

GUM DISEASE CONDITION CHEAT SHEET

1. WHAT IS PERIODONTAL DISEASE?

- Complex interplay between: subgingival micro flora, host immune response and environmental modifying factors¹



Up to **1 in 3** spit blood after **brushing**²



10–15% of adults with gingivitis will progress to **severe periodontitis**³

2. FEATURES OF GUM HEALTH AND DISEASE

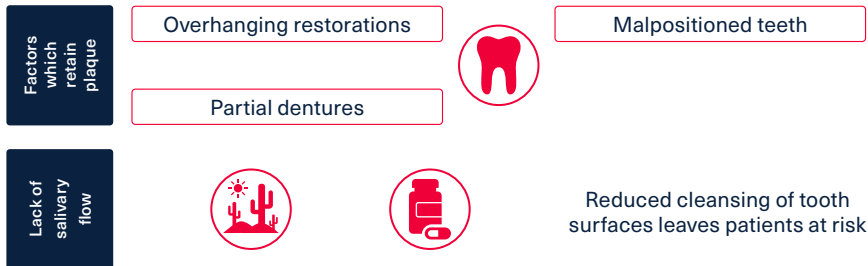
	Healthy gingiva ⁴	Gingivitis ⁴	Periodontitis ⁵
Visual	 - Pale pink and firm - Stippled	 Change in colour of the gingiva	 Red or dark purple, swollen gums, with visibly 'longer' appearing teeth
Inflammation	None	- Marginal gingival swelling and blunting of the gingival papilla - Gingival inflammation may cause pseudo or false pockets	Destruction of junctional epithelium and loss of gingival attachment (true pocketing and recession)
Probing	Not normally prone to bleeding on brushing or probing	- Bleeding from gingival margin on probing - Probing depth of gingival crevice ≤3 mm	- Bleeding on probing and brushing - Probing depth of gingival crevice >3 mm
Attachment	- Firmly attached to teeth - Knife-edge margin	Level of gingival attachment remains unchanged, with no loss of clinical attachment	Alveolar bone loss leading to dental mobility and migration

GUM DISEASE PATIENT IMPACT & TREATMENT CHEAT SHEET

4. DEVELOPMENT OF PERIODONTAL DISEASE⁸⁻¹⁰

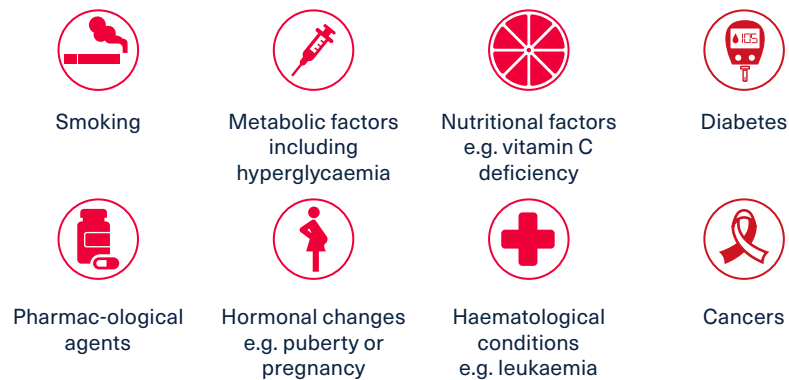
Local Risk Factors

Encourage plaque accumulation or inhibit removal



Systemic Risk Factors

'modifying' – characteristics of patient which influence response to plaque



3. CAUSES OF PERIODONTAL DISEASE^{6,7}

- Without twice-daily brushing, plaque can build up on dental surfaces
- Plaque build up can irritate the gums, causing them to become inflamed
- Continued plaque build-up can lead to receding gums, and pockets between the gums and teeth
- Infection in these pockets can result in bone and tissue damage, and eventually tooth loss

