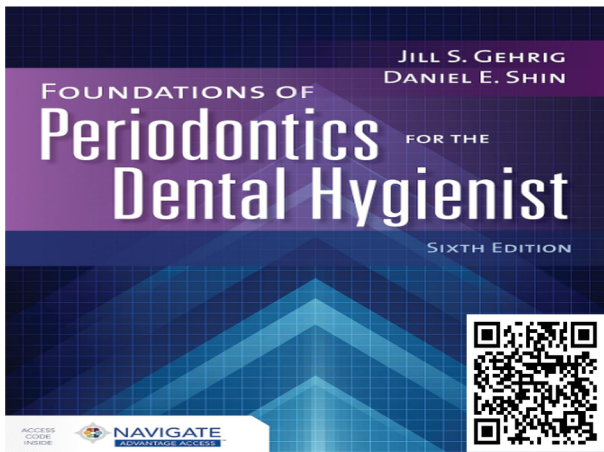


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FOUNDATIONS OF Periodontics FOR THE Dental Hygienist

SIXTH EDITION

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Brief Contents

Preface
Contributors

xviii
xxii

PART 1 The Periodontium in Health 1

CHAPTER 1 Periodontium: The Tooth-Supporting Structures ... 3

CHAPTER 2 Microscopic Anatomy of the Periodontium 23

PART 2 Diseases Affecting the Periodontium and Peri-Implant Tissues 49

CHAPTER 3 Overview of Diseases of the Periodontium 51

CHAPTER 4 Classification of Periodontal and Peri-Implant Diseases and Conditions 81

CHAPTER 5 Periodontal Health and Gingival Diseases/Conditions 89

CHAPTER 6 Periodontitis 119

CHAPTER 7 Mucogingival Deformities and Conditions Around Teeth 147

CHAPTER 8 Peri-Implant Health and Diseases 161

CHAPTER 9 Acute Periodontal Diseases 195

PART 3 Etiologic Factors for Periodontal Diseases and Peri-Implant Diseases/Conditions 221

CHAPTER 10 Risk Factors for Periodontal Disease 223

CHAPTER 11 Oral Biofilms 237

CHAPTER 12 Basic Concepts of Immunity and Inflammation ... 261

CHAPTER 13	Host Immunoinflammatory Response to Dental Biofilm	285
CHAPTER 14	Impact of Systemic Conditions on Periodontal Health	307
CHAPTER 15	Impact of Periodontal Inflammation on Systemic Health	345
CHAPTER 16	Local Factors Contributing to Periodontal Disease	363
CHAPTER 17	Tobacco, Smoking, and Periodontal Disease	393
CHAPTER 18	Nutrition, Inflammation, and Periodontal Disease	417

PART 4 Assessment and Planning for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions 433

CHAPTER 19	Clinical Periodontal Assessment	435
CHAPTER 20	Radiographic Analysis of the Periodontium	457
CHAPTER 21	Clinical Decision-Making for Periodontal Care	477
CHAPTER 22	Shared Decision-Making for Periodontal Care ...	489
CHAPTER 23	Encouraging Patient Behavior Change with Motivational Interviewing	507
CHAPTER 24	Best Practices for Periodontal Care	525

PART 5 Implementation of Therapy for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions 541

CHAPTER 25	Nonsurgical Periodontal Therapy	543
CHAPTER 26	Patient's Role in Nonsurgical Periodontal Therapy	565
CHAPTER 27	Supragingival and Subgingival Irrigation	583
CHAPTER 28	Chemotherapeutics in Periodontal Care	597

CHAPTER 29	Host Modulation Therapy	623
CHAPTER 30	Periodontal Surgical Concepts for the Dental Hygienist	635
CHAPTER 31	Maintenance for the Periodontal Patient.	713
PART 6	Other Aspects of the Management of Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions	737
CHAPTER 32	Documentation and Insurance Reporting of Periodontal Care.	739
CHAPTER 33	Future Directions for Management of Periodontal Patients	757
PART 7	Comprehensive Patient Cases	771
CHAPTER 34	Comprehensive Patient Cases	773
PART 8	Online Resources	1
CHAPTER 35	Periodontal Disease in the Pediatric Population.	3
CHAPTER 36	Introsedation: Easing and Managing Pediatric Patient Fears.	1
CHAPTER 37	Oral Malodor, Xerostomia, and Hyposalivation.	1
CHAPTER 38	Patient Cases: Radiographic Analysis	1
	Glossary	G-1
	Index	I-1

Contents

Preface	xviii
Contributors	xxii

PART 1 The Periodontium in Health 1

CHAPTER 1 Periodontium: The Tooth-Supporting Structures.....3

Section 1: Tissues of the Periodontium	4
The Gingiva.	5
Periodontal Ligament	11
Cementum	12
Alveolar Bone	13
Section 2: Nerve Supply, Blood Supply, and Lymphatic System	16
Nerve Supply to the Periodontium	16
Blood Supply to the Periodontium	17
Lymphatic System and the Periodontium.	19
Chapter Summary Statement.....	20
Section 3: Focus on Patients.....	20
Clinical Patient Care	20
References	21

CHAPTER 2 Microscopic Anatomy of the Periodontium 23

Section 1: Histology of the Body's Tissues.....	24
Microscopic Anatomy of a Tissue.	24
Microscopic Anatomy of Epithelial Tissue	25
Microscopic Anatomy of Connective Tissue.....	26
Epithelial–Connective Tissue Interface	27
Epithelial Cell Junctions	28
Section 2: Histology of the Gingiva	30
Microscopic Anatomy of Gingival Epithelium	30
Why the Teeth Need a Junctional Epithelium	33
Attachment of the Cells of the Junctional Epithelium	34
Microscopic Anatomy of Gingival Connective Tissue.....	36
Section 3: Histology of Root Cementum and Alveolar Bone.....	41
Microscopic Anatomy of Cementum	41
Microscopic Anatomy of Alveolar Bone	44
Chapter Summary Statement.....	45
Section 4: Focus on Patients.....	45
Clinical Patient Care	45
References	46

PART 2 Diseases Affecting the Periodontium and Peri-Implant Tissues..... 49

CHAPTER 3 Overview of Diseases of the Periodontium51

Section 1: The Periodontium in Health and Disease.....	52
Three Basic States of the Periodontium	52
Periodontium in Health.....	54
Gingivitis—Reversible Tissue Damage.....	55
Periodontitis—Permanent Tissue Destruction	58
Section 2: Pathogenesis of Bone Destruction.....	62
Changes in Alveolar Bone Height in Disease	63
Patterns of Bone Loss in Periodontitis	63
Section 3: Periodontal Pockets.....	70
Characteristics of Periodontal Pockets	70
Pocket Formation	71
Section 4:Theories of Disease Progression	73
Section 5: Epidemiology of the Diseases of the Periodontium.....	74
Chapter Summary Statement.....	78
Section 6: Focus on Patients.....	79
Clinical Patient Care	79
References	80

CHAPTER 4 Classification of Periodontal and Peri-Implant Diseases and Conditions.....81

Section 1: Disease Classification Systems.....	82
The 2017 AAP/EFP Classification of Periodontal and Peri-Implant Diseases and Conditions.....	82
Section 2: The 2017 Classification of Periodontal and Peri-Implant Diseases and Conditions.....	84
Health, Gingivitis, and Gingival Diseases/Conditions.....	84
Forms of Periodontitis.....	85
Other Conditions Affecting the Periodontium	85
Peri-Implant Diseases and Conditions	86
Comparison of the 2017 and 1999 Classification Systems.....	87
Chapter Summary Statement.....	87
Section 3: Focus on Patients.....	88
Clinical Patient Care	88
References	88

CHAPTER 5 Periodontal Health and Gingival Diseases/Conditions..... 89

Section 1: Periodontal Health/Gingival Health	90
Case Definition and Diagnostic Considerations	90
2017 AAP/EFP Subcategories of Periodontal Health/Gingival Health.....	93
Section 2: Dental Biofilm-Induced Gingivitis.....	95
Case Definitions and Diagnostic Considerations of Dental Biofilm-Induced Gingivitis.....	95
Features of Dental Biofilm-Induced Gingivitis	96
Extent and Distribution of Dental Biofilm-Induced Gingivitis	100
2017 AAP/EFP Subcategories of Dental Biofilm-Induced Gingivitis.....	102
Modifying Factors of Dental-Biofilm-Induced Gingivitis	104

Section 3: Non-Dental Biofilm-Induced Gingival Diseases and Conditions	109
Description of Selected Disease Disorders	111
Description of Selected Inflammatory and Immune Conditions and Lesions	112
Chapter Summary Statement	114
Section 5: Focus on Patients	114
Clinical Patient Care	114
References	116

CHAPTER 6 Periodontitis119

Section 1: Periodontitis	120
Definition of Periodontitis	120
Characteristics of Periodontitis	121
Extent and Progression of Periodontitis	126
Therapeutic Endpoints and Goals	128
Recurrent and Refractory Forms of Periodontitis	129
Section 2: Periodontitis Staging and Grading System	130
The Periodontitis Case Definition System	130
Examples of Periodontitis Case Staging and Grading	134
Chapter Summary Statement	142
Section 3: Focus on Patients	142
Clinical Patient Care	142
References	144

CHAPTER 7 Mucogingival Deformities and Conditions Around Teeth 147

Section 1: Overview of Mucogingival Deformities and Conditions	148
Section 2: Normal Mucogingival Condition and Periodontal Biotype	148
Section 3: Recession of the Gingival Margin	152
Section 4: Classification Systems for Recession of the Gingival Margin	154
Section 5: Treatment Considerations for Gingival Recession Defects	157
Chapter Summary Statement	158
Section 6: Focus on Patients	158
Clinical Patient Care	158
References	160

