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The Esthetic Zone

Periodontal Maintenance A life long commitment

Periodontitis is a chronic inflammatory disease of natural teeth that requires lifelong management. Periodontitis presents in several forms, all of which involve loss of supporting bone and ligaments. Long-term studies of periodontal therapy demonstrate that a well-planned and executed periodontal treatment plan (including long-term maintenance) is effective in controlling disease progression and preserving the dentition in most patients. It is critical to understand that when periodontal treatment is delivered without a tightly controlled lifelong periodontal maintenance (PM) regimen, clinical reevaluation, oral hygiene

instructions, and reassessment of biomechanical factors, the benefits of treatment are often lost, allowing the recurrence of the disease activity, further loss of periodontal tissue, and tooth mortality. It may also require that the patient have root planning and scaling more frequently. Patients should return every 3-4 months for periodontal maintenance since plaque begins to reform and is at its highest levels at around 3 months. There is NO current cure for Periodontal disease. This is why it is important for patients to follow a strict hygiene schedule. Recent studies support the connection of periodontal disease

to several systemic diseases and conditions through chronic inflammatory mediators. These include Cardiovascular disease, stroke, chronic obstructive pulmonary disease, preterm low-birth-weight, and type 2 diabetes. Many of these disease and conditions are chronic and develop as a result of constant circulation of low-grade inflammation. We understand life gets busy and we all have expenses, but nothing is more important than your health. Something as simple as flossing every day can add years to your life and prevent more costly, more difficult to control complications.

Periodontal Disease and Diabetes

It is estimated that up to 20 million people have diabetes, but only a third of these are diagnosed. Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal (gum) disease. Serious periodontal disease can

affect blood sugar control. Diabetes reduces the body's resistance to infection, so the gums are at risk of gingivitis, a reversible form of gum disease. The bacteria produces toxins that create a sticky film that accumulates on the teeth both above and below the

gum line. If left untreated it can progress to periodontitis, an irreversible destruction of the tissues that surround and support the teeth. It's important that diabetics take their meds and eat as directed prior to any dental appointment.



Thirteen year old prior to treatment with Dr Boulter



Patient after ortho and veneers with Dr Boulter