



WHY ME??

Some people are certainly more susceptible than others to gum disease and for those people it is even more important to take note of the following steps.....

EXCELLENT ORAL HYGIENE IS VITAL TO OVERCOMING CHRONIC PERIODONTITIS.

This needs to be in conjunction with the ongoing support from your dentist/hygienist

The most significant enhancing factors are smoking and uncontrolled diabetes

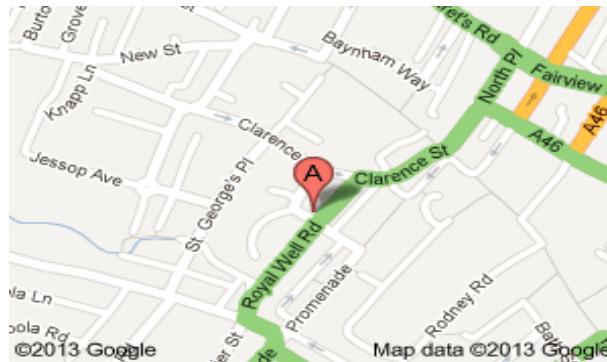
The best way for patients to help in controlling this disease is in maintaining excellent standards of oral hygiene, by following the advice given by their dentist or hygienist (see separate Leaflet "What is my Role in managing my periodontal disease?") as well as smoking cessation!

Regency House Dental Practice



Ask your dentist or hygienist about our **Oral Hygiene Products** which are **available from reception**

Hygienist appointments are available from £29.50



4 Crescent Terrace
Cheltenham
GL52 3PE

www.regencyhousedentalpractice.co.uk

Tel: 01242 260009

info@regencyhousedentalpractice.co.uk

What Is Chronic Periodontitis & Why Do I Suffer?



Regency House Dental Practice

Tel: 01242 260006

What is Chronic Periodontitis?

- “Chronic Periodontitis” is what we commonly would refer to as “gum disease”
- Periodontitis is a result of your bodies defence against bacterial plaque build up on the teeth
- The gum disease is what is often responsible for bleeding gums, loose teeth, mobile adult teeth, infections and bad breath
- The Ultimate result of Periodontitis is the loss of teeth

How Do I Know If I Have Chronic Periodontitis?

At your regular dental check-ups, one of the assessments that we routinely carry out is that of the health of your gums.

If you are suffering from Chronic Periodontitis, then we will inform you of this and advise with respect to the necessary treatment.

If you are worried that you may have it, please ask us about it.

Is There Treatment Available?

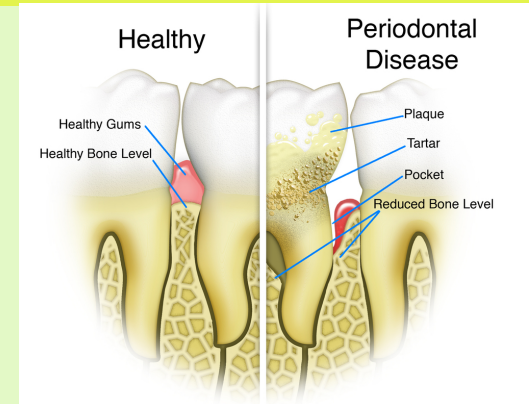
Yes!!

Thankfully, once you have been diagnosed with chronic periodontitis, it should be controllable with advice and treatment from your dental team, and, just as importantly, improved methods of cleaning at home (see separate information sheet “What is my role in managing my periodontal disease?”)

Interesting Facts

- **2009 Adult dental Health Survey estimates 50% population suffer gum disease**
- **Your bodies response to mouth bacteria is responsible for the damaging effects**
- **Smokers are far more likely to loose teeth through the impact of chronic periodontitis**

What Happens in Chronic Periodontitis?



This condition is said to be 20% plaque bacteria and 80% the individuals' body response. It is your bodies response to the bacteria which causes the damage of the disease. The result is usually bleeding gums (not always) and the loss of bone supporting the teeth. A further result is an increased systemic inflammatory loading which can lead to other medical issues.....

Gum Disease Impacts on ;

- **Ischaemic strokes**
- **Diabetes**
- **Cardiovascular Disease**
- **TOOTH LOSS!!**