

Periodontics: Beyond the Gums-the Impact on Overall Health

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Description

Periodontics is a dental specialty that focuses on the prevention, diagnosis, and treatment of diseases that affect the supporting structures of the teeth, primarily the gums and underlying bone. Periodontics is dentists who have undergone additional training and education in this specialized field. Here are some key points about periodontics. Periodontics evaluates the health of the gums and surrounding tissues to diagnose and monitor conditions such as gingivitis (gum inflammation) and periodontitis (gum disease). They examine the depth of periodontal pockets, measure gum recession, and assess the stability of teeth.

Periodontists provide various treatments to manage periodontal diseases. These may include non-surgical procedures like scaling and root planing (deep cleaning), antibiotic therapy, and local antimicrobial treatments. Surgical interventions, such as gum grafts, pocket reduction surgery, or regenerative procedures, may be necessary for advanced cases. Periodontists are skilled in dental implant placement. They surgically insert dental implants, which are artificial tooth roots made of biocompatible materials, into the jawbone. This procedure provides a stable foundation for dental restorations, such as crowns, bridges, or dentures.

Periodontal Diseases

Periodontists may perform bone grafting procedures to augment the jawbone in areas where bone loss has occurred. This helps create a solid foundation for dental implants or improves the aesthetics and function of the smile. They also utilize regenerative techniques to stimulate the regrowth of lost bone and tissue. Periodontists address gum recession, where the gum tissue pulls away from the tooth, exposing the root surface. They may perform gum grafting procedures to cover exposed roots and restore gum tissue.

Periodontists emphasize the importance of long-term periodontal maintenance to manage and prevent the recurrence of gum diseases. They provide regular check-ups, professional cleanings, and monitoring of gum health to maintain optimal oral health. Periodontists work closely with general dentists and other dental specialists to provide comprehensive care. They collaborate on treatment planning, share information, and ensure the best possible outcomes for patients.

Periodontal diseases have been linked to various systemic health conditions, including cardiovascular disease, diabetes, respiratory infections, and adverse pregnancy outcomes. Periodontists educate patients about the oral-systemic health connection and the importance of gum health in overall well-being. Periodontics plays a crucial role in maintaining the health of the gums and supporting structures of the teeth. Regular visits to a periodontist, along with good oral hygiene practices, can help prevent, manage, and treat periodontal diseases, preserving oral health and overall well-being.

The connection between dental health and systemic health refers to the relationship between oral health conditions and their potential impact on overall well-being. Emerging research has shown that oral health problems can have implications for various systemic health conditions. Here are some important points about the dental and systemic health connection.

Some studies suggest a possible link between periodontal diseases and cardiovascular conditions such as heart disease, stroke, and atherosclerosis. The exact nature of the relationship is still being investigated, but it is believed that the inflammation associated with gum diseases may contribute to the development or progression of cardiovascular problems. Diabetes and periodontal diseases have a bidirectional relationship. People with diabetes are more prone to gum diseases, and untreated gum diseases can make it difficult to control blood sugar levels. Managing gum health is essential for individuals with diabetes to maintain optimal blood glucose control.

Oral health conditions, particularly periodontal diseases, have been associated with respiratory infections, including pneumonia, Chronic Obstructive Pulmonary Disease (COPD), and exacerbations of asthma. The bacteria present in the oral cavity can be aspirated into the lungs, potentially leading to respiratory complications. Pregnant women with untreated gum diseases may be at a higher risk of certain pregnancy complications, such as preterm birth, low birth weight, and preeclampsia. Hormonal changes during pregnancy can make the gums more susceptible to inflammation and infection, emphasizing the importance of good oral hygiene during this period.

Recent studies suggest a possible association between periodontal diseases and rheumatoid arthritis. Chronic inflammation, a characteristic of both conditions, may contribute to this link. Research is on-going to understand the

underlying mechanisms and potential therapeutic implications. While the relationship is not yet fully understood, some studies have suggested a potential association between poor oral health, specifically gum diseases, and an increased risk of developing Alzheimer's disease or worsening cognitive function. More research is needed to establish a definitive link.

Peptide Antibodies

Chronic kidney disease and poor oral health, including periodontal diseases, have been linked in some studies. It is hypothesized that the inflammation and bacterial burden associated with gum diseases may contribute to kidney function decline. Maintaining good oral hygiene, including regular dental check-ups and proper treatment of oral health conditions, is essential for overall health and well-being. It is important to consult with both dental and medical professionals to address any concerns and manage both oral and systemic health conditions effectively. Rheumatoid Arthritis (RA) is a chronic autoimmune disease that primarily affects the joints. It causes inflammation, pain, stiffness, and swelling in the affected joints, often leading to functional impairment and reduced quality of life. Here are some important points about rheumatoid arthritis.

Rheumatoid arthritis is considered an autoimmune disease because the immune system mistakenly attacks the body's own tissues, particularly the synovium, which lines the joints. The exact cause of RA is unknown, but it is thought to involve a combination of genetic and environmental factors. Rheumatoid arthritis typically affects the small joints in the hands and feet symmetrically, although it can involve other joints as well. Common symptoms include joint pain, swelling, morning stiffness, fatigue, and loss of joint function. Inflammation and joint damage: The chronic inflammation associated with rheumatoid arthritis can lead to joint damage, erosion of cartilage and bone, and deformities. Early and aggressive treatment is essential to help control inflammation, manage symptoms, and slow down the progression of joint damage.

Rheumatoid arthritis can also affect other body systems. It may cause systemic symptoms such as fatigue, fever, weight loss, and inflammation in organs like the heart, lungs, and eyes. RA is a systemic disease that requires comprehensive management. Rheumatoid arthritis is diagnosed based on a combination of symptoms, physical examination findings, blood tests (such as rheumatoid factor and anti-cyclic citrullinated peptide antibodies) and imaging studies (such as X-rays or ultrasound).