



NORFOLK DENTAL SPECIALISTS

Life-transforming dentistry

Periodontal Disease





What is periodontal disease?

The word periodontal literally means 'around the tooth'. Periodontal (gum) disease is a chronic bacterial infection that affects the gums and bone supporting the teeth. The term includes both gingivitis and periodontitis which, if left untreated, can lead to tooth loss.

Healthy

High healthy gum line

Full bone

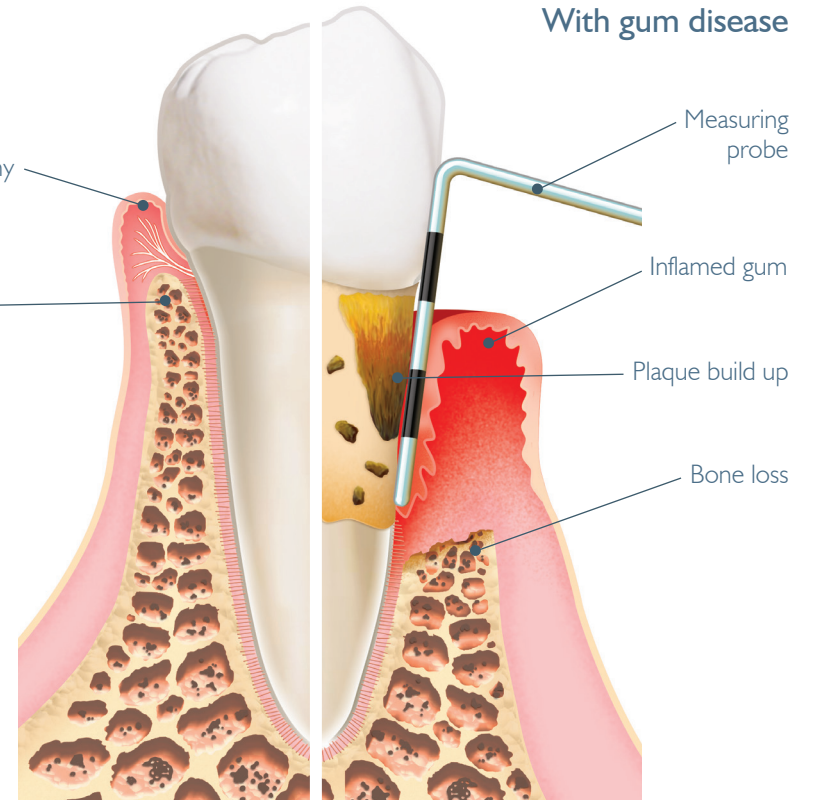
With gum disease

Measuring probe

Inflamed gum

Plaque build up

Bone loss



What causes it?

Periodontal disease is caused by plaque - a collection of bacteria which grows around teeth. The bacteria release toxins that lead to inflammation of the gums. Plaque can then burrow under and create a space, or pocket, between the teeth and gums. Once inside the pocket the plaque causes further inflammation, leading to gradual - irreversible - bone loss around the teeth and, eventually, tooth loss.

Other contributing factors

Although periodontal disease is primarily caused by plaque, other factors can significantly affect gum health:

- **Smoking** - plays a very important part in the progression of periodontitis, and can also slow down the healing process
- **Family history** - you can be genetically predisposed to some periodontal diseases – especially aggressive varieties
- **Diabetes** - periodontal disease is often more severe in uncontrolled diabetics
- **Stress** - influences the rate at which periodontitis progresses
- **Chemical changes** - in your body, such as those activated by pregnancy, puberty and the menopause, can affect your teeth and gums
- **Medications** - certain medications, or combinations of drugs, can also cause gum problems.

nds specialists.uk/patients

You'll find a selection of our patients' video testimonials at the above website: you might find it helpful to share their experiences.



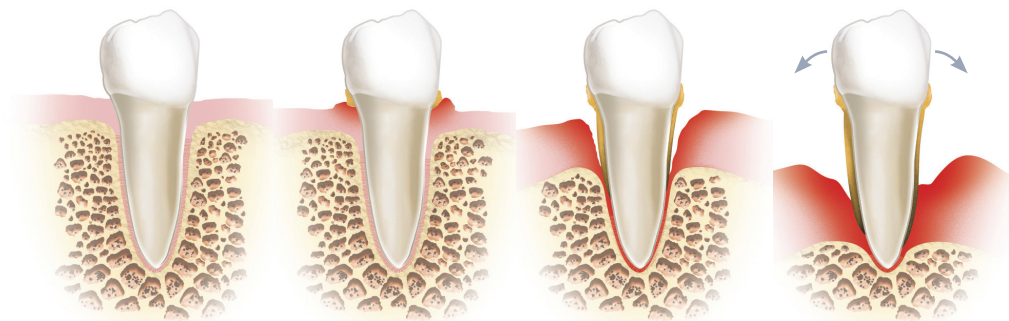
Common symptoms

You may not notice any obvious symptoms, and are unlikely to suffer pain unless your gum disease is extreme. However you may experience any of the following:

- Bleeding gums during brushing
- Red, swollen or tender gums
- Loose and/or mobile teeth
- Persistent bad breath
- Bad taste
- A change in the way teeth fit together when you bite



How bone erosion leads to tooth problems



Over time, the development of a 'pocket' will eventually lead to instability and - if left untreated - loss of the unsupported tooth.

