



PERIODONTAL DISEASE

- 1- Periodontal [gum] diseases, including **gingivitis** and periodontitis, are serious infections that, left untreated, can lead to tooth loss. The word periodontal literally means « around the tooth. » Periodontal disease is a **chronic** bacterial infection that **affects** the gums and bone supporting the teeth.
- 2- Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in **plaque** cause the gums to become inflamed.
- 3- In the mildest form of the diseases, gingivitis, the gums redden, swell and bleed easily. There is usually little or no **discomfort**. Gingivitis is often caused by inadequate oral hygiene. Gingivitis is reversible with professional treatment and good oral home care.
- 4- Untreated gingivitis can advance to periodontitis. With time; plaque can spread and grow below the gum line. **Toxins** produced by the bacteria in plaque irritate the gums. The toxins stimulate a chronic inflammatory response in which the body in essence turns on itself and the tissues and bone that support the teeth are broken down and destroyed. Gums separate from the teeth, forming pockets (space between the teeth and gums) that become infected.

As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. Often, this destructive process has very mild symptoms. Eventually, teeth can become loose and may have to be removed.

- 5- The main cause of periodontal disease is bacterial plaque. However, genetic and other factors can also affect the health of your gums. A study has proved that up to 30% of the population may be genetically susceptible to gum disease. Despite aggressive oral care **habits**, these people may be six times more likely to develop periodontal disease.
- 6- The study concluded that giving dental patients a genetic test, which can be performed through a saliva sample, before they show signs of periodontal disease and getting them into early treatment might help them keep their teeth for a lifetime.

Vocabulary

Word	Definition
Gingivitis	Inflammation of the gingiva.
Chronic	Referring to a disease that lasts for a long time.
Acute (= aigu)	Referring to a disease that lasts for a Short time.
Affect	To influence, to have an effect on.
(Dental) plaque	A deposit that forms on the surface of a tooth consisting mainly of micro-organisms and their products.
Discomfort	Lack of comfort, slight pain.
Toxin	A poisonous substance that is produced by micro-organisms, animals or plants.
Habit	Something that you do, often or regularly.

Reading Comprehension

- 1- What is periodontal disease?
- 2- What is the difference between periodontitis and gingivitis?
- 3- What are the different stages of periodontitis?
- 4- What role do toxins play in periodontitis?
- 5- What mechanism destroys gum tissue and bone?
- 6- How can periodontal disease be prevented or treated?