CHAPTER 8 Peri-Implant Health and Diseases161

Section 1: Anatomy of the Dental Implant and Surrounding Peri-Implant Tissues	162
Section 2: Peri-Implant Health, Diseases, and Conditions	169
Section 3: Recognition of Peri-Implant Diseases	175
Section 4: Clinical and Radiographic Monitoring of Peri-Implant Health and Diseases	179
Section 5: Guidelines for Maintenance of Patients with Dental Implants	184
Chapter Summary Statement	191
Section 6: Focus on Patients	191
Clinical Patient Care	191
References	192

CHAPTER 9 Acute Periodontal Diseases..... 195

Section 1: Introduction to Acute Periodontal Diseases.....	196
Section 2: Abscesses of the Periodontium.....	197
Section 3: Endodontic-Periodontal Lesions (EPL).....	206
Section 4: Necrotizing Periodontal Disease.....	207
Section 5: Primary Herpetic Gingivostomatitis.....	214
Chapter Summary Statement.....	218
Section 6: Focus on Patients.....	218
Clinical Patient Care.....	218
References.....	219

**PART 3 Etiologic Factors for Periodontal Diseases
and Peri-Implant Diseases/Conditions 221**
CHAPTER 10 Risk Factors for Periodontal Disease 223

Section 1: Risk Factors for Periodontal Disease.....	224
Local Risk Factors.....	225
Systemic Risk Factors.....	225
Tobacco Use.....	225
Medications.....	225
Section 2: Balance Between Periodontal Health and Disease.....	226
Section 3: Periodontal Risk Assessment.....	228
Chapter Summary Statement.....	232
Section 4: Focus on Patients.....	232
Clinical Patient Care.....	233
References.....	236

CHAPTER 11 Oral Biofilms 237

Section 1: Microbial Biofilms.....	238
Microbial Communities.....	240
Oral Biofilms.....	242
Microbial Symbiosis Versus Dysbiosis.....	242
Species Capable of Colonizing the Mouth.....	246
Section 2: The Structure and Colonization of Oral Biofilms.....	247
Stages of Polymicrobial Biofilm Formation.....	247
Bacterial Colonization and Succession of Oral Biofilms.....	250
Bacterial Attachment Zones.....	251
Section 3: The Role of Bacteria in Periodontal Disease.....	251
Changing Evidence for the Role of Bacteria.....	251
Historical Perspectives on the Role of Bacteria.....	252
Contemporary Perspectives on the Role of Bacteria.....	253
Chapter Summary Statement.....	257
Section 4: Focus on Patients.....	257
Clinical Patient Care.....	257
References.....	258

CHAPTER 12 Basic Concepts of Immunity and Inflammation 261

Section 1: The Body's Defense System	262
Introduction to the Immune System	262
Components of the Immune System	264
Cells of the Immune System	265
The Complement System	274
Section 2: Leukocyte Migration, Chemotaxis, and Phagocytosis	275
Section 3: The Inflammatory Process	277
Major Events in the Inflammatory Response	277
Two Stages of Inflammation	278
Chapter Summary Statement	282
Section 4: Focus on Patients	283
References	284

CHAPTER 13 Host Immunoinflammatory Response to Dental Biofilm 285

Section 1: The Host Response in Periodontal Disease	286
Factors Enhancing the Microbial Challenge	287
Factors Modulating the Host Immunoinflammatory Response	288
Inflammation: A Protective Host Response That Can Turn Harmful	288
Inflammatory Biochemical Mediators of the Host Response	289
Current Theory of Pathogenesis	291
Section 2: Histologic Stages in the Development of Periodontal Disease	292
Section 3: The Impact of the Host Immunoinflammatory Response on Bone Homeostasis	300
Chapter Summary Statement	303
Section 4: Focus on Patients	304
Clinical Patient Care	304
References	305

CHAPTER 14 Impact of Systemic Conditions on Periodontal Health 307

Section 1: The Burden of Systemic Disorders on the Oral Cavity	308
Section 2: Systemic Disorders as Risk Factors for Periodontitis	309
Diabetes Mellitus	309
Stress	316
Hormonal Fluctuations During Puberty, Pregnancy, and Menopause	318
Metabolic Syndrome	324
HIV/AIDS	325
Neutropenia	327
Down Syndrome	328
Leukemia	330
Section 3: Systemic Medications with Periodontal Side Effects	333
Chapter Summary Statement	337
Section 4: Focus on Patients	338
Clinical Patient Care	338
References	339

CHAPTER 15 Impact of Periodontal Inflammation on Systemic Health345

Section 1: Linking Periodontitis with Systemic Disease	346
Section 2: The Role of Periodontitis on Systemic Diseases	347
Atherosclerotic Cardiovascular Disease	347
Adverse Pregnancy Outcomes	350
Diabetes Mellitus	353
Potential Associations with Other Systemic Conditions	355
Chapter Summary Statement	358
Section 3: Focus on Patients	358
Clinical Patient Care	358
References	358

CHAPTER 16 Local Factors Contributing to Periodontal Disease.....363

Section 1: Introduction to Local Contributing Factors	364
Section 2: Local Factors That Increase Biofilm Retention	365
Section 3: Dental Restorations as Local Factors	373
Section 4: Local Factors That Cause Direct Damage	381
Chapter Summary Statement	391
Section 5: Focus on Patients	391
Clinical Patient Care	391
References	392

CHAPTER 17 Tobacco, Smoking, and Periodontal Disease393

Section 1: Introduction	394
Section 2: Nicotine Dependence and Addiction	395
Biochemical Basis Underlying Nicotine Dependence and Addiction	395
Chemical Composition of Tobacco: A Storehouse of Thousands of Chemicals	395
Section 3: Categories of Smoking Delivery Products	396
Combustible Versus Noncombustible Delivery Systems	396
Combustible and Noncombustible Usage in the United States	398
Section 4: Smoking as a Risk Factor for Periodontal Disease	398
Epidemiology of Smoking Use Among Periodontal Patients	399
Smoking and Periodontitis	399
Effects of Combustible Tobacco on the Periodontium	399
Effects of Noncombustible Tobacco on the Periodontium	402
Effects of Noncombustible Nicotine on the Periodontium	403
Effects of Smoking on Periodontal Therapy	403
Section 5: Cannabis as a Risk Factor for Periodontal Disease	404
Overview of Cannabis	404
Epidemiology of Cannabis in Periodontal Patients	404
Effects of Cannabis on the Periodontium	404
Section 6: Smoking and Peri-Implant Disease	405
The Impact of Smoking on Dental Implants	405
Section 7: Smoking Cessation for the Periodontal Patient	406
Effects of Smoking Cessation on the Periodontium	406
Smoking Cessation Counseling in Periodontal Therapy	407
A User-Friendly Model for Counseling the Periodontal Patient	407

Chapter Summary Statement.....	411
Section 8: Focus on Patients.....	411
Clinical Patient Care	411
References	412

CHAPTER 18 Nutrition, Inflammation, and Periodontal Disease..... 417

Section 1: Association Between Obesity and Periodontal Disease	418
Section 2: Micronutrients, Antioxidants, and Periodontal Disease	422
Section 3: Macronutrients and Periodontal Disease.....	425
Chapter Summary Statement.....	427
Section 4: Focus on Patients.....	428
Clinical Patient Care	428
References	430

PART 4 Assessment and Planning for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions.....433

CHAPTER 19 Clinical Periodontal Assessment435

Section 1: Overview of the Periodontal Assessment Process	436
Section 2: The Comprehensive Periodontal Assessment.....	436
Components of the Comprehensive Periodontal Assessment	437
Components of the Comprehensive Periodontal Assessment That Require Calculations	445
Section 3: Periodontal Screening Examination	450
Section 4: Supplemental Diagnostic Tests.....	452
Chapter Summary Statement.....	455
Section 5: Focus on Patients.....	455
Clinical Patient Care	455
References	456

CHAPTER 20 Radiographic Analysis of the Periodontium457

Section 1: Radiographic Appearance of the Periodontium.....	458
Section 2: Use of Radiographic Images During Periodontal Evaluation	463
Chapter Summary Statement.....	475
Section 3: Focus on Patients.....	475
Clinical Patient Care	475
References	476

CHAPTER 21 Clinical Decision-Making for Periodontal Care477

Section 1: Guidelines for Arriving at a Periodontal Diagnosis	478
Section 2: Guidelines for Periodontal Treatment Sequencing	483
Section 3: The Need for Ongoing Decision-Making.....	485
Chapter Summary Statement.....	486
Section 4: Focus on Patients.....	486
Clinical Patient Care	486
Suggested Readings	487

CHAPTER 22 Shared Decision-Making for Periodontal Care489

Section 1: Shared Decision-Making	490
Section 2: A Model for Shared Decision-Making in Periodontal Care	493
The SHARE Approach: Essential Steps of Shared Decision-Making	493
Section 3: Decision Aids for Periodontal Patients	496
Section 4: Guidelines Related to Consent for Periodontal Treatment	499
Chapter Summary Statement	503
Section 5: Focus on Patients	504
References	505

CHAPTER 23 Encouraging Patient Behavior Change with Motivational Interviewing507

Section 1: Introduction to Human Behavior Change	508
Section 2: Components of Motivational Interviewing	511
Section 3: Implications for Dental Hygiene Practice	518
Motivational Interviewing: Example 1	518
Motivational Interviewing: Example 2	520
Motivational Interviewing: Example 3	521
Chapter Summary Statement	522
Section 4: Focus on Patients	522
Clinical Patient Care	522
References	523

CHAPTER 24 Best Practices for Periodontal Care.....525

Section 1: What Is Best Practice?	526
Section 2: Role of Evidence-Based Decision-Making in Best Practice	527
Section 3: Finding Clinically Relevant Information	531
Clinical Case Example	534
Section 4: Lifelong Learning Skills for Best Practice	535
Chapter Summary Statement	536
Section 5: Focus on Patients	537
Clinical Patient Care	537
References	538
Recommended Readings	539

