

Periodontology journey of 100 years – Specialized practice of oral sciences



Today, there is often questioning of the necessity of dentistry, particularly in institutions and colleges that do not award dental degrees. Periodontology is a specialized branch of dentistry that focuses on treating diseases of the gingiva and the connective tissue around the teeth. It is a common disorder that affects more than 60% of adults and accounts for 11% of severe cases of the disease. Scientific research introduces new treatment techniques and shares findings to expand research boundaries. Due to ongoing research in periodontology, periodontitis can be easily treated and prevented.. However, the need for dental care will always be present as long as we wake up in the morning and take care of cleaning our teeth. The field of periodontology explores the connection between periodontal disease and over 50 systemic diseases and conditions such as cardiovascular disease, diabetes mellitus, and adverse pregnancy outcomes. Recent advancements indicate that periodontitis is caused by complex interactions between an imbalanced oral microbiome and dysregulated inflammation, perpetuating the disease.. Periodontology deals with periodontium which is a connective tissue consisting of four components cementum, periodontal ligaments, alveolar bone and gingival tissue. Cleaning teeth or scaling (periodontal term) and polishing involves removal of local irritants factors or deposits such as debris, stains, plaque and calculus (tartar) from the surfaces of the teeth.

Over time, regularly removing these deposits can reduce gingivitis (a mild form of gum disease) and prevent its progression to periodontitis (severe gum disease) involves a greater number of anaerobic organisms colonize deeper periodontal pockets, such as *Aggregatibacter actinomycetemcomitans* and *Porphyromonas gingivalis*. The regular scale and polish treatment is sometimes referred to as “oral prophylaxis,” “professional mechanical plaque removal” or “periodontal instrumentation”.

Although significant progress has been achieved in periodontology, our goal is to share the lessons we have learned and provide feedback and suggestions related to various important elements. This includes addressing the diversity in case definitions of periodontal disease in different

studies and considering the relevant characteristics of the periodontal phenotype.

Despite our current knowledge in the treatment of periodontal diseases, there are many areas where rigorous study is needed to advance our ability to manage periodontal diseases. To prevent periodontal disease and other oral complications that negatively impact patients’ quality of life, it is essential to conduct educational campaigns aimed at increasing public awareness of proper oral hygiene and knowledge and practices related to periodontitis.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

NIRMA YADAV


Department of Dentistry, Maa Vindhyavasini Autonomous State Medical College, Mirzapur, Uttar Pradesh, India

Address for correspondence: Dr. Nirma Yadav,
Department of Dentistry, Maa Vindhyavasini Autonomous State Medical College, Mirzapur - 231 001, Uttar Pradesh, India.
E-mail: nirmay90@gmail.com

Submitted: 12-Sep-2024, **Accepted in Revised Form:** 12-Sep-2024,
Published: 16-Oct-2024.

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Access this article online	
Website: https://journals.lww.com/sidj	Quick Response Code 
DOI: 10.4103/sidj.sidj_6_24	

How to cite this article: Yadav N. Periodontology journey of 100 years – Specialized practice of oral sciences. Saint Int Dent J 2024;8:1.