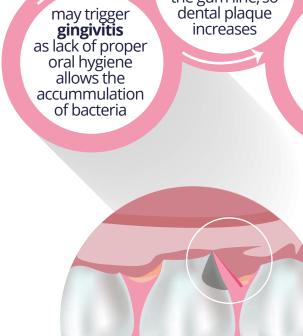
Poor oral hygiene



Smoking



Diseases & other factors



accumulates between the tooth and the gum line, so dental plaque increases

food debris

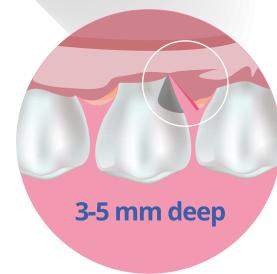
bacteria further proliferate & plaque mineralises (tartar builds up on teeth)

body reacts by sending healing & immune cells to the gingiva

increased blood flow produces red, swollen, tender gums prone to bleeding

gingival sulcus deepens & turns into an unhealthy gum pocket

but attachment fibres remain intact so there is no irreversible damage



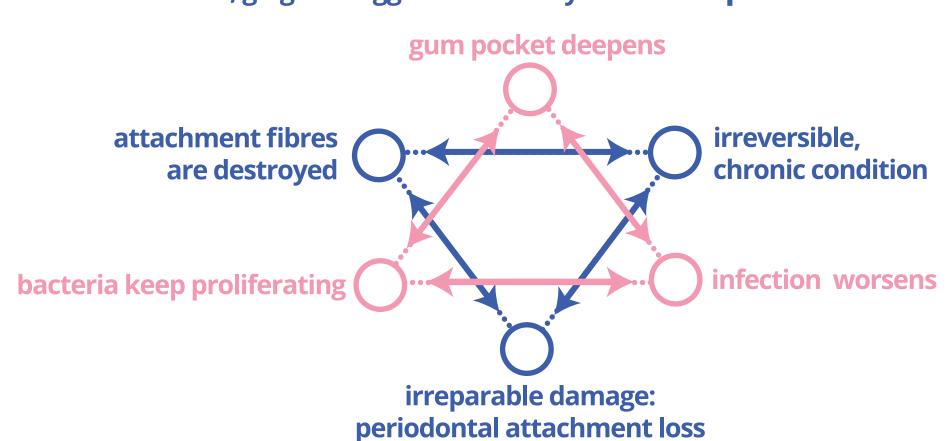
Solution:

mechanical plaque removal by professionals

+ good oral hygiene, brushing twice a day including interdental cleaning if advised by your periodontist/dentist/hygienist



If untreated, gingivitis aggravates & may evolve into periodontitis as



PERIODONTITIS



Make sure that gum disease does not become an issue during pregnancy