Why is referral necessary?

Your general dentist may give you advice and simple periodontal treatment. Or, if your condition is complicated, might refer you to a periodontist - a specialist in the diagnosis, prevention and treatment of periodontal disease.

A periodontist will thoroughly examine your teeth and gums, take x-rays and photographs to check their status, then forward a report to both you and your dentist.



Before treatment

After treatment

Our team

All the dentists at NDS are highly experienced – either registered specialists or with accredited postgraduate qualification - in their chosen fields of periodontology or implantology. They are committed to excellence in patient care and providing successful treatment outcomes in a kind, gentle, and caring environment.

Hamed Karimi - Practice Principal

(BDS (Edin), MSc (Lond), MClintDent (Lond), FDS, MRD RCS (Eng)

A specialist in Periodontics, Hamed is a graduate of Edinburgh University and has a Fellowship in Dental Surgery from the Royal College of Surgeons of England. He specialised with a distinction from Guys Hospital (King's College, London). He works exclusively in dental implants and periodontics and also lectures regularly, both locally and further afield, on these subjects.



"Our primary concern is the health of your mouth. So, first and foremost, we seek to focus on helping you either maintain – or regain – optimal dental and gum health."

"In a perfect world, nobody would ever need remedial treatment, which is why we place such a premium on straightforward oral hygiene education and monitoring for our patients. But, in the real world, accidents and wear and tear are almost inevitable. So when the need arises, we aim to offer you the very best possible implant, periodontal and hygienist treatments – solutions that will return you to near-perfect oral health."

Our fees

To ensure that you fully understand our costs before undergoing any treatment, we discuss and explain all your fees clearly and include them in the treatment plan letter we send you after your initial consultation. As we deal with every patient individually, each treatment plan reflects your particular needs and expectations. You'll find the latest fee guide and price list on our website.

- Whilst we prefer payment by BACS using your unique patient number, we do accept cash and most debit/credit cards
- We encourage 'Pay As You Go', where you make payments in stages over the course of treatment, normally after each visit. This policy reduces our administrative charges
- To help spread the cost of your treatment, we can also offer a monthly, interest-free facility over a six month period. Terms and conditions apply: please feel free to ask for details of this option at reception.



Our practice

NDS is a specialist, rather than general, practice, specifically dedicated to the treatment of gum disease and the placement of dental implants.

You'll find us on the corner of Victoria Street near the inner ring road - opposite the site of the old Norfolk and Norwich Hospital. We offer limited on-site parking, but there are several car parks nearby (marked on the map), and the main bus station is only a few minutes' walk away.