PART 5 Implementation of Therapy for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions 541

CHAPTER 25 Nonsurgical Periodontal Therapy543

Section 1: Overview of Nonsurgical Periodontal Therapy	544
Understanding Nonsurgical Periodontal Therapy	544
Goals of Nonsurgical Periodontal Therapy	545
Types of Procedures Included in Nonsurgical Therapy	546
Nonsurgical Therapy Related to the Periodontal Diagnosis	547
Typical Treatment Plans for Nonsurgical Periodontal Therapy	548

Section 2: Mechanical Nonsurgical Therapy	549
Overview of Instrumentation in Nonsurgical Therapy	549
End Point for Instrumentation During Nonsurgical Therapy	551
Dentinal Hypersensitivity Associated with Nonsurgical Therapy	553
Section 3: Decisions Following Nonsurgical Therapy	557
The Reevaluation Appointment	557
The Relationship of Nonsurgical Reevaluation to Other Steps in Treatment	559
The Relationship Between Nonsurgical and Surgical Therapy	559
Recognizing the Need for Referral to a Periodontist	560
Chapter Summary Statement	561
Section 4: Focus on Patients	562
Clinical Patient Care	562
References	563

CHAPTER 26 Patient's Role in Nonsurgical Periodontal Therapy 565

Section 1: Patient Self-Care in Nonsurgical Therapy	566
Section 2: Types of Toothbrushes	567
"Which Type of Toothbrush Should I Use?"	567
"How Should I Brush My Teeth?"	569
Section 3: The Effectiveness of Various Interproximal Cleaning Modalities	570
Section 4: Tongue Cleaning as an Adjunct	579
Chapter Summary Statement	580
Section 5: Focus on Patients	581
Clinical Patient Care	581
References	582

CHAPTER 27 Supragingival and Subgingival Irrigation 583

Section 1: Patient-Applied Power-Driven Irrigation Devices	584
Section 2: Professional Subgingival Irrigation	592
Chapter Summary Statement	594
Section 3: Focus on Patients	595
Clinical Patient Care	595
References	595

CHAPTER 28 Chemotherapeutics in Periodontal Care 597

Section 1: Introduction to Chemical Agents in Biofilm Control	598
Section 2: Use of Systemic Antibiotics to Control Biofilm	601
Section 3: Use of Locally Delivered Chemotherapeutic Agents	605
Section 4: Topical Mouth Rinses and Toothpastes	610
Section 5: Educating Patients on the Use of Complementary and Alternative Medicine (CAM) Dental Products/Remedies/Practices	615
Chapter Summary Statement	617
Section 6: Focus on Patients	618
Clinical Patient Care	618
References	619

CHAPTER 29 Host Modulation Therapy 623

Section 1: Introduction to Host Modulation Therapy	624
Section 2: Potential Host Modulating Therapies in Periodontal Patients	626
Section 3: Host Modulation Therapy as a Part of Comprehensive Periodontal Patient Management	630
Chapter Summary Statement	632
Section 4: Focus on Patients	632
References	632

CHAPTER 30 Periodontal Surgical Concepts for the Dental Hygienist 635

Section 1: Introduction to Periodontal Surgery	636
Evolution of Concepts Related to Periodontal Surgery	637
Indications and Contraindications for Surgery	637
Possible Outcomes for Periodontal Surgery	642
Terminology Used to Describe Healing After Surgery	643
Section 2: Understanding the Periodontal Flap	646
Section 3: Descriptions of Common Types of Periodontal Surgery	651
Section 4: Biological Enhancement of Surgical Outcomes	692
Section 5: Patient Management Following Periodontal Surgery	696
Use of Sutures in Periodontal Surgical Wounds	696
Use of Periodontal Dressing	701
Postsurgical Instructions and Follow-up Visits	705
Chapter Summary Statement	708
Section 6: Focus on Patients	709
References	710

CHAPTER 31 Maintenance for the Periodontal Patient 713

Section 1: Introduction to Periodontal Maintenance Therapy	714
Section 2: Planning and Implementing Periodontal Maintenance Therapy	717
Section 3: Periodontal Disease Recurrence	721
Section 4: Patient Compliance with Periodontal Maintenance	722
Section 5: Root Caries as a Complication During Maintenance	724
Chapter Summary Statement	730
Section 6: Focus on Patients	731
Clinical Patient Care	731
References	731

**PART 6 Other Aspects of the Management of Patients
with Periodontal Diseases and Peri-Implant
Diseases/Conditions 735**

**CHAPTER 32 Documentation and Insurance Reporting of
Periodontal Care 737**

Section 1: Legal Issues in the Provision and Documentation of Care	738
Concepts of Malpractice and Tort Law	738
Areas of Potential Liability	739

Section 2: Documentation of Periodontal Care	740
Principles for Thorough Documentation	742
Pitfalls in Documentation	745
Section 3: Computer-Based Electronic Health Records	746
Advantages of Computerized Patient Records	746
Cautions Regarding Computerized Records	746
Section 4: Insurance Codes for Periodontal Treatment	747
Insurance Coding Overview	748
Insurance Codes for Nonsurgical Periodontal Services	749
Chapter Summary Statement	751
Section 5: Focus on Patients	752
Clinical Patient Care	752
References	753

CHAPTER 33 Future Directions for Management of Periodontal Patients 755

Section 1: Contemporary and Evolving Diagnostic Technology	756
Section 2: Periodontal Disease/Systemic Disease Connections	760
Section 3: Research in Dental Implantology	761
Section 4: Treatment Modalities in Periodontal Care	761
Chapter Summary Statement	766
References	767

PART 7 Comprehensive Patient Cases 769

CHAPTER 34 Comprehensive Patient Cases 771

Fictitious Patient Case 1—Mr. Karn	772
Patient Profile	772
Patient Health History	772
Decision-Making Questions for Case 1: Mr. Karn	779
Fictitious Patient Case 2—Mr. Wilton	780
Patient Profile	780
Patient Health History	780
Decision-Making Questions for Case 2: Mr. Wilton	787
Fictitious Patient Case 3—Ms. Sandsky	788
Patient Profile	788
Patient Health History	788
Decision-Making Questions for Case 3: Ms. Sandsky	794
Fictitious Patient Case 4—Mr. Verosky	795
Patient Profile	795
Patient Health History	795
Decision-Making Questions for Case 4: Mr. Verosky	800
Fictitious Patient Case 5—Mr. Tomlinson	801
Patient Profile	801
Patient Health History	801
Decision-Making Questions for Mr. Tomlinson	806

PART 8 Online Resources 1

CHAPTER 35 Periodontal Disease in the Pediatric Population.....3

Section 1: Periodontal Anatomy of the Primary Dentition	4
Section 2: Gingival Diseases in Pediatric Patients	6
Eruption Gingivitis and Pericoronal Abscess	6
Plaque-Induced Gingival Disease	8
Gingival Diseases Modified by Medications	9
Section 3: Common Types of Periodontitis in Pediatric Patients	11
Periodontitis	11
More Aggressive Forms of Periodontitis in the Pediatric Population	11
Necrotizing Periodontal Diseases	15
Section 4: Common Acute Periodontal Conditions in Pediatric Patients	15
Herpes Virus Infections and Aphthous Ulcers	15
Chapter Summary Statement	19
Section 5: Focus on Patients	20
Clinical Patient Care	20
References	21

CHAPTER 36 Nitrosedation: Easing and Managing Pediatric Patient Fears 1

Section 1: Dental Anxiety and the Pediatric Dental Patient	2
Section 2: Behavioral Assessment of the Pediatric Patient	5
Section 3: Nitrosedation Techniques with Pediatric Patients	8
Chapter Summary Statement	17
Section 4: Focus on Patients	17
Clinical Patient Care	18
References	19

CHAPTER 37 Oral Malodor, Xerostomia, and Hyposalivation 1

Section 1: Oral Malodor	2
Section 2: Xerostomia and Hyposalivation	11
Chapter Summary Statement	20
Section 3: Focus on Patients	20
Clinical Patient Care	20
References	21

CHAPTER 38 Patient Cases: Radiographic Analysis 1

Section 1: Case 1	4
Section 2: Case 2	5
Section 3: Case 3	6
Section 4: Case 4	8
Section 5: Case 5	10
Section 6: Case 6	12

Glossary G-1

Index I-1

Preface

This textbook endeavors to present an evidence-based discussion of periodontology based on information from recent research. Periodontology, however, is a rapidly changing science. The authors, editors, and publisher have made every effort to confirm the accuracy of the information presented and to describe generally accepted practices at the time of publication. However, as new information becomes available, changes in treatment may become necessary. The reader is encouraged to keep up with dental and medical research through the many peer-reviewed journals available to verify information found here and to determine the best treatment for each individual patient. The authors, contributors, editors, and publisher are not responsible for errors or omissions or for any consequences from application of the information in this book and make no warranty, express or implied, with respect to the contents of this publication.

The ancient Greek philosopher Heraclitus famously stated: “*There is nothing permanent except change.*” This quotation serves as the basis for the evolution of each successive edition of our textbook. And, while some may view any semblance of change with a sense of apprehension, the authors of the sixth edition of *Foundations of Periodontics for the Dental Hygienist* see this as an opportunity to grow upon previous editions so as to improve the preparation of students for productive functioning in the rapidly evolving and highly demanding environment of clinical periodontology.

The *Sixth Edition* is written with three primary goals in mind. First and foremost, this textbook focuses on the dental hygienist’s role in periodontics. Our second goal is to develop a book with an instructional design that facilitates the teaching and learning of the complex subject of periodontics—as it relates to dental hygiene practice—without omitting salient concepts or “watering down” the material. Third, we hope to help guide you, the teacher, in transmitting your expertise and knowledge in periodontology to your students. To accomplish all our goals, many of the complex theoretical concepts that are covered in this textbook are reinforced with clinical photographs/radiographs, illustrations, flowcharts, and hypothetical case scenarios that, we hope, may provide your students with visualization aids that can assist in the learning process. Written primarily for dental hygiene students, *Foundations of Periodontics for the Dental Hygienist* also would be a valuable resource on current concepts in periodontics for the practicing dental hygienist or general dentist.

