

## Signs and Symptoms of Periodontal Disease and their Associated Conditions

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### DESCRIPTION

Periodontitis is defined as the swelling of the soft tissue in oral cavity causing shrinkage of the teeth. It has few symptoms in the early stages.

### Symptoms

Bleeding gums during brushing the teeth, use dental floss, recurring gum swelling, Spitting blood, Bad breath, also known as halitosis, as well as a lingering metallic taste in the mouth Gingival recession, which makes teeth appear to be growing longer this may also be caused by heavy-handed brushing or with a stiff toothbrush, Deep spaces exist between the gums and the teeth like pockets are sites where the attachment has been gradually destroyed by collagen-destroying enzymes, known as collagenases, Later stages include loose teeth.

Bone loss and gingival inflammation are largely painless. Therefore, people might mistakenly believe that minimal bleeding after teeth cleaning is unimportant even though this could be a sign of a person's periodontitis getting worse.

### Periodontal disease and their associated conditions

The body's C-reactive protein and interleukin-6 levels have been found to be higher sometimes with periodontitis, which is associated with increased inflammation. It is linked to a higher risk of hypertension, atherosclerosis, myocardial infarction, stroke, and all of these. Additionally, it showed a correlation between ageing and a decline in calculation and delayed memory. Due to the ongoing systemic inflammatory state brought on by periodontal inflammation, diabetes mellitus and impaired fasting glucose have higher levels of periodontal inflammation and frequently struggle to regulate their blood glucose levels. There is a link between chronic periodontitis and erectile dysfunction, inflammatory bowel disease, heart disease, and pancreatic cancer even though no causal link has been established.

### Periodontal disease correlated to diabetes

The increased blood glucose levels are correlated with the development or progression of periodontal disease. Reactive oxygen species can damage cells in the periodontal ligament's connective tissue can cause cell necrosis or apoptosis with uncontrolled diabetes. Sometimes greater immune response to these bacteria is will be in uncontrolled diabetes mellitus for the frequently exposed to periodontal pathogens. This may subsequently hasten or cause periodontal tissue degeneration, which results in periodontal disease.

### Periodontal disease correlated to oral cancer

In advanced periodontal disease, elevated levels of inflammatory biomarkers like C-Reactive Protein and Interleukin-6 have been observed. Oral cancer and systemic inflammation have a well-documented relationship.

It is possible that there is a positive association between the risk of developing periodontal disease and cancer due to a shared genetic susceptibility in the two diseases. Due to the low incidence rate of oral cancer, cannot demonstrate the relationship between the two.

### CONCLUSION

Periodontitis is a disease of the teeth that causes bone loss and gingival inflammation. Periodontitis may also leads to at a higher risk of hypertension, atherosclerosis, myocardial infarction, stroke and other health problems. The impaired fasting glucose has higher levels of periodontal inflammation and frequently struggle to regulate their blood glucose levels. The recurrent exposure to periodontal pathogens, there may be a greater immune response to these bacteria, which may result in uncontrolled diabetes mellitus. Periodontal disease is subsequently brought on by the degeneration of periodontal tissues and with uncontrolled diabetes, reactive oxygen species can harm the connective tissue of the periodontal ligament and cause cell necrosis, Hence the periodontal diseases should not be neglected.

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**Received:** 01-Aug-2022, Manuscript No. AEDJ-22-19189; **Editor assigned:** 03-Aug-2022, Pre QC No. AEDJ-22-19189 (PQ); **Reviewed:** 18-Aug-2022, QC No. AEDJ-22-19189; **Revised:** 26-Aug-2022, Manuscript No. AEDJ-22-19189 (R); **Published:** 02-Sep-2022, DOI: 10.35248/0976-156X.22.14.233

**Citation:** Parker M (2022) Signs and Symptoms of Periodontal Disease and their Associated Conditions. Ann Essence Dent.14:233.

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