



Periodontology: The Connecting Link from Diseased Gums to Healthy Gums and Healthy Body

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Abstract

Gum health is of an important concern as gum health do had a connection with the systemic health. Periodontology is specialized branch of dentistry, which deals with structures surrounding the teeth (gums) and supporting the teeth (periodontal ligament, cementum, and alveolar bone). Henceforth the field of Periodontology is important as it helps to reverse from the diseased condition of gums to a state of healthy condition of gums if the disease is detected at an early stage. Hence the field of Periodontology helps to keep the systemic condition also healthy as the gums infection can spread to involve the systemic organ too and puts the individual life at risk. Hence by restoring the gum health, a periodontist also plays a crucial role in taking care of the systemic health too.

Keywords: Periodontology; Gums; Systemic; Infection; Inflammation

Introduction

Dentistry and dentist both these terms are so important because through these only a person gets aware about the oral health. Oral health which is a direct reflection of systemic health or vice versa [1]. There are nine specialized branch of dentistry. Among these nine specialized branches, one of the specialization branch is Periodontology which deals with the structure surrounding the teeth (gums) and the structure which supports the teeth (periodontal ligament, cementum, and alveolar bone) [2]. Hence talking about the gum infection and its therapeutic intervention, the field of periodontology plays an important role here as by treating the gums infection, it too protects an individual from the risk of systemic diseases, as it had been proven in the past, that if systemic diseases do have an effect on gums, then gum diseases too had an effect on the systemic health and hence the field of Periodontology is important as it helps to maintain a balance between the gum health and the systemic health [3].

Healthy Gums Versus the Diseased Gums

Like any other body part which shows signs of inflammation upon the invasion by the foreign body or through an injury, in the similar manner ,the gums surrounding the tooth ,shows all signs of inflammation, following an attack by a foreign body and this foreign body is called as the plaque and the calculus which is a colony of microbes. All those cardinal signs of inflammation that is rubor, dolor, calor, pain and loss of function occur in gum infection, like as in any other body part following an injury [4]. Gums in a good state of health do has a normal pale pink color, firm and resilient consistency, stippling present, scalloped and knife edge contour. In the diseased state, when the gums get infected, there is a increased in vascularity which leads to a cardinal diagnostic sign of gum infection that is bleeding on probing. Secondly because of increase in vascularity, there will occur redness on gums in which case there is a color change of gums to bright red or fiery red. When the disease further progresses, there is

a destruction of collagen fibres as a result of which there will be the change in consistency of gums from firm and resilient to soft and oedematous. Following the change in consistency of the gums, there is a change in surface texture which becomes smooth and shiny as compared to the stippled surface texture of healthy gums and also these mentioned changes, leads to the loss of normal gums contour from being scalloped and

knife edged to rolled out and blunt contour of gums (Figures 1 & 2). Hence all these changes in the clinical characteristics of gums, leads to the inflammatory condition of the gingiva called as gingivitis which if not treated on time can leads to the spread of this infection from gums into the alveolar bone, leading to the clinical condition called as periodontitis [5].



Figure 1: Healthy Gums with all the healthy Clinical Characteristics.



Figure 2: Diseased Gums with all the abnormal clinical Characteristics.

Diseased Gums with Diseased Systemic Conditions

Following the spread of infection from gums into the alveolar bone, which if not treated on time leads to a further systemic complications [5]. It had been proven from the past studies, that just like any systemic condition can have an ill effect on the gums, so in the similar ways, diseased gums can too

have an ill effect on the systemic conditions. The main reason behind the linking of the diseased gums with the diseased systemic conditions, is based upon the fact; that both share a common mediator and this mediator is called as inflammation because the main reason behind this inflammation as a common mediator to both the diseased conditions is based upon the fact that whenever the gums inflammation occur

which is mainly because of a colony of microbial film called plaque, which if not treated, can lead to the seepage of this microbial colony from gums into the systemic circulation, which again provokes an inflammatory response, leading to the damaging effect on respiratory system, cardiac system and hepatic system. Hence from this reason, it had been proven, that in order for the systemic health, to be in a good state, one must also do take care of their oral health [6].

Conclusion

Since Periodontal infection not only confined to the gums but has a higher chance of spreading systemically so it becomes an important concern for individuals, that just like they take care of their systemic health, it's also their responsibility, to take care of their oral health too, because, systemic health and oral health are the mirror to each other and of course are interdependent, so both these health must be kept in a good state for the proper wellbeing of an individual and hence the field of Periodontology plays here a crucial role in maintaining both the gum health and the systemic health, so that the individual could survive in a better way.

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