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Periodontitis Brochure

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PARKLAND PROVIDES

Dental Hygienist services are available at Parkland to help clean your teeth of calculus. When calculus remain on the teeth, it acts as a seal, locking the bacteria in place and irritating the tissue. Once it is removed, the healing process can begin.



Each treatment option must be unique your condition and stage of gum disease. Ask your hygienist!



HOW TO PREVENT

Remove plaque with correct brushing technique and interproximal aids. Talk to your hygienist about the best way to do so.



BRUSHING TECHNIQUE

An effective way to remove bacteria is using the BASS technique when brushing. This is when you angle your brush toward your gum line and make small agitating motions. Speak to your hygienist about effective plaque removal!



ANTIMICROBIAL MOUTHRINSE

This is also known as a mouthrinse. Rinses are available in many stores. They work to minimize the amount of bacteria in your mouth which helps to prevent plaque build up.



WHAT IS NSPT?

It stands for Non-Surgical Periodontal Therapy. It is the "gold-standard" to control periodontal infections. It includes self-care education, "quad-scale cleaning", and chemical agents to control the disease. Your hygienist will remove the calculus from your teeth. This will remove the cause of the problem, eliminate inflammation and allow your tissue to heal. You will never get the missing bone back with this method but you will begin healing.

You Have Just Been Told You Have Periodontitis...



What Should You Know?

◀ Plaque -> Gingivitis -> Periodontitis

It all begins with bacteria in the mouth. The bacteria in our mouth is constantly forming, even right after you brush. It is called plaque. It needs to be brushed and flossed off of the teeth because it may harden if it stays on the teeth for too long. This is called calculus and only a professional can clean this off of the teeth. If it is not removed, it will irritate your gums and cause you to continuously bleed.

If the bacteria remains in the mouth for too long, it can cause inflammation to the gums and bleeding. Calculus on the teeth will keep that bacteria harbored to the gums. At this point, it is called Gingivitis. This can be reversed by brushing, flossing and visiting your dentist.

When Gingivitis has remained so long in the mouth that bone is being lost, it is referred to as Periodontitis. It is an irreversible loss of bone.



Symptoms and Risk Factors

Initially, Periodontitis is painless, so you may not even be aware of the disease when it is starting. A very common symptom is bleeding gums. Healthy gums do not bleed a lot! Other symptoms include:

- Swelling and redness
- Your dentist may tell you that you have periodontal pockets or bone loss when doing probe readings
- Your teeth move (tooth mobility)
- Pus

Some factors can increase the susceptibility to Periodontitis. Some of those risk factors include:

- Smoking and Medications
- Diabetes and HIV Infections
- Stress and Hormonal Changes
- Genetics