**GUM DISEASE: what it is, how it evolves**

**Tooth divides into 2 parts:**
- **Crown** is the visible part we line with.
- **Root** is the malleable part, which fixes the tooth to the bone and bone to the gum through the periodontium (tissues that surround & support the tooth).

**Periodontium** consists of 8 components:
- **Gum or gingiva**
- **Cementum** - attachment fibres fastening tooth to the bone
- **Alveolar bone** where the root is anchored
- **Periodontal ligament** where the root is anchored
- **Gingival sulcus**
- **Crown** - the visible part we bite with
- **Root**
- **Crest**

**GUM DISEASE:** divides into 2 parts:
- **Tooth**
  - **Crown**
  - **Root**
  - **Periodontium** the pink, visible cover
- **Crown**
- **Root**
- **Gum or gingiva** covering & holding the root
- **Cementum**
- **Periodontal ligament**
- **Alveolar bone**

**PROGRESSION OF GUM DISEASE:**

1. **GINGIVITIS**
   - 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.
   - **Pregnancy hormones**
   - **Poor oral hygiene**
   - **Smoking**
   - **Diseases & other factors**

   **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**
   - **5-7 mm deep**
   - **Gum pocket deepens**
   - **attachment fibres are destroyed**
   - **bacteria keep proliferating**
   - **infection worsens**
   - **Irreversible, chronic condition**
   - **Irreparable damage:** periodontal attachment loss

2. **PERIODONITIS**
   - **5-7 mm deep**
   - **Infection**
   - **Reinforced roots**
   - **Gum everted**
   - **Gum recession**
   - **Exposed roots**

**Solution:**
- **Scaling / root planing**
- **Oral hygiene improvement**
- **Follow-up by your periodontist/dentist/hygienist**

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