



## Safeguarding the Foundations of Dental Health and Wellness

Robby Benson\*

Department of Oral, Recep Tayyip Erdogan University, Turkey

### DESCRIPTION

The treatment of periodontal disease depends on the severity of the condition. The primary goals are to control the infection, halt the progression of the disease, and restore periodontal health. Treatment options include non-surgical treatments like scaling and root planning (deep cleaning) and antibiotics, as well as surgical treatments such as flap surgery (pocket reduction surgery), bone grafts, soft tissue grafts, guided tissue regeneration, and laser therapy. Once periodontal disease is under control, maintaining periodontal health is essential to prevent recurrence. This involves good oral hygiene, regular dental visits, healthy lifestyle choices, and compliance with treatment recommendations. Advancements in periodontics continue to improve patient outcomes and enhance treatment options. Notable innovations include regenerative therapies, biologics and growth factors, minimally invasive techniques, digital dentistry, and host modulation therapy. Periodontists are dental specialists who focus on the prevention, diagnosis, and treatment of periodontal disease. They undergo extensive training beyond dental school, including residency programs that provide in-depth knowledge and hands-on experience in managing complex periodontal cases. Their expertise extends to performing advanced surgical procedures, such as dental implant placement and bone grafting, which require a thorough understanding of the periodontium and surrounding structures. An essential aspect of periodontics is patient education. Periodontists and dental hygienists educate patients about the importance of periodontal health and proper oral hygiene practices. They emphasize the connection between periodontal health and overall health, highlighting the links between gum disease and systemic conditions such as diabetes, cardiovascular disease, and respiratory infections. By empowering patients with knowledge and encouraging proactive dental care, periodontitis' play a vital role in preventing periodontal disease and promoting long-term oral health. Periodontics is a cornerstone of dental health, addressing the foundation that supports teeth and en-

suring the longevity of oral structures. Through a combination of preventive care, advanced treatments, and patient education, periodontics helps maintain the health of the gums, periodontal ligament, cementum, and alveolar bone, which are essential for overall dental health and function. By focusing on the health of these supporting structures, periodontics plays a critical role in preserving the integrity of the entire oral cavity. Periodontal disease, if left untreated, can have significant consequences for both oral and systemic health. The inflammatory response associated with periodontal disease can contribute to the development and progression of systemic conditions such as diabetes, heart disease, and respiratory infections. Conversely, managing periodontal health can positively impact overall health, highlighting the importance of integrated healthcare approaches. In addition to treating periodontal disease, periodontitis' are experts in the placement and maintenance of dental implants. Dental implants are a popular and effective solution for replacing missing teeth, offering benefits such as improved aesthetics, functionality, and preservation of the alveolar bone. Periodontists' specialized training in both periodontal and implant surgery makes them uniquely qualified to handle complex cases that require a thorough understanding of the periodontium and precise surgical techniques. The future of periodontics holds promise with on-going research and technological advancements. Regenerative therapies, such as the use of stem cells and growth factors, aim to promote the regeneration of lost periodontal tissues, offering new possibilities for reversing the damage caused by periodontal disease.

### ACKNOWLEDGEMENT

None.

### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

<b>Received:</b>	28-February-2024	<b>Manuscript No:</b>	IPDPD-24-20084
<b>Editor assigned:</b>	01-March-2024	<b>PreQC No:</b>	IPDPD-24-20084 (PQ)
<b>Reviewed:</b>	15-March-2024	<b>QC No:</b>	IPDPD-24-20084
<b>Revised:</b>	20-March-2024	<b>Manuscript No:</b>	IPDPD-24-20084 (R)
<b>Published:</b>	27-March-2024	<b>DOI:</b>	10.36648/2471-3082.24.10.07

**Corresponding author** Robby Benson, Department of Oral, Recep Tayyip Erdogan University, Turkey, E-mail: robb\_benson@gmail.com

**Citation** Benson R (2024) Safeguarding the Foundations of Dental Health and Wellness. *Periodon Prosthodon*. 10:07.

**Copyright** © 2024 Benson R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.