



# Gum Disease Diagnosis & Effective Treatment

## What Is Gum Disease?

Gum disease is one of the most common diseases in the world and most sufferers are unaware that they have it. There are two main forms: gingivitis and periodontitis, both caused by bacteria living in plaque on your teeth or between the gums and teeth.

Gingivitis means inflammation of the gums; they may become red and swollen and often bleed during teeth cleaning. Long-standing gingivitis can result in periodontitis which will affect the tissues supporting the teeth. If left untreated the gums may recede, the bone foundation around the tooth may be lost and the tooth can drop out.

## Diagnosing & Treating Gum Disease

Prompt diagnosis and treatment of gum disease is imperative for effective treatment. Screening for gum disease forms an integral part of your routine examination and Ock Street Clinic have available advanced diagnostic tools to help give you a bespoke treatment plan:

- The Florida Probe: a digital measurement system used to track changes in your gum health which helps us to refine your treatment plan.
- Bacterial Analysis: used to identify bacteria causing gum disease.

## Signs & Symptoms of Gum Disease

Sometimes there are no symptoms!

- Bleeding on tooth brushing
- Red, swollen & possibly tender or painful gums
- Persistent bad breath
- Gums pulling away from the teeth
- Receding gums
- Mobile teeth or teeth that have changed position

## Fresh Breath Advice

Bad breath is an extremely common problem. Effective oral hygiene & gum disease treatment will give you fresh breath confidence.

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