



## The Periodontist: Partner in Oral Health

Olivia Forbes\*

Department of Dental Sciences, University of Shanghai, China

### DESCRIPTION

Smile is a powerful asset, conveying confidence, warmth, and personality. However, maintaining a healthy smile involves more than just regular brushing and flossing. Periodontists are the unsung heroes of oral health, specializing in the prevention, diagnosis, and treatment of periodontal (gum) diseases. In this article, we'll delve into the world of periodontics, exploring the vital role periodontists play in preserving your oral health. Periodontists are dentists who undergo additional years of specialized training beyond dental school. This training is dedicated to the prevention, diagnosis, and treatment of gum diseases and the placement of dental implants. They are the experts in all things related to the supporting structures of your teeth, including your gums, bones, and the connective tissues that hold everything in place. Good oral health starts with healthy gums. Neglecting your gum health can have far-reaching consequences, not only for your teeth but for your overall well-being too. Periodontal diseases, like gingivitis and periodontitis, are common and can lead to tooth loss if left untreated. Moreover, research has shown links between gum diseases and systemic health issues, such as heart disease, diabetes, and even certain cancers. Periodontists are dedicated to preventing gum diseases. They educate patients about proper oral hygiene practices, including brushing, flossing, and regular check-ups. They also identify risk factors that may make certain individuals more susceptible to gum problems. Periodontists are experts at diagnosing gum diseases. They use specialized tools and techniques to assess the health of your gums, including measuring pocket depths (the spaces between your teeth and gums) and evaluating X-rays to determine the extent of bone loss. If gum disease is detected, periodontists can provide various treatment options, ranging from non-surgical procedures like scaling and root planing to surgical interventions like gum grafts or the placement of dental implants. They work closely with patients to develop personalized treatment plans to restore gum health. Periodontists are skilled in the placement of dental implants. These are artificial tooth roots used to support replacement teeth, such as crowns, bridges, or dentures. This procedure can dramatically improve the quality of life for individ-

uals with missing teeth. Periodontists emphasize the importance of ongoing maintenance and follow-up care to ensure the long-term success of treatments. Regular check-ups and cleanings are crucial in managing gum health. While general dentists can address many oral health issues, there are certain signs and symptoms that should prompt you to see a periodontist, Persistent gum bleeding, swelling, or tenderness, Receding gums or teeth appearing longer than before, Loose teeth, Chronic bad breath or a bad taste in your mouth, Changes in the way your teeth fit together when you bite, Pus between your gums and teeth, New spaces developing between your teeth, A family history of gum disease. If you notice any of these signs, don't hesitate to schedule an appointment with a periodontist for a comprehensive evaluation. Periodontists are vital partners in maintaining your oral health and preserving your beautiful smile. Their specialized expertise in preventing, diagnosing, and treating gum diseases ensures that your gums and the supporting structures of your teeth remain healthy. Regular check-ups with a periodontist can be the key to a lifetime of healthy smiles and improved overall well-being. So, the next time you think about your oral health, remember the unsung heroes of dentistry periodontists. Regular dental check-ups are essential not only for maintaining a beautiful smile but also for ensuring the well-being of the entire body. Dentistry is a field that marries the precision of science with the artistry of aesthetics. It has a rich history of evolution and innovation, continually striving to improve oral health and enhance the quality of life for millions of people worldwide. From routine check-ups to complex surgeries, dentists play a vital role in our lives, ensuring that we can eat, speak, and smile with confidence. So, the next time you visit your dentist, remember that they are not just taking care of your teeth they are safeguarding your overall health and happiness.

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### CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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**Corresponding author** Olivia Forbes, Department of Dental Sciences, University of Shanghai, China, E-Mail: forbes55@gmail.com

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