Content Sequencing

The textbook is divided into eight major content areas:

Part 1: The Periodontium in Health

Part 2: Diseases Affecting the Periodontium and Peri-Implant Tissues

Part 3: Etiologic Factors for Periodontal Diseases and Peri-Implant Diseases/Conditions

Part 4: Assessment and Planning for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions

Part 5: Implementation of Therapy for Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions

Part 6: Other Aspects of the Management of Patients with Periodontal Diseases and Peri-Implant Diseases/Conditions

Part 7: Comprehensive Patient Cases

Part 8: Online Resources

New to This Edition

The sixth edition of *Foundation of Periodontics for the Dental Hygienist* has been extensively updated.

- The content section “Diseases of the Periodontium and Peri-Implant Tissues” aligns with the 2017 AAP/EFPP Classifications of Periodontal and Peri-Implant Diseases and Conditions in Chapters 3–9.
- The content section “Etiologic Factors for Periodontal Diseases and Peri-Implant Diseases/Conditions” has been updated to include Chapters 10–18.
- **Chapter 1** contains expanded content on the position of the gingival margin in health as related to age and history of previous periodontitis, as well as new content on the vascular supply to the periodontium.
- **Chapter 3** contains additional content on transseptal fibers and pathologic tooth migration, as well as new content on the changes in alveolar bone height in disease, patterns of bone loss, and osseous defects.
- **Chapter 4** contains new content in the category of periodontal health, as well as new content on intact periodontium versus reduced periodontium.
- **Chapter 5** is a NEW! chapter on periodontal health and gingival diseases and addresses the new 2017 AAP/EFPP Classification category of periodontal health and gingival diseases/conditions.
- **Chapter 6** contains new content to align with the 2017 AAP/EFPP Classification of Periodontal and Peri-Implant Diseases and Conditions.
- **Chapter 7** is a NEW! chapter focusing on mucogingival deformities around the teeth and aligns with the 2017 AAP/EFPP Classification of Periodontal and Peri-implant Diseases and Conditions.
- **Chapter 8** contains new content on titanium implants versus zirconia implants, hard and soft tissue deficiencies, biomechanical overload, and the range of probing depths compatible with peri-implant health.
- **Chapter 9** contains new content on the implications of an untreated periodontal abscess, the differentiation of periodontal versus pulpal abscesses, the signs and symptoms of the pericoronal abscess, recurrent abscesses, endodontic–periodontal lesions, necrotizing periodontal diseases, and typical treatment steps of necrotizing periodontal diseases.
- **Chapter 10** contains new content on the balance between periodontal health and disease.
- **Chapter 11** contains new content on the transmission of biofilm bacteria.
- **Chapter 12** contains new content on innate and adaptive immunity, components of the immune system, and the subsets of T-lymphocytes.
- **Chapter 13** contains new content on the role the host immunoinflammatory response plays in the pathogenesis of periodontal disease, as well as new content on the bone remodeling cycle.
- **Chapter 14** and **Chapter 15** are NEW! chapters designed to assist students in understanding the effect of systemic disorders/conditions on oral health versus the effect of oral diseases on systemic health.
- **Chapter 16** contains new content on the detrimental impact contributing factors can have in the development and progression of periodontal disease.
- **Chapter 17** contains new content on tobacco and nicotine delivery systems, the biochemical basis underlying nicotine dependence and addiction, the impacts of combustible smoking and noncombustible tobacco on the oral microbial biofilms and periodontitis, smoking and bone metabolism, oral jewelry, cannabis as a risk factor for periodontal disease, and the effects of smoking on periodontal therapy.
- **Chapter 18** contains updated content on nutrition and the periodontium.
- **Chapter 19** contains a comparison of the terms *clinical attachment level* and *clinical attachment loss*.
- **Chapter 20** contains new content on the radiographic appearance of cortical and cancellous bone, as well as new content on the importance of accurate three-dimensional images (CBCT) for treatment planning for surgical placement of dental implants.
- **Chapter 26** contains a new section on the types of manual and power toothbrushes.
- **Chapter 27** contains new content on power-driven air floss.
- **Chapter 28** contains new content on the use of antibiotics, locally delivered controlled-released chemotherapeutic agents, non-controlled-release chemotherapeutic agents, and educating patients on the use of complementary and alternative dental products/remedies.
- **Chapter 29** contains new content on anticytokine medications, statins, probiotics, and specialized proresolutive mediators.

- **Chapter 30** contains new content on flap reflection to provide better access for periodontal instrumentation of root surfaces, as well as updated information on the concepts of relative and absolute contraindications for periodontal surgery.
- **Chapter 33** contains new content on ultrasonic periodontal probes.
- **Chapter 37** is a NEW! chapter on oral malodor and xerostomia/hyposalivation.

Textbook Features

The sixth edition of *Foundations of Periodontics for the Dental Hygienist* has many features designed to facilitate learning and teaching.

1. **Chapter Overview and Outline.** Each chapter begins with a concise overview of the chapter content. The chapter outline makes it easier to locate material within the chapter. The outline provides the reader with an organizational framework with which to approach new material.
2. **Learning Objectives and Key Terms.** Learning objectives assist students in recognizing and studying important concepts in each chapter. Key terms are listed at the beginning of each chapter. One of the most challenging tasks for any student is learning a whole new dental vocabulary and gaining the confidence to use new terms with accuracy and ease. The “Key Terms” list assists students in this task by identifying important terminology and facilitating the study and review of terminology in each chapter. Terms are highlighted in bold type and clearly defined within the chapter.
3. **Instructional Design**
 - Each chapter is subdivided into sections to help the reader recognize major content areas.
 - Chapters are written in an expanded outline format that makes it easy for students to identify, learn, and review key concepts.
 - Material is presented in a manner that recognizes that students have different learning styles. Hundreds of illustrations and clinical photographs visually reinforce chapter content.
 - Chapter content is supplemented in a visual format with boxes, tables, and flow charts.
4. **Focus on Patients.** *Focus on Patients* items allow the reader to apply chapter content in the context of clinical practice. The cases provide opportunities for students to integrate knowledge into their clinical work. Three types of scenarios help students apply content to the real-world setting:
 - Clinical Patient Care scenarios
 - Evidence in Action scenarios
 - Ethical Dilemma scenarios
5. **Patient Case Studies**
 - Chapter 34 presents five hypothetical patient scenarios. Patient assessment data pertinent to the periodontium challenges the student to interpret and use the information in periodontal care planning for the patient.
 - Chapter 38 (an online chapter) provides radiographs for six cases. These cases are intended to give students the opportunity to develop their critical-thinking skills in analyzing and interpreting radiographs as it pertains to the hard tissues of the periodontium in health and disease.
6. **Glossary.** The glossary provides quick access to common periodontal terminology.
7. **Online Chapters**
 - Chapter 35: Periodontal Disease in the Pediatric Population
 - Chapter 36: Iatrosedation: Easing and Managing Pediatric Patient Fears
 - Chapter 37: Oral Malodor, Xerostomia, and Hyposalivation
 - Chapter 38: Patient Cases Radiographic Analysis
8. **Online Instructor and Student Resources**
 - Instructor Resources
 - Slides in PowerPoint format for each chapter
 - Lesson plans
 - Test bank
 - Answers to Chapter Review Exercises

- Image bank
- Discussion topics and classroom activities
- Student Resources
 - Animation: Anatomy of Periodontium in Disease
 - Chapter Review Questions
 - Learning Objectives

Foundations of Periodontics for the Dental Hygienist, Sixth Edition strives to present the complex subject of periodontics in a reader-friendly manner. The authors greatly appreciate the comments and suggestions from educators and students about previous editions of this book. It is our sincere hope that this textbook will assist students and practitioners alike to acquire knowledge that will serve as a foundation for the prevention and management of periodontal diseases.

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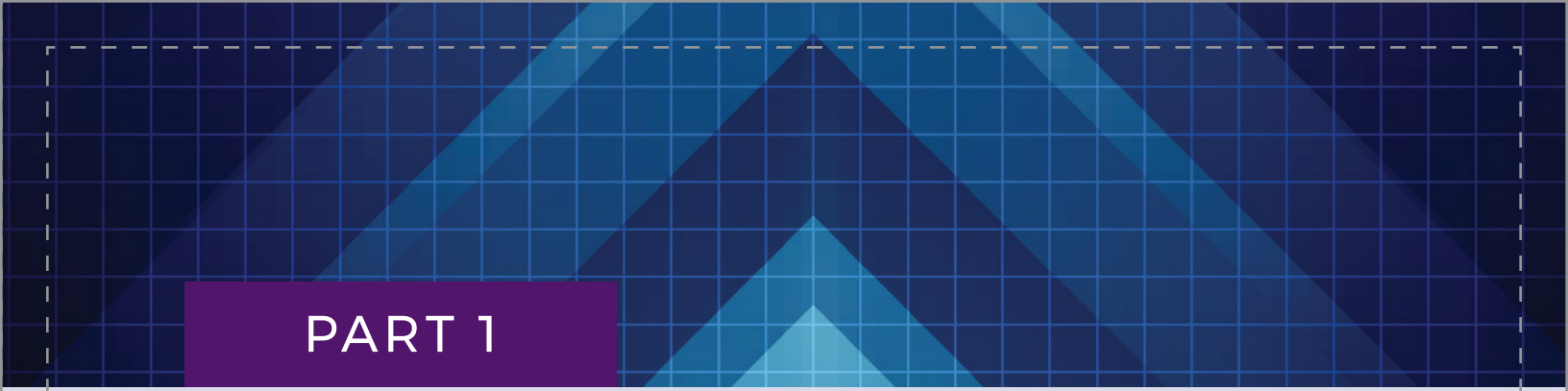
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PART 1

