

GUM DISEASE: what it is, how it evolves

Tooth

divides into 2 parts:

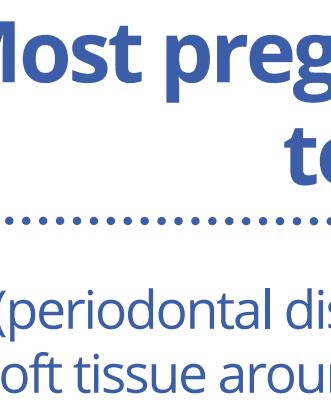
Crown

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



Root

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:

1 ➤ GINGIVITIS



Pregnancy hormones



Poor oral hygiene



Smoking



Diseases & other factors



Solution:

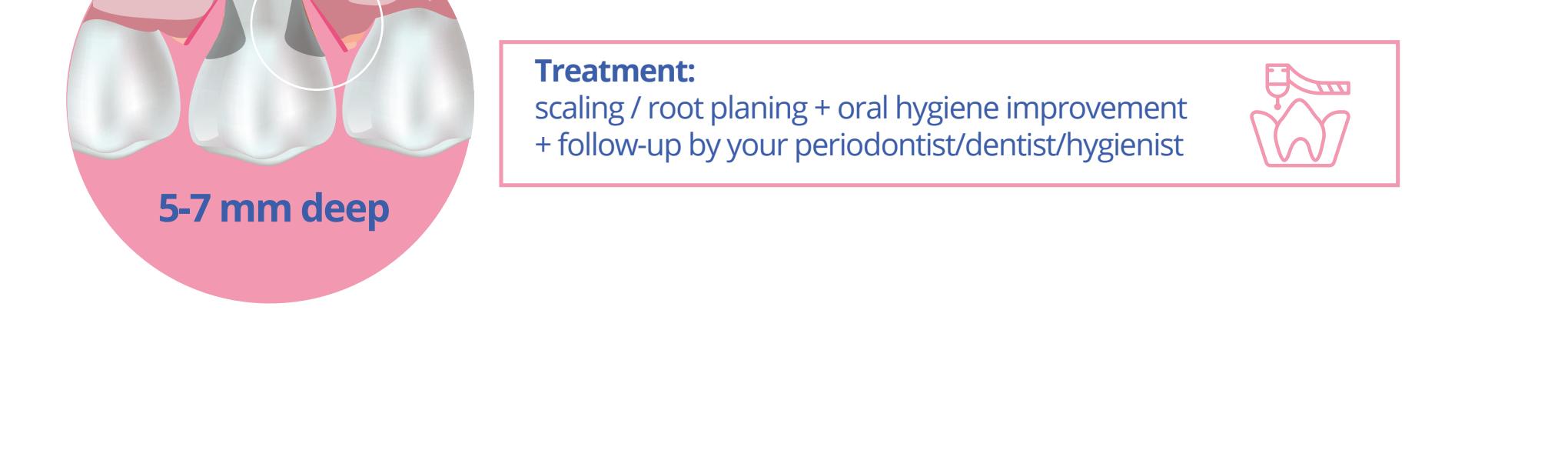
mechanical plaque removal by professionals
+ good oral hygiene, brushing twice a day including interdental cleaning if advised by your periodontist/dentist/hygienist



If untreated, gingivitis aggravates & may evolve into periodontitis as



2 ➤ PERIODONTITIS



Treatment:

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