

# Mississauga Dental Specialists

*Braces Invisalign Teeth Gums & Implants*

**CALL: 905-275-1022**

## **What is a Periodontist?**

A periodontist is a dental specialist who specializes in the prevention, diagnosis and treatment of periodontal disease and in the placement of implants. Periodontist must also complete a university post-graduate specialty program in periodontics.

Periodontics is a specialty of dentistry that deals with the maintenance of health and the diagnosis and treatment of gum disease, as well as the placement of dental implants. Periodontitis, like any other chronic disease (i.e. heart disease), will progress if untreated or inadequately treated. Moreover, it will recur if given the chance. Thus, it is very important to complete all the steps of the recommended treatment, from beginning to end.

The goals of the treatment are to control the cause (bacterial plaque) and the risk factors, repair the damage present (pockets) and restore and maintain a healthy environment.

## **Periodontal Disease & Your Health**

Evidence is now suggesting that periodontal disease can be a risk factor in cardiovascular disease and respiratory disease. People with periodontal disease are at greater risk of heart disease and have twice the risk of having a fatal heart attack than people without periodontal disease.

It is believed that bacteria that cause periodontal disease may cause small blood clots to form that can contribute to clogged arteries and buildup of fatty deposits within the heart arteries.

Periodontal disease has been known for some time to be interrelated with diabetes. Bleeding gums, bone loss and an increase in pocket depths may be an early indicator of diabetes. Diabetics are more susceptible to periodontal disease and often require more periodontal care than non-diabetic patients. Periodontal disease activity is often related to the level of control of the diabetic patient's blood sugar.

Smoking and periodontal disease are linked as well. Smoking reduces the blood supply to the surrounding bone of the tooth. The intense heat and toxins produced during smoking can also affect the bacterial composition of the mouth and the body's immune response to periodontal bacteria. Smoking reduces the effect of periodontal therapy regardless of the level of oral hygiene.

***Please contact our office if you have any questions or concerns.***