The Periodontium in Health

CHAPTER 1	Periodontium: The Tooth Supporting Structures.	3
CHAPTER 2	Microscopic Anatomy of the Periodontium.	23

CHAPTER 1

Periodontium: The Tooth-Supporting Structures

- Section 1 Tissues of the Periodontium
 - The Gingiva
 - Periodontal Ligament
 - Root Cementum
 - Alveolar Bone
- Section 2 Nerve Supply, Blood Supply, and Lymphatic System
 - Nerve Supply to the Periodontium
 - Blood Supply to the Periodontium
 - Lymphatic System and the Periodontium
- Section 3 Focus on Patients
 - Clinical Patient Care

CLINICAL APPLICATION

Dental health care providers continuously interact with patients when making clinical decisions, performing clinical procedures, evaluating new techniques, and adapting to emerging treatment approaches. Nearly every action taken by a clinician requires a detailed knowledge of the anatomy of the tooth-supporting structures—the periodontium. Chapters 1 and 2 outline current knowledge about the anatomy of the periodontium. Chapter 1 deals with what is known about the fundamental structure of the complex system of tissues that support the teeth and can serve as a basis for organizing thoughts about additional anatomical information as it becomes available through additional research. Chapter 2 deals with the microscopic anatomy of these structures.

LEARNING OBJECTIVES

- Identify the tissues of the periodontium on an unlabeled diagram depicting the periodontium in cross section.
- Describe the function that each tissue serves in the periodontium, including the gingiva, periodontal ligament, cementum, and alveolar bone.
- In a clinical setting or on a color photograph, identify the following anatomical areas of the gingiva: free gingiva, gingival sulcus, interdental gingiva, and attached gingiva.
- In a clinical setting or on a color photograph, identify the following boundaries of the gingiva: gingival margin, free gingival groove, and mucogingival junction.
- In a clinical setting, identify the free gingiva on an anterior tooth by inserting a periodontal probe to the base of the sulcus.

- In a clinical setting, compare and contrast the coral pink tissue of the attached gingiva with the darker, shiny tissue of the alveolar mucosa.
- In the clinical setting, use compressed air to detect the presence or absence of stippling of the attached gingiva.
- Identify the alveolar process (alveolar bone) on a human skull.
- Describe the shape and contour of the alveolar crest of the bone in health.
- Describe the nerve and blood supply to the periodontium.
- Explain the role of the lymphatic system in the health of the periodontium.

KEY TERMS

Periodontium	Attached gingiva	Alveolus
Gingiva	Stippling	Cortical bone
Periodontal ligament (PDL)	Interdental col	Alveolar crest
Cementum	Interdental gingiva	Cancellous bone (spongy bone)
Alveolar bone (alveolar process)	Papillae	Periosteum
Gingival margin	Gingival sulcus	Innervation
Alveolar mucosa	Gingival crevicular fluid	Trigeminal nerve
Free gingival groove	Sharpey's fibers	Anastomose
Mucogingival junction	Alveolar bone proper	Lymphatic system
Free gingiva	Cribriform plate	Lymph nodes

Section 1

Tissues of the Periodontium

The **periodontium** (*peri* = around and *odontos* = tooth) is the functional system of tissues that surrounds the teeth and attaches them to the jawbone (Figures 1-1 and 1-2). The periodontium is also called **the supporting tissues of the teeth** and the attachment apparatus. The tissues of the periodontium include the following:

1. **Gingiva**—the tissue that covers the cervical portions of the teeth and the alveolar processes of the jaws.
2. **Periodontal ligament (PDL)**—the fibers that surround the root of the tooth. These fibers attach to the bone of the socket on one side and to the cementum of the root on the other side.
3. **Cementum**—the thin layer of mineralized tissue that covers the root of the tooth.
4. **Alveolar bone** (also known as **alveolar process**)—the bone that surrounds the roots of the teeth. It forms the bony sockets that support and protect the roots of the teeth.

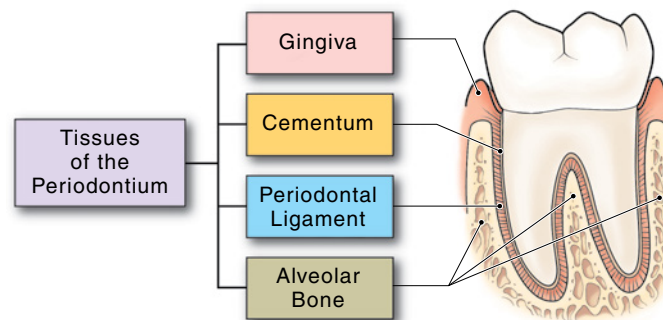


Figure 1-1 Tissues Comprising the Periodontium. A graphic representation of the periodontium in cross section.

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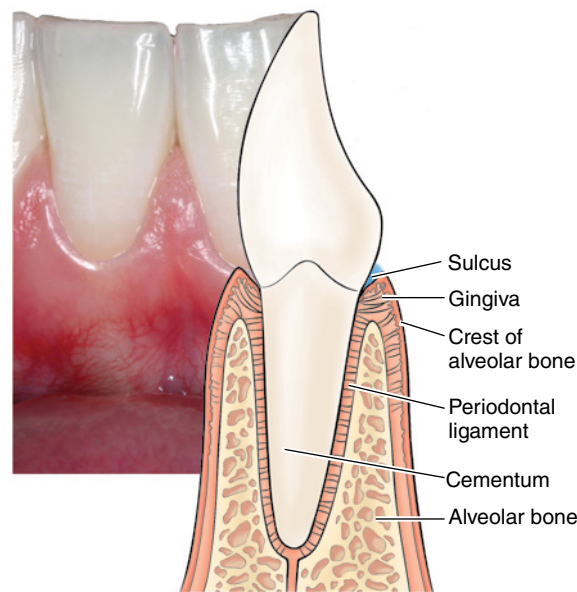


Figure 1-2 Healthy Periodontium. Clinical photograph and drawing depicting the structures of the periodontium.

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Each of the tissues of the periodontium plays a vital role in maintaining the health and function of the periodontium (**Table 1-1**). Knowledge of the periodontal tissues in health is a necessary foundation for understanding the concepts of (1) normal function of the periodontium, (2) disease prevention, and (3) the periodontal disease process.

Table 1-1 The Periodontium

Structure	Brief Description of Its Function
Gingiva	■ Provides a tissue seal around the cervical portion (neck) of the tooth ■ Covers the alveolar processes of the jaws ■ Holds the tissue against the tooth during mastication
Periodontal ligament	■ Suspends and maintains the tooth in its socket
Cementum	■ Anchors the ends of the periodontal ligament fibers to the tooth so that the tooth stays in its socket ■ Protects the dentin of the root
Alveolar bone	■ Surrounds and supports the roots of the tooth

© Jones & Bartlett Learning

Dental hygiene students usually are introduced to the tissues of the periodontium during the first semester or quarter of the dental hygiene curriculum. In the preclinical stages of the curriculum, mastering dental terminology and anatomy can sometimes be overwhelming and confusing. This chapter provides an opportunity to review this complex system of tissues known as the periodontium.

The Gingiva

1. Overview of the Gingiva

- Description.** The gingiva is the part of the mucosa that surrounds the cervical portions of the teeth and covers the alveolar processes of the jaws (**Figure 1-3**).

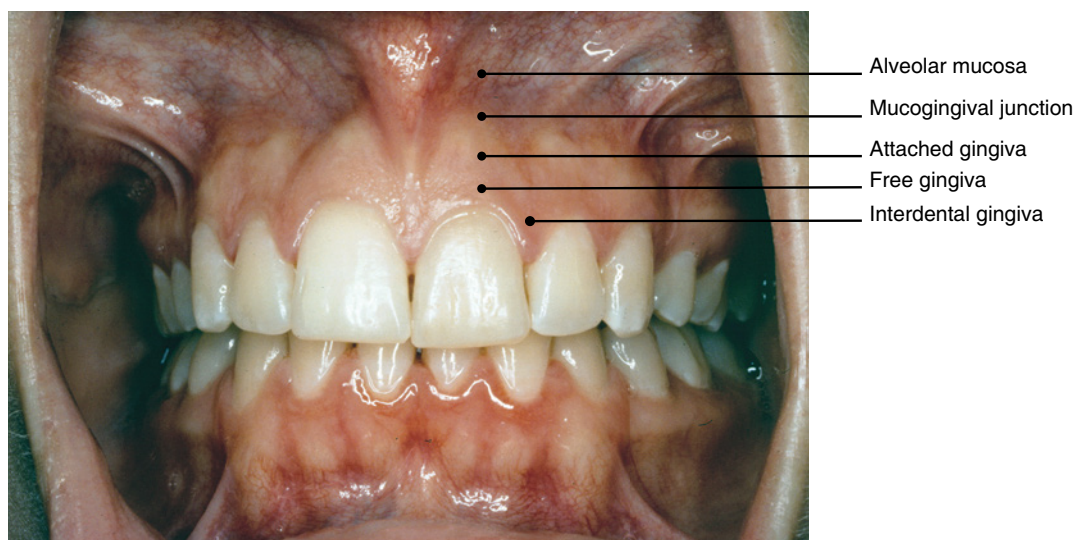


Figure 1-3 The Gingival Tissues. Photograph of healthy gingival tissues showing the free, attached, and interdental gingiva.

