



## Causes of Periodontal Disease

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Healthy gingiva is firm with scalloped outline, pink and knife edged. Has a stippled appearance and do not bleed on probing? The periodontium consists of the tissue surround and support the teeth. Their function is to attach the tooth to the surrounding alveolar bone during function.

### Cause of periodontal disease

#### Direct causes

These include poor oral hygiene leading to accumulation of dental plaque and calculus, and traumatic occlusion.

#### Indirect factors

- Food impaction is the forceful wedging of food against the gingiva between the teeth.
- Tobacco smoking and chewing reduce tissue resistance and increase the susceptibility to periodontal disease.
- Faulty restorations are the most common factors favoring plaque retention. Overhanging filling margins that result from improper use of matrix bands and failure to polish the margins. And badly contoured restorations and over contoured restorations and bulbous crowns may affect tooth brushings.
- Badly designed partial dentures can cause tissue irritation. Ill-fitting or inadequately polished dentures can cause plaque accumulation.
- Orthodontic appliance that worn continuously throughout the day and night and if the patient doesn't clean the appliance, plaque accumulation may occur.
- Incompetent lips cause gingivitis in the anterior segments, usually the upper incisor regions. Lack of lip seal is usually associated with mouth breathing.
- Malnutrition, deficiency of vitamin A and C, and protein is associated with a higher prevalence of periodontal disease.
- Endocrine disturbances including physiological causes such as puberty and pregnancy and pathological causes such as hyperthyroidism, hyperparathyroidism and diabetes
- Decreased immunity as in persons HIV infection and persons on immunosuppressive drugs.
- Blood disorders such as anemia, leukemia
- Malalignment of teeth.
- Improper brushing technique
- Drugs such as phenytoin sodium and nifedipine can cause gingival hyperplasia
- Stress
- Oral health knowledge and awareness
- Low socioeconomic status
- Difficulty access to an oral health care facility.

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