

Dr. Uwe Esdar

BMed.Sci, BChD(Hons)(Pretoria); PDD(Stellenbosch); PDR(UWC)
Vertrauenszahnarzt des Deutschen Konsulats

Rose Avenue Dental Studio
16 Rose Avenue, Tokai 7945
Tel +27 21 712 1231
Fax 086 519 1450
Email dresdar@telkomsa.net
Emergency +27 72 782 5728

Milner House Dental Studio
1 Milner Road, Tamboerskloof, Cape Town 8001
Tel +27 21 424 1992
Fax 086 626 9802
Email uweesdar@telkomsa.net
www.capedentist.co.za



PLAQUE AND PERIODONTAL DISEASE:

PLAQUE:

Plaque is a sticky material made of bacteria, mucus and food debris, that develops on exposed and non-exposed parts of the teeth. Over time unremoved plaque mineralizes into hard rough deposits called calculus (tartar). This collects at the base of the tooth crown. The bacteria release toxins that cause the gums to become inflamed, swollen and tender. This irritation and inflammation of the gums is called gingivitis. **Untreated** gingivitis can **progress** to periodontitis. Plaque is also the cause of tooth decay.

Periodontal disease is divided into gingivitis and periodontitis.

Gingivitis:

- inflammation of the gums caused by plaque
- usually painless and most people unaware of the condition

Periodontitis:

- Inflammation of the gums, bone and connective fibres surrounding the tooth.
- This leads to pocketing around the teeth due to attachment loss.
- The teeth become loose and plaque grows on the tooth roots under the gum, in spaces caused by loss of attachment and bone.
- Untreated, the plaque creeps towards the root tips until there is no attachment and the tooth exfoliates.

The oral cavity is perpetually populated by disease causing microorganisms. Healthy gum is the best barrier to prevent microorganisms invading the body.

What can you do:

- Remove plaque that is above the gum as best you can.
(2 minutes with an electric toothbrush is equal to 6 minutes with a conventional toothbrush)
- Have your teeth professionally cleaned at least twice a year by an oral hygienist. This interval should be decreased in susceptible individuals and the elderly. We will advise you.
- Have a yearly dental check up and teeth periodically radio-graphed (x-rayed). Many oral diseases in their early stages including mouth cancer are not uncomfortable to the patient who therefore does not seek help. Nobody likes going to the dentist and procrastinates and inevitably ends up with severe problems that require huge intervention.

What's in it for you?

- Early intervention saves you time, money and pain. Because potential dental issues are quickly identified and treated.
- Gives you numerous health benefits.