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1. In health, the contour and shape of the gingival margin approximates the scalloped curvature of the cemento-enamel junction (CEJ).
 2. The position of the gingival margin in health may be age dependent. In a periodontally healthy young individual, the position of the gingival margin may be located at or slightly coronal to the CEJ of each tooth. In contrast, in a periodontally healthy older individual, the gingival margin may be positioned apical to the CEJ. Reasons for this may be attributed to a previous history of periodontitis (resulting in recession of the gingival margin) or due to non-periodontitis reasons (e.g., history of mechanical abrasion).
 3. The gingiva attaches to the tooth by means of a specialized epithelial tissue (junctional epithelium).
 4. The gingiva is composed of a thin outer layer of epithelium and an underlying layer of connective tissue.
 5. The gingiva is divided into four anatomical areas:
 - a. Free gingiva
 - b. Gingival sulcus
 - c. Interdental gingiva
 - d. Attached gingiva
- b. **Function.** The gingiva protects the underlying tooth-supporting structures of the periodontium from the oral environment. The oral environment is exposed to a wide range of temperatures in food and drink, mechanical forces, and many oral bacteria. To accomplish these functions, the gingiva has several defense mechanisms, including saliva and the immune system.
- c. **Boundaries of the Gingiva**
1. The coronal boundary, or upper edge, of the gingiva is the **gingival margin** (Figure 1-4).

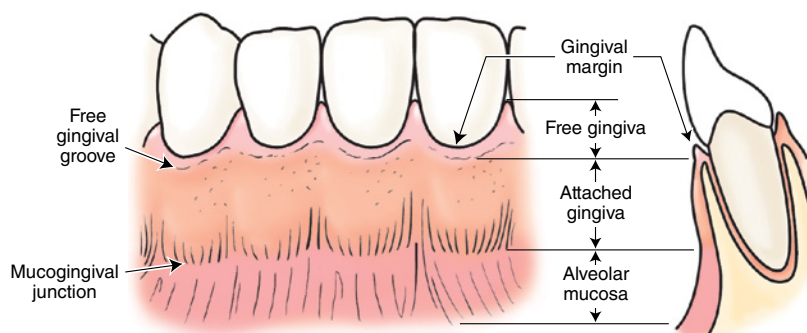


Figure 1-4 Boundaries of the Gingiva. Illustration showing the boundaries and anatomical areas of the gingiva.

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2. The apical boundary, or lower edge, of the gingiva is the alveolar mucosa. The **alveolar mucosa** can be distinguished easily from the gingiva by its dark red color and smooth, shiny surface.
- d. **Demarcations of the Gingiva**
 1. The **free gingival groove** is a shallow linear depression that separates the free and attached gingiva (this line is rarely visible to the naked eye).
 2. The **mucogingival junction** is the clinically visible boundary where the pink attached gingiva meets the red, shiny alveolar mucosa. (*Clinically visible* means that this landmark is readily seen by the naked eye.)
2. **Free Gingiva.** The **free gingiva** is the unattached portion of the gingiva that surrounds the tooth in the region of the CEJ. The free gingiva is also known as the *unattached gingiva* or the *marginal gingiva*.
 - a. **Location of the Free Gingiva**
 1. The free gingiva is the most coronal boundary of the gingiva.
 2. It surrounds the tooth in a turtleneck or cuff-like manner.
 3. The free gingiva attaches to the tooth by means of a specialized epithelium, known as the junctional epithelium.
 - b. **Characteristics of the Free Gingiva**
 1. The tissue of the free gingiva fits closely around the tooth, but is not directly attached to it.
 2. Because it is unattached, a periodontal probe can be used to slightly retract the free gingiva away from the tooth.
 3. The free gingiva also forms the soft tissue lateral wall of the gingival sulcus.
 - c. **Contour of the Free Gingival Margin**
 1. The tissue of the free gingiva meets the tooth in a thin rounded edge called the gingival margin.
 2. In health, the gingival margin follows the scalloped, curved contours of the underlying CEJ.
3. **Attached Gingiva.** The **attached gingiva** is continuous with the free gingiva and is the part of the gingiva that is tightly bound to the underlying cementum on the cervical-third of the root and to the periosteum (connective tissue cover) of the alveolar bone.
 - a. **Location of the Attached Gingiva.** The attached gingiva lies between the free gingiva and the alveolar mucosa (**Figure 1-5**).

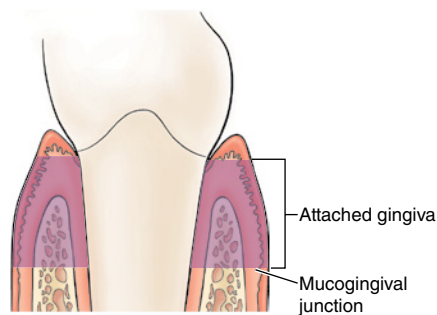


Figure 1-5 Location of the Attached Gingiva. The attached gingiva extends from the free gingival groove to the mucogingival junction.

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- b. **Width of the Attached Gingiva**
 1. The attached gingiva is widest in the incisor and molar regions, ranging from 3.3 to 3.9 mm on the mandible and 3.5 to 4.5 mm on the maxilla (**Figure 1-6**).

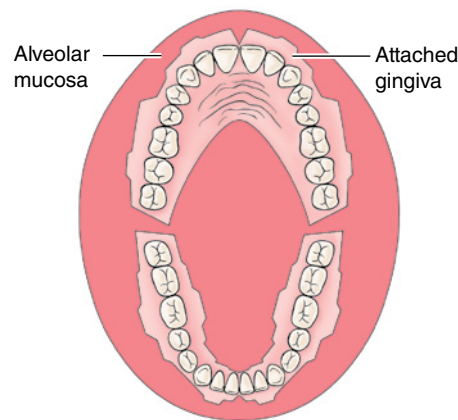


Figure 1-6 Mean Width of the Attached Gingiva. The attached gingiva is widest in the incisor and molar regions and narrowest in premolar regions.

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2. The attached gingiva is narrowest in premolar regions (1.8 mm on mandible and 1.9 mm on maxilla).
3. The width of the attached gingiva is not measured on the palate because clinically it is not possible to determine where the attached gingiva ends and the palatal mucosa begins (**Figure 1-7**).



Figure 1-7 Gingival Tissue of the Palate. On the palate, the palatal gingiva is directly continuous with the keratinized masticatory mucosa.

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4. It was once believed that a minimum 2-mm width of keratinized gingiva (free gingiva plus attached gingiva) was necessary to maintain the health of the periodontium.¹ Currently, this concept is being revisited because the amount of keratinized tissue that is “necessary” has never been established.
- c. **Color of the Attached Gingiva**
1. In health, the attached gingiva is pale or light coral pink.
 2. The attached gingiva may be pigmented (**Figure 1-8**). This pigmented tissue is known as physiologic pigmentation.

**A****B**

Figure 1-8 Color Variations of Normal Gingiva. The color of the normal gingiva varies among different individuals. **A.** The color is a lighter, coral pink in individuals with fair complexions. **B.** In individuals with dark skin and hair, the gingiva may be pigmented.

A and B: Courtesy of Elizabeth Carr, University of Mississippi Medical Center, Jackson, MS.

- a. Pigmentation occurs more frequently in dark-skinned individuals.²
- b. The pigmented areas of the attached gingiva may range from light brown to black.
- c. Pigmentation is due to an increased production of melanin (pigment) from melanocytes (melanin-producing cells found in the epidermal layer).
- d. **Texture of the Attached Gingiva.** In health, the surface of the attached gingiva may have a dimpled appearance similar to the skin of an orange peel. This dimpled appearance is known as **stippling** (**Figure 1-9**). Stippling acts to provide mechanical reinforcement to the gingiva. Stippling is seen only on the attached and interdental gingiva, not the free gingiva. Healthy tissue, however, does not always exhibit a stippled appearance, and the presence of stippling varies greatly from individual to individual. In fact, stippling is only present in 40% of periodontally healthy adults. As such, stippling is absent in the majority of periodontally healthy individuals.



Figure 1-9 Gingival Stippling. In health, the surface of the attached gingiva and interdental gingiva may have a dimpled appearance known as gingival stippling.

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e. Function of the Attached Gingiva

- 1. The attached gingiva allows the gingival tissue to withstand the mechanical forces created during activities such as mastication, speaking, and toothbrushing.
- 2. The attached gingiva prevents the free gingiva from being pulled away (apically) from the tooth when tension is applied to the alveolar mucosa.

4. **Interdental Gingiva.** The **interdental gingiva** is the portion of the gingiva that fills the interdental embrasure between two adjacent teeth apical to the contact area (**Figure 1-10**).



Figure 1-10 The Interdental Gingiva. The interdental tissue fills the area between two adjacent teeth.

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a. **Parts of Interdental Gingiva**

1. The interdental gingiva consists of two interdental **papillae**—one facial papilla and one lingual papilla (*papilla* = singular noun; *papillae* = plural noun).
 - a. The lateral borders and tip of an interdental papilla are formed by the free gingiva from the adjacent teeth.
 - b. The center portion of the interdental papilla is formed by the gingival col.
2. The **interdental col** is a valley-like depression in the portion of the interdental gingiva² that lies directly apical to the contact area of two adjacent (touching) teeth and connects the facial and lingual papillae (**Figure 1-11**). *The col is absent if the adjacent teeth are not in contact* (i.e., there is a space between two adjacent teeth), there is no adjacent tooth (i.e., the lingual surface of the posterior-most tooth in the arch), or if the interdental gingiva has receded.

