

## Gum Disease: A Rare Cause of Dental Pain

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### DESCRIPTION

Gum disease, also known as periodontal disease, is a common condition that affects the gums and tissues that support the teeth. It is caused by the buildup of bacteria and plaque on the teeth and gums, which can lead to inflammation, infection, and damage to the gums and bones that support the teeth. Gum disease is a serious condition that can lead to tooth loss, and it is important to take steps to prevent and treat it.

### Types of gum disease

There are two main types of gum disease; gingivitis and periodontitis. Gingivitis is the milder form of gum disease, and it can often be reversed with proper dental care. Symptoms of gingivitis include red, swollen, and bleeding gums, as well as bad breath. Periodontitis is a more severe form of gum disease, and it can cause irreversible damage to the gums and bones that support the teeth. Symptoms of periodontitis include receding gums, loose teeth, and changes in bite or tooth alignment.

### Causes of gum disease

The main cause of gum disease is the buildup of bacteria and plaque on the teeth and gums. Plaque is a sticky film that forms on the teeth when bacteria combine with food particles and saliva. If plaque is not removed through regular brushing and flossing, it can harden into tartar, which can only be removed by a dentist or dental hygienist. Tartar buildup can irritate the gums and cause inflammation, which can lead to gum disease.

Other factors that can contribute to gum disease include smoking, hormonal changes (such as those that occur during pregnancy), certain medications, and underlying medical conditions such as diabetes.

### Preventing gum disease

The best way to prevent gum disease is to practice good oral hygiene. This includes brushing teeth twice a day with a fluoride toothpaste, flossing once a day, and using mouthwash to kill bacteria. It is also important to visit near dentist regularly for cleanings and checkups, as well as to address any dental problems early on.

In addition to good oral hygiene, there are other steps one can take to prevent gum disease. These include:

- Quitting smoking or using tobacco products
- Eating a healthy diet that is low in sugar and high in vitamins and minerals
- Managing underlying medical conditions such as diabetes
- Using a mouthguard and grind teeth at night
- Avoiding certain medications that can increase the risk of gum disease

### Treating gum disease

If an individual have a gum disease, it is important to seek treatment as soon as possible to prevent further damage to the teeth and gums. The type of treatment which is taken by an individual will depend on the severity of gum disease.

If one have gingivitis, the dentist may recommend a professional cleaning to remove plaque and tartar from teeth and gums. One also need to practice good oral hygiene at home to prevent the condition from recurring.

In case of periodontitis, the dentist may recommend a more intensive treatment plan. This may include scaling and root planing, which is a deep cleaning procedure that removes plaque and tartar from the roots of a teeth. In some cases, surgery may be necessary to repair damage to the gums and bones that support the teeth.

In addition to these treatments, the dentist may also recommend certain lifestyle changes to help and manage the gum disease. These may include quitting smoking, eating a healthy diet, and managing underlying medical conditions such as diabetes.

### CONCLUSION

Gum disease is a common and serious condition that can lead to tooth loss if left untreated. The best way to prevent gum disease is to practice good oral hygiene and visit near dentist regularly for cleanings and checkups. If one have gum disease, it is important to seek treatment as soon as possible to prevent further damage to teeth and gums. Gum disease is a preventable and treatable condition that affects the gums and tissues supporting the teeth.

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