Preventive Measures Against Periodontal Disease

Tiejing Song¹

Abstract

At present, oral disease has become a pervasive disease, especially periodontal disease, great harm to the oral cavity, not only endanger our teeth, and will affect the health of the whole body. So people must pay attention to oral hygiene, preventive measures against periodontal disease. In this paper, the causes of periodontal disease were analyzed, and to explore the preventive measures.

Key words: periodontal disease etiology preventive measures

1. INTRODUCTION
Periodontal disease is a multi-factor disease, the etiology of traditional divided into local factors and systemic factors. Local factors plaque, bacteria and their products is the most important etiology of periodontal disease is essential to initiate periodontal disease initiating factor. Mainly poor oral hygiene, the role of microorganisms, dental calculus stimulation, especially the greatest harm to the subgingival calculus. Systemic factors and nutritional metabolic disorders, endocrine disorders, autonomic dysfunction and other related. In addition, trauma, poor repair of body stimulation. But also one of the causes. The etiology of periodontal disease is more complex, the total is divided into local and systemic factors. Local factors have a very important role, systemic factors can affect the periodontal tissue response to local stimulation, there is a close relationship between the two.

2. The Etiology of Periodontal Disease
In daily life, people have almost always appeared when brushing teeth or bite hard things bleeding gums. The vast majority of bleeding gums are due to inflammation of the gums. Gingival inflammation is usually associated with poor oral hygiene, tooth or teeth by the plaque, calculus caused by long-term attachment. Food impaction, poor repair, poor oral hygiene habits will lead to plaque, calculus accumulation, leading to gingivitis, periodontitis. In addition, during puberty, during pregnancy, systemic endocrine changes can cause bleeding gums, gingival hyperplasia, leading to puberty gingivitis, gingivitis during pregnancy and gum tumor. If you suffer from systemic diseases, such as leukemia, diabetes, cardiovascular disease, liver and kidney dysfunction, tumors, etc., can also induce bleeding gums.

As bleeding gums caused by local factors, as soon as possible to the regular oral hospital or clinic for scaling on the scaling (scaling) and the necessary subgingival scaling to remove plaque calculus and other pathogenic factors, the treatment of bleeding gums will receive a good Effect. To develop good oral hygiene habits, including brushing sooner or later the correct (BASS brushing method), the use of dental floss or tooth brush to clean the teeth plaque. Gingival inflammation due to the nature of recurrence, gingivitis patients need to be every six months to a year for scaling, periodontitis patients

¹School of Stomatology, Beihua University, Jilin City, Jilin Province, 132013
need to be every 3-6 months for scaling and subgingival scaling, and to quit and increase the fruits and vegetables intake and so on. For systemic diseases caused by bleeding gums, to give adequate attention in a timely manner to the general hospital-related checks, such as blood, coagulation phase, liver and kidney function, to take treatment for the cause of disease. Often due to poor oral hygiene, dental surface accumulation of debris, dental plaque, calculus, or because of missing teeth alignment, bite combined trauma, food impaction and unhealthy restorations and other local stimulation, causing gingival papilla and gingival inflammation, edema, Congestion, rupture of the blood vessel wall caused by bleeding gums, especially in the brushing or bite hard objects bleeding is more obvious, are generally able to stop on their own.

3. The Prevention of Periodontal Disease Measures

The key is to control and eliminate plaque, the most effective way is to adhere to correct brushing every day, massage the gums, promote blood circulation of gums, and enhance the resistance of the gum tissue. Attention to physical exercise, enhance the body immunity. Removal of local irritation factors, cleaning teeth and scraping periodontal calculus, tartar, correction of poor repair and correction of food impaction, the basic cure. Supplement rich in vitamin C foods, can regulate the periodontal tissue nutrition, is conducive to periodontitis rehabilitation. Periodontal disease after the onset of active treatment, the initial effect is still good, the lesion is easy to prevent, late efficacy is poor, so can lose teeth.

Effective brushing, regular oral cleansing: adhere to the meal, brush your teeth properly, accept 1 --- 2 times a year professional oral clean, professional dentists to help you clear the teeth on the plaque and stones, so that periodontal health, The prevention and treatment of periodontal disease, at the same time, to the teeth "physical examination", such as the problem as soon as possible to deal with; problem teeth to be repaired or removed early: irreversible teeth to be pulled out as soon as possible, poor restoration and residual crown, Eliminating the troubles; missing teeth as soon as possible to repair: to avoid prolonged absence of teeth caused by changes in gums, resulting in adjacent teeth loose, skewed.

Prevention of periodontal disease is to maintain oral hygiene, to develop good living habits, regular checks. The principle of treatment is a comprehensive treatment, the main means is to eliminate local pathogenic factors. Pay close attention to early signs of periodontal disease. If you brush your teeth or eat, the phenomenon of bleeding gums, to pay attention to as soon as possible, because this is the performance of periodontal inflammation should be to the hospital as soon as possible to see the situation of subgingival calculus, and gingival recession. Effectively improve the teeth and mouth immunity. According to their own "sub-health" symptoms, select the use of similar "teeth gold" biological products, early removal of subgingival calculus, by feeding the gums to effectively restore and activate the gingival oral immune function, the periodontal disease strangled in Germs and toothpaste, toothbrush, floss, avoid the choice of inappropriate oral care products lead to deterioration of the gum problem in the many factors that cause periodontitis, dental plaque and calculus is particularly important, so the elimination of bacteria Spot, remove the gums, subgingival calculus, in the treatment of periodontal disease plays an important role. Effective control of dental plaque is necessary to develop good health habits, after dinner must brush your teeth, mouth, master "three, three system" brush method (ie brush 3 times a day, brush 3 minutes, Tooth 3 face), toothbrush and
teeth at a 45-degree angle, along the long axis of the upper and lower teeth brush. To promote the use of dental floss to remove the teeth of the plaque, with fluoride toothpaste or toothpaste toothbrush to help remove dental plaque brushing to prevent the formation of calculus. Gingival scaling surgery (commonly known as scaling) is the use of gingival scaling device or ultrasonic scaler to remove dental plaque surface, debris and calculus, and polish a tooth surface. Subgingival scaling curettage is a relatively fine subgingival scaling equipment or ultrasonic scaling machine scrape periodontal pocket of subgingival plaque and calculus, to remove infected granulation tissue, flat root surface method. By gingival scaling surgery and subgingival curettage, periodontal condition will be significantly improved, inflammation disappeared, gingival green thinning, increased density of the gums, periodontal pocket shallow. Removal of local irritation factors, cleaning teeth and scraping periodontal calculus, tartar, correction of poor repair and correction of food impaction, the basic cure. Supplement rich in vitamin C foods, can regulate the periodontal tissue nutrition, is conducive to periodontitis rehabilitation. With the care of dental caries, the key is to control and eliminate plaque, the most effective way is to adhere to correct brushing every day, massage the gums, promote blood circulation of the gums, enhance the resistance of the gum tissue. Attention to physical exercise, enhance the body immunity.

4. Conclusion
Periodontal disease prevention and measures There are many ways to prevent periodontal disease is to maintain oral hygiene, develop good living habits, regular checks. Effectively improve the teeth and mouth immunity. Can adjust the periodontal tissue nutrition, is conducive to the rehabilitation of periodontitis.

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