

## **Modern Methods of Treating Chronic Periodontitis**

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**Abstract:** Periodontal disease is a chronic disease of the tissues around the tooth (gum, bone tissue, ligaments, cementum). According to the WHO, half of the world's population, approximately 3.5 billion people, suffer from periodontal disease. Therefore, timely and correct treatment is important.

**Key words:** Importance of timely treatment, Periodontal disease treatment methods, Periodontal disease diagnosis, Periodontal disease diagnosis, Periodontal disease stages.

The main cause of the disease is improper nutrition of periodontal tissues. This can be called:  
hormonal diseases (including diabetes);  
metabolic disease;  
problems with gastrointestinal tract, autoimmune, neurological diseases;  
weakened immunity;  
poor nutrition (lack of fluorine, vitamins, trace elements in the body);  
bad habits (the number of patients with periodontal disease among smokers reaches 90%);  
neglecting oral hygiene;  
caries, malocclusion and other dental diseases.

You should monitor your health and seek medical help on time.

Stages of periodontal disease

Periodontal disease is an inflammatory disease that destroys periodontal tissue and causes tooth loss. The disease consists of three stages. From the beginning of the disease to the loss of the tooth, several years pass, sometimes up to 20. This period depends on timely consultation of the doctor, individual characteristics of the body, availability and effectiveness of treatment.

### The first stage

It is characterized by swelling, redness and bleeding of the gums. There is a strong breath from the mouth. At this stage, many patients ignore the symptoms and do not treat the disease.

### The second stage

Appears more clearly. The necks of the teeth are opened and deep gum pockets are formed. X-rays show significant loss of bone tissue. The teeth are movable, they can move and rotate around their axis.

### The third stage

Bone tissue is completely destroyed, teeth are held only by soft tissues. The mucous membrane of the gums becomes red or, on the contrary, pale and bluish. Inflammatory and purulent processes always occur. The elements of the dental part are mobile, move strongly, and the bite is disturbed. As a result, teeth are lost.

Modern dentistry treats periodontal disease at any stage of the disease. The methods used depend on the degree of tissue damage.

At the initial stage, professional oral hygiene, medication, taking vitamins, washing, irrigation and massage will help to stop the disease.

In the second stage, injections and drugs are prescribed.

In the third stage, splinting, bite correction, gingivectomy and dental prostheses are used. It is often necessary to treat diseases that cause periodontal diseases (diabetes, diseases of the circulatory system, autoimmune pathologies).

The rate of development of the disease is individual for each patient. It depends on the general condition of the body, accompanying diseases, the presence of bad habits, oral hygiene, lifestyle and diet.

The disease can develop over years or reach 2-3 stages in a few months. The course of periodontal disease accelerates in the presence of concomitant diseases such as diabetes mellitus, pathologies of the thyroid gland and organs of the gastrointestinal tract. A periodontist can make an accurate diagnosis, determine the stage of the disease and the level of tissue damage, and choose a treatment method.

Prevention of periodontal disease helps to prevent the development of the disease. It is necessary to visit the dentist regularly to observe oral hygiene, give up bad habits, timely treat dental diseases, check and professional teeth cleaning.

#### Stages of periodontal disease

Treatment of periodontal diseases in the aesthetic dentistry clinic is carried out by experienced specialists using the latest techniques, modern equipment and materials. Periodontists at the Medical Center are achieving excellent results in the fight against gum disease.

#### Methods of treatment of periodontal diseases

Treatment of periodontal disease begins with a complete diagnosis, determining the causes of the disease, its stage and the condition of the periodontal tissues.

The following are used for diagnosis: X-ray, CT, laboratory tests, oral examination, reoparodontography, capillaroscopy, pH-metry and other studies.

The following treatment methods are used to combat periodontal disease:

Conservative (therapeutic):

Professional oral hygiene (plaque, tartar removal, teeth surface polishing).

Medications (oral intake, application to the gums, suppressing the development of pathogenic microflora, stimulating tissue regeneration, antibacterial and antiseptic treatment of the gums).

Physiotherapy (galvanotherapy, ultrasound, massage, darsonvalization, vacuum).

Plasma therapy (treatment with drugs based on the patient's own blood plasma).

Surgery:

Curettage (removal of calculus from periodontal pockets).

Gingivectomy (resection of the gum to eliminate periodontal pockets).

Flap operations (gingival margin restoration).

Orthopedic:

Splinting (strengthening of mobile teeth).

Prosthetics (restoration of functions and aesthetics of missing teeth with the help of prostheses).

Modern treatment of periodontal diseases is carried out using laser technologies. This method reduces the pain of operations and allows to perform them without anesthesia.

#### Methods of treatment of periodontal diseases

In the first stage of the disease, treatment is carried out by therapeutic methods. The sooner the patient turns to the doctor, the faster, easier and more effective the treatment will be.

In the later stages of the disease, surgical and orthopedic methods are added to conservative methods. Treatment is carried out for a long time.

After recovery, the patient should follow the doctor's recommendations, be under constant supervision to eliminate the risk of relapse, and carefully monitor oral hygiene.

The latest technologies and modern equipment are used for the treatment of periodontal diseases in the aesthetic dentistry clinic. Neodymium laser, plasma therapy, modern drugs and curettage using the Deep Scaling method are used in the medical center.

New methods of therapy and surgery guarantee relief from periodontal disease at any stage of the disease, restoration of tooth function and a beautiful smile.

#### The importance of timely treatment

Modern methods of treatment of periodontal disease in the early stages allow to completely get rid of the disease, strengthen the gums and prevent the destruction of periodontal tissues. At the first signs of the disease, it is important to consult a dentist, make a diagnosis and determine the cause of the disease.

The disease develops in bone tissue, which is not visible without special diagnostic methods (x-rays). In the initial stage of the disease, there is no specific pain syndrome. All this leads to the fact that patients often turn to the dentist in the 2-3 stages of periodontal disease.

Patients who self-medicate and do not consult a doctor waste time and cause complications. Without waiting for a positive result, they turn to a specialist already at the 2-3 stage of the disease.

If the disease is advanced, the treatment is more complicated and takes longer. In the third stage, it is possible to stop the disease, avoid tooth loss, improve the condition of tissues and carry out their regeneration.

To successfully fight the disease, the patient must strictly follow the dentist's recommendations:

compliance with oral care rules;

full completion of prescribed treatment courses;

giving up bad habits;

look at your diet.

#### The importance of timely treatment

Healthy people should undergo a preventive examination at the dentist at least twice a year and have their teeth professionally cleaned and plaque removed. This reduces the risk of developing gum disease.

Specialists of the aesthetic dentistry clinic have extensive experience in the treatment of periodontal diseases. To restore the patient's ideal smile, they use modern therapy, surgery and prosthetic methods. Treatment is carried out using the latest equipment and materials.

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