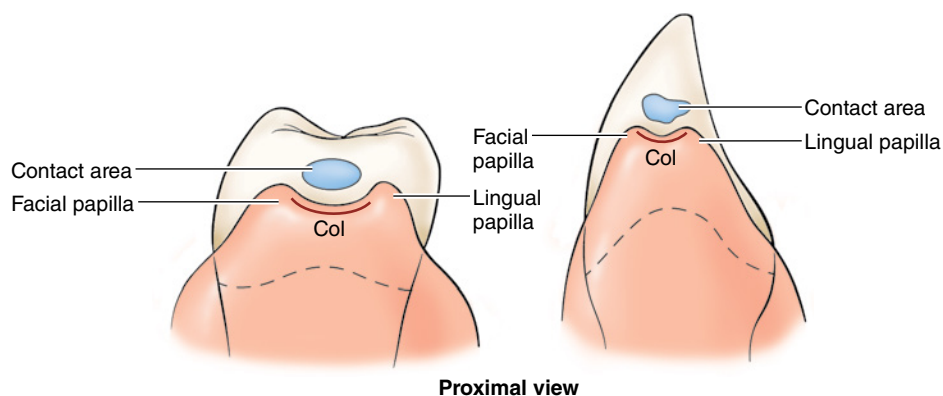


Figure 1-11 Interdental Col. Apical to the contact area between two teeth, the interdental gingiva has a concave (depressed) form. The concavity, the “col,” is located between the facial and lingual papillae and passes beneath the contact area of two adjacent teeth.

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- b. **Function of Interdental Gingiva.** The interdental gingiva prevents food from becoming packed between the teeth during mastication.
5. **Gingival Sulcus.** The **gingival sulcus** is the *space* between the free gingiva and the tooth surface (**Figure 1-12**).



Figure 1-12 Gingival Sulcus. This photograph shows a periodontal probe inserted into the gingival sulcus, the space between the free gingiva and the tooth.

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- a. **Description.** The sulcus is a V-shaped, shallow crevice space encircling the neck of a tooth.³
 1. The depth of a clinically healthy gingival sulcus is from 1 to 3 mm, as measured using a periodontal probe.
 2. **Base of Sulcus.** The base of the sulcus interfaces with the most coronal portion of the junctional epithelium (a specialized type of epithelium that attaches to the tooth surface).
- b. **Gingival Crevicular Fluid.** The **gingival crevicular fluid**, also called the gingival sulcular fluid, is a fluid that seeps from the underlying connective tissue into the sulcular space.⁴
 1. Little or no fluid is found in the healthy gingival sulcus, but the fluid flow increases in the presence of dental plaque biofilm and the resulting gingival inflammation.⁵
 2. Fluid flow increases in response to toothbrushing, mastication, or other stimulation of the gingiva. The flow is greatly increased when the gingiva is inflamed.
 3. If a filter strip is inserted into the sulcus, it absorbs the fluid in the sulcus. Using the filter strip, the amount of gingival crevicular fluid can be measured and used as an index of gingival inflammation.

Periodontal Ligament

1. Description

- a. The periodontal ligament (PDL) is a network of soft connective tissue fibers that attach the root of the tooth to the bony walls of the tooth socket (**Figure 1-13**).

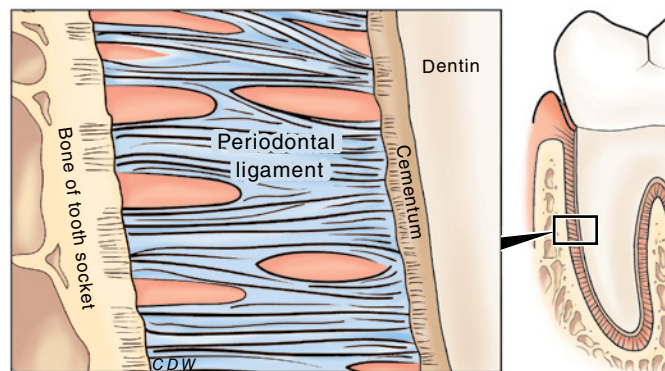


Figure 1-13 Periodontal Ligament.

- On the tooth side, the ends of the PDL fibers are anchored to the cementum of the root.
- On the bone side, the ends of the PDL fibers are anchored to the alveolar bone of the tooth socket.

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1. The PDL is composed mainly of dense fibrous connective tissue.³
2. The fibers of the PDL attach on one side to the root cementum and on the other side to the alveolar bone of the tooth socket.⁶
- b. The PDL not only connects the tooth to the alveolar process, but also supports the tooth in the socket and absorbs mechanical loads placed on the tooth, thus protecting the tooth in its socket.⁷
2. **Functions.** The PDL has five functions in the periodontium:
 - a. Supportive function—the ligament fibers suspend and maintain the tooth in its socket.
 - b. Sensory function—specialized nerve endings course through the PDL space to relay sensory information (such as pain and pressure sensations) from the tooth and surrounding attachment apparatus to the central nervous system.
 - c. Nutritive function—blood vessels course through the PDL space are critical to providing oxygen and vital nutrients to the tissues of the periodontium
 - d. Formative function—the tissues of the PDL contain many specialized formative cells such as fibroblasts, cementoblasts, and osteoblasts which build and maintain the attachment apparatus all throughout the lifetime of the tooth. Moreover, dormant epithelial cells (remnants of Hertwig's epithelial root sheath) and undifferentiated periodontal ligament cells populate the periodontal ligament space and may play a critical role in periodontal regeneration. Hence, ongoing periodontal research is focused on finding ways to tap into the regenerative potential of these promising cells.
 - e. Remodeling function—can remodel the alveolar bone in response to pressure, such as that applied during orthodontic treatment (braces).

Cementum

1. **Description.** Cementum is a thin layer of hard, mineralized connective tissue that covers the surface of the tooth root (**Figure 1-14**).



Figure 1-14 Cementum. Cementum is mineralized connective tissue that covers the root of the tooth; it is light yellow in color.

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2. Characteristics of Cementum

- a. Cementum overlies the dentin of the root. It is light yellow in color and softer than dentin or enamel. In terms of weight, it is composed of 50% to 55% organic substance—primarily, Type I collagen and noncollagenous matrix proteins—and 45% inorganic content (calcium and phosphate forms of hydroxyapatite and trace elements).
- b. Cementum is a bone-like tissue that is more resistant to resorption than bone.⁸
 1. Resistance to resorption (loss of substance) is an important characteristic of cementum that makes it possible for the teeth to be moved during orthodontic treatment.⁹

2. The high resistance of cementum to resorption allows the pressure applied during orthodontics to cause resorption of the alveolar bone, for tooth movement, without resulting in root resorption.
- c. Like bone remodeling, cementum undergoes a continuous and slow physiologic process of resorption and repair throughout the lifetime of a tooth. This process allows for repair of existing cementum and deposition of new cementum. Thus, as an individual ages, the average thickness of cementum increases.
- d. There are two main types of cementum: cellular and acellular (**Table 1-2**).

Table 1-2 Characteristics of Cementum

	Acellular Cementum	Cellular Cementum
Time of development	Forms before teeth are in occlusion	Forms after teeth have reached occlusion
Histologic features	Devoid of cells	Composed of cementocytes
Location on root	Covers cervical two-thirds of root	Covers apical one-third of root
Function	Plays important role in tooth support	Compensates for active eruption and normal tooth wear by continuous deposition of cementum

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- e. Cementum does not have its own blood or nutrient supply; it receives its nutrients from the PDL.
- f. Cementum is relatively permeable to extrinsic dyes, organic substances, inorganic ions, and bacteria. In periodontal disease, bacteria have been shown to invade the cementum.
3. **Functions of Cementum in the Periodontium.** Cementum performs several important roles in the periodontium; therefore, conservation of healthy cementum should be a goal of periodontal instrumentation.
 - a. The primary function of cementum is to give attachment to the collagen fibers of the PDL. Cementum anchors the ends of the PDL fibers (via terminal endings known as **Sharpey's fibers**) to the tooth. Without cementum, the tooth would fall out of its socket.
 - b. The outer layer of cementum protects the underlying dentin and seals the ends of the open dentinal tubules.
 - c. Cementum formation compensates for tooth wear at the occlusal or incisal surface due to attrition.
 1. Cementum is formed at the apical area of the root to compensate for occlusal attrition. This allows for the tooth to maintain its length. Consequently, the apical third of the root tends to be thicker (150 to 250 μm) than the coronal half of the root (16 to 60 μm).
 2. However, excessive deposition of cementum in the apical third of the root may result in an abnormality known as hypercementosis, which can potentially obstruct the apical foramen. Radiographically, the characteristic hallmark of hypercementosis is a radiopaque thickening of the cementum that is enveloped by the radiolucent shadow of the PDL space and an intact lamina dura. In the absence of any pathology, hypercementosis does not pose a problem and does not require treatment.

Alveolar Bone

1. Description

- a. The alveolar process, or alveolar bone, is the bone of the upper or lower jaw that surrounds and supports the roots of the teeth (**Figure 1-15**).

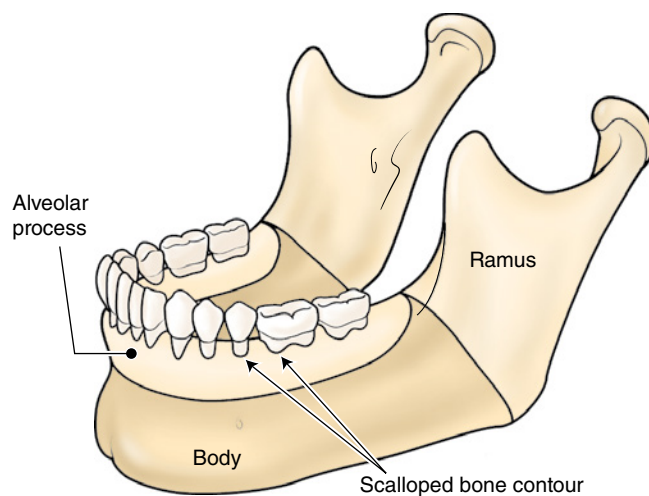


Figure 1-15 Alveolar Process. The alveolar process is the bone that surrounds and supports the roots of the teeth.

