

# Dental Studios

Preserving Smiles

## Centre for Preventative Dentistry

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### **Information on Gum disease**

It is a well known fact that calculus builds up in the hard to brush areas, like between the teeth and under the gum. Because we can only access about 60% of our tooth surfaces with daily tooth brushing. This leads to an inevitable build up of hardened plaque above and under the gum. This causes infection, like gingivitis and periodontal disease. Untreated gingivitis can convert to periodontal disease which causes pocketing and bone loss around teeth, then loosening and loss of these teeth. Other than bleeding and swelling of the gum, these diseases don't cause discomfort and therefore the patient does not seek professional help. It is for this reason that gum disease is still the biggest cause of tooth loss, and apart from colds and flu, one of the most common disease that affect us.

**Gum disease can be treated and prevented by scaling and polishing the teeth, and should be done at least twice a year.**

**Mrs. Hamieda Zalgaonker** and **Ms. Tara Solomon** are the hygienists at the practices. They are university trained professionals in the field of preventative dentistry and will gladly attend to you and your families' preventative dental needs.