How to find us

The map shows a network of roads including A11, A140, A142, A146, A147, A148, A149, A150, A151, A152, A153, A154, A155, A156, A157, A158, A159, A160, A161, A162, A163, A164, A165, A166, A167, A168, A169, A170, A171, A172, A173, A174, A175, A176, A177, A178, A179, A180, A181, A182, A183, A184, A185, A186, A187, A188, A189, A190, A191, A192, A193, A194, A195, A196, A197, A198, A199, A200, A201, A202, A203, A204, A205, A206, A207, A208, A209, A210, A211, A212, A213, A214, A215, A216, A217, A218, A219, A220, A221, A222, A223, A224, A225, A226, A227, A228, A229, A230, A231, A232, A233, A234, A235, A236, A237, A238, A239, A240, A241, A242, A243, A244, A245, A246, A247, A248, A249, A250, A251, A252, A253, A254, A255, A256, A257, A258, A259, A260, A261, A262, A263, A264, A265, A266, A267, A268, A269, A270, A271, A272, A273, A274, A275, A276, A277, A278, A279, A280, A281, A282, A283, A284, A285, A286, A287, A288, A289, A290, A291, A292, A293, A294, A295, A296, A297, A298, A299, A300, A301, A302, A303, A304, A305, A306, A307, A308, A309, A310, A311, A312, A313, A314, A315, A316, A317, A318, A319, A320, A321, A322, A323, A324, A325, A326, A327, A328, A329, A330, A331, A332, A333, A334, A335, A336, A337, A338, A339, A340, A341, A342, A343, A344, A345, A346, A347, A348, A349, A350, A351, A352, A353, A354, A355, A356, A357, A358, A359, A360, A361, A362, A363, A364, A365, A366, A367, A368, A369, A370, A371, A372, A373, A374, A375, A376, A377, A378, A379, A380, A381, A382, A383, A384, A385, A386, A387, A388, A389, A390, A391, A392, A393, A394, A395, A396, A397, A398, A399, A400, A401, A402, A403, A404, A405, A406, A407, A408, A409, A410, A411, A412, A413, A414, A415, A416, A417, A418, A419, A420, A421, A422, A423, A424, A425, A426, A427, A428, A429, A430, A431, A432, A433, A434, A435, A436, A437, A438, A439, A440, A441, A442, A443, A444, A445, A446, A447, A448, A449, A450, A451, A452, A453, A454, A455, A456, A457, A458, A459, A460, A461, A462, A463, A464, A465, A466, A467, A468, A469, A470, A471, A472, A473, A474, A475, A476, A477, A478, A479, A480, A481, A482, A483, A484, A485, A486, A487, A488, A489, A490, A491, A492, A493, A494, A495, A496, A497, A498, A499, A500, A501, A502, A503, A504, A505, A506, A507, A508, A509, A510, A511, A512, A513, A514, A515, A516, A517, A518, A519, A520, A521, A522, A523, A524, A525, A526, A527, A528, A529, A530, A531, A532, A533, A534, A535, A536, A537, A538, A539, A540, A541, A542, A543, A544, A545, A546, A547, A548, A549, A550, A551, A552, A553, A554, A555, A556, A557, A558, A559, A560, A561, A562, A563, A564, A565, A566, A567, A568, A569, A570, A571, A572, A573, A574, A575, A576, A577, A578, A579, A580, A581, A582, A583, A584, A585, A586, A587, A588, A589, A590, A591, A592, A593, A594, A595, A596, A597, A598, A599, A600, A601, A602, A603, A604, A605, A606, A607, A608, A609, A610, A611, A612, A613, A614, A615, A616, A617, A618, A619, A620, A621, A622, A623, A624, A625, A626, A627, A628, A629, A630, A631, A632, A633, A634, A635, A636, A637, A638, A639, A640, A641, A642, A643, A644, A645, A646, A647, A648, A649, A650, A651, A652, A653, A654, A655, A656, A657, A658, A659, A660, A661, A662, A663, A664, A665, A666, A667, A668, A669, A670, A671, A672, A673, A674, A675, A676, A677, A678, A679, A680, A681, A682, A683, A684, A685, A686, A687, A688, A689, A690, A691, A692, A693, A694, A695, A696, A697, A698, A699, A700, A701, A702, A703, A704, A705, A706, A707, A708, A709, A710, A711, A712, A713, A714, A715, A716, A717, A718, A719, A720, A721, A722, A723, A724, A725, A726, A727, A728, A729, A730, A731, A732, A733, A734, A735, A736, A737, A738, A739, A740, A741, A742, A743, A744, A745, A746, A747, A748, A749, A750, A751, A752, A753, A754, A755, A756, A757, A758, A759, A760, A761, A762, A763, A764, A765, A766, A767, A768, A769, A770, A771, A772, A773, A774, A775, A776, A777, A778, A779, A780, A781, A782, A783, A784, A785, A786, A787, A788, A789, A790, A791, A792, A793, A794, A795, A796, A797, A798, A799, A800, A801, A802, A803, A804, A805, A806, A807, A808, A809, A810, A811, A812, A813, A814, A815, A816, A817, A818, A819, A820, A821, A822, A823, A824, A825, A826, A827, A828, A829, A830, A831, A832, A833, A834, A835, A836, A837, A838, A839, A840, A841, A842, A843, A844, A845, A846, A847, A848, A849, A850, A851, A852, A853, A854, A855, A856, A857, A858, A859, A860, A861, A862, A863, A864, A865, A866, A867, A868, A869, A870, A871, A872, A873, A874, A875, A876, A877, A878, A879, A880, A881, A882, A883, A884, A885, A886, A887, A888, A889, A890, A891, A892, A893, A894, A895, A896, A897, A898, A899, A900, A901, A902, A903, A904, A905, A906, A907, A908, A909, A910, A911, A912, A913, A914, A915, A916, A917, A918, A919, A920, A921, A922, A923, A924, A925, A926, A927, A928, A929, A930, A931, A932, A933, A934, A935, A936, A937, A938, A939, A940, A941, A942, A943, A944, A945, A946, A947, A948, A949, A950, A951, A952, A953, A9

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