

Gum disease is serious problem

by **Dr. Nadeem Koussa**

Nearly three quarters of the population has some form of gum disease. It is the number one cause of tooth loss among adults today. Gum disease has been linked to heart disease, diabetes, and other medical conditions.

Periodontal or gum diseases, including gingivitis and periodontitis, are serious infections that, left untreated, can lead to tooth loss. Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in plaque (the sticky, colorless film that consistently forms on your teeth) causes the gums to become inflamed.

In the mildest form of the disease—gingivitis—the gums redden, swell and bleed easily. There is usually little or no discomfort. Gingivitis is reversible with professional treatment and good oral home care. If left untreated, gingivitis can advance to periodontitis. With time, plaque can spread and grow below the gum line.

Toxins produced by the bacteria stimu-

late a chronic inflammatory response in which the body in essence turns on itself and the tissues and bone that support the teeth are broken down and destroyed. Gums separate from the teeth forming spaces (pockets) that become infected. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. Eventually teeth can become loose and may have to be removed.

Causes of periodontal disease, include smoking, genetics, stress, medications, clenching or grinding your teeth, diabetes or other systemic diseases, poor nutrition, and poor dental hygiene.

Keep up with your six-month professional dental cleanings, floss daily and this can help to prevent periodontal disease.

Here, we thoroughly check for gum disease and if you exhibit any stages of infection, we can schedule a series of advanced cleanings and planned treatment to prevent further damage.

Dr. Nadeem Koussa of Premier Family Dental is located at either 13477 Prospect Road, Suite 212, Strongsville or 24803 Detroit Road Suite A, Westlake. For more information or to make an appointment with Dr. Koussa please call either the Strongsville Office at 440-268-0768 or the Westlake Office at 440-835-5388.



Dr. Koussa