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- b. Bone is mineralized connective tissue and consists by weight of about 60% inorganic material, 25% organic material, and 15% water.
- c. The existence of the alveolar bone is dependent on the presence of teeth; when teeth are extracted, in time, the alveolar bone resorbs. If teeth do not erupt, the alveolar bone does not develop.
2. **Function of the Alveolar Bone in the Periodontium.** The alveolar bone forms the bony sockets that provide support and protection for the roots of the teeth.
3. **Layers That Compose the Alveolar Process.** When viewed in cross section, the alveolar process is composed of three layers of hard tissue and covered by a thin layer of connective tissue (**Figures 1-16 and 1-17**).

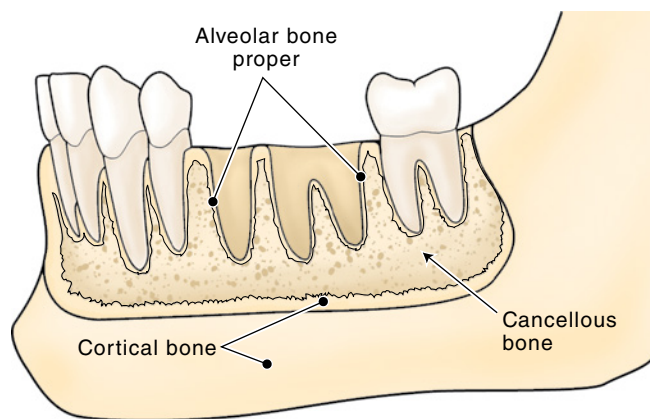


Figure 1-16 Layers of the Alveolar Process. A lateral section of the mandible reveals three bony layers: the alveolar bone proper, cancellous bone, and cortical bone.

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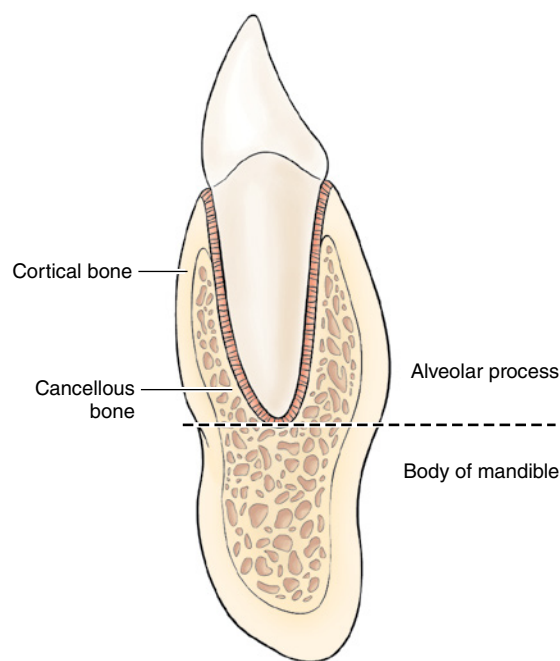


Figure 1-17 Cross Section of the Mandible. The dotted line indicates the boundary of the alveolar process with the body of the mandible.

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- a. The **alveolar bone proper** (or **cribriform plate**) is the thin layer of bone that lines the socket that surrounds the root of the tooth.
 1. The **alveolus** is the bony socket, a cavity in the alveolar bone that houses the root of a tooth (*alveolus* = singular; *alveoli* = plural) (**Figure 1-18**).



Figure 1-18 Alveoli of the Mandible. The alveoli are the sockets in the alveolar bone that house the roots of the teeth.

Courtesy of Dr. Don Rolfs, Periodontal Foundations, Wenatchee, WA.

2. The alveolar bone proper has numerous holes (foramina) that allow blood vessels from the cancellous bone to connect with the vessels of the PDL space.
3. The ends of the PDL fibers (Sharpey's fibers) are embedded in the alveolar bone proper.
- b. The **cortical bone** (or cortical plate) is a layer of compact bone that forms the hard, outer wall of the mandible and maxilla on the facial and lingual aspects. This cortical bone surrounds the alveolar bone proper and gives support to the socket.
 1. The buccal cortical bone is thinner in the incisor, canine, and premolar regions; while thicker in molar regions.
 2. Because the cortical plate is only on the facial and lingual sides of the jaw, it will not appear on a radiograph; only the cancellous bone and the alveolar bone proper can be seen on a radiograph.
 3. The **alveolar crest** is the coronal-most portion of the alveolar process.
 - a. In health, the alveolar crest is located 1 to 2 mm apical to (below) the CEJs of the teeth (**Figure 1-19**).



Figure 1-19 Bony Contours. The alveolar crest conforms to a scalloped (curved) line that follows the contours of the cemento-enamel junctions.

Courtesy of Dr. Don Rolfs, Periodontal Foundations, Wenatchee, WA.

assessment and preliminary therapy
phase, 483
association, 346, 527
atherosclerosis, 347
atherosclerotic cardiovascular disease
(ACVD), 347–350
clinical recommendations, 350, 350t
and periodontitis, 347, 348f,
349–350
atorvastatin, 788
attached gingiva, 7–9, 7–9f
calculating width of, 446b
significance of, 446
width of, 445–446, 445f, 447f
attachment loss in periodontal pockets,
70, 70f
autografts, 662
azithromycin, 604–605

B

B-lymphocyte, 265t, 269–270, 270f
bactericidal, 601
bacteriostatic, 601
bacterium/bacteria, 238
biofilm, 244
transmission of, 245
cell envelope, 238–239, 239f
general characteristics of, 238–240
Gram-negative, 239, 239f
Gram-positive, 239, 239f
pronunciation guide, 246t
social creatures, 240
supplemental diagnostic tests,
453–454, 453t
unattached, 251
basal lamina, 25
baseline data, 436, 718
basement membrane, 27
basophils, 266
behavior change, human, 508–511,
509f
best evidence, 529
best practice
definition, 526–527
lifelong learning skills for, 535–536
Betadine®, 608
bifidobacterium, 629
bioactive glass, 664
biochemical mediators, 289–291,
289t, 624
cytokines, 290
inflammatory, 282t
matrix metalloproteinases, 290–291
prostaglandins, 290
biocompatible, 164
biofilm
bacteria, 244
transmission of, 245
defined, 240
dental plaque, 244
environments, 240, 240f
formation, 240–241, 241f
property of, 241
protect bacteria, 241–242
biofilm retention, 365–373
dental calculus, 365
attachment modes, 368
composition of, 366–367
effects on periodontium, 365–366,
365–366f
pathologic potential, 366
types of, 367–368
tooth morphology, 368–373
cervical enamel projection,
370–371
dental caries, 372, 372f
grooves/concavities, 368–369
malocclusion, 371–372, 371–372f
orthodontic appliances, 373,
373f
biologic equilibrium, 226, 226f
biologic width. *See* supracrestal tissue
attachment
biomechanical overload, 176, 177f
bisphosphonates, 628
bleeding, on probing, 440, 440f
blocking, 241
blunt dissection, 646
BMI. *See* body mass index
BMP. *See* bone morphogenetic proteins
body mass index (BMI), 418
body's defense system
complement system, 274–275
definition, 274
principal functions of, 274–275,
275f
immune system, 262–275, 264f
adaptive, 262–263, 262t
cells of, 265–273, 266f
components of, 264, 265t
dysfunctional, 264
function of, 263–264
innate, 262–263, 262t
overactive, 264
overview of, 262–263
bone homeostasis, host
immunoinflammatory response
on, 300–303
bone metabolism
main players in, 300–301
mechanism of, 302, 302t
smoking and, 401
bone morphogenetic proteins
(BMP), 696
bone remodeling, 45, 300
bone remodeling cycle, 300, 301f
regulation of, 300–302
biochemical mediators, 302–303,
303f
bone metabolism, 300–302, 302t
bone replacement graft, 661
bone resorption, 302
bovine-derived bone, 664
bruxism, 389

C

C-reactive protein (CRP), 280, 348
Cairo classification system, 155, 156t,
156f
CAL. *See* clinical attachment level;
clinical attachment loss
calcium, 425
calcium channel blockers, 108
gingival enlargement associated with,
336, 336f
calcium phosphate, 664
calculus deposits, 124
dental radiographs, 472
CAM. *See* complementary and alternative
medicine
CAMBRA. *See* Caries Management by
Risk Assessment
cancellous bone, 16
radiographic appearance, 458–459,
460f
cancer, 357–358
cannabis, 404, 404–405f
Caries Management by Risk Assessment
(CAMBRA), 727, 730
caries risk assessment (CRA), 727,
728–729f
caries risk management, 730
catabasis, 288
causal factor, 527
causation, 346
CBCT. *See* cone beam computed
tomography
CDC. *See* U.S. Centers for Disease
Control and Prevention
CEJ. *See* cemento-enamel junction
cell junctions, 28
cells, 25
cellular differentiation, 765, 766f
cemento-enamel junction (CEJ), 438
cementum
characteristics of, 12–13, 13t
conservation during periodontal
instrumentation, 42
definition, 41
description, 12
functions of, 13, 41–42
mature, components of, 42
microscopic anatomy of, 41–44, 41f,
43–44f
relationship to enamel at CEJ,
43–44, 44f
types of, 42–43, 43f
cementum proteins, 42
CEP. *See* cervical enamel projection
Cerebyx®, 334
cervical enamel projection (CEP),
370–371, 370f
cervical enamel projection, 370–371
change talk, 516
charcoal, 616
chemokines, 278

- chemotaxis, 267, 275–276
- chemotherapeutic, 598
- chemotherapy, 598
- chlorhexidine, 589
- chlorhexidine gluconate chip, 608
- chronic abscess, 202
- chronic inflammation, 281–282, 289
 - MMPs effects in, 290–291
- chronic kidney disease, 357
- chronic obstructive pulmonary disease, 357
- circumscribed abscess, 197, 197f
- clenching, 389
- clinical attachment level (CAL)
 - calculating, 448, 449f
 - vs. clinical attachment loss, 448b
 - definition of, 447
 - vs. probing depths, 447b
 - significance of, 448
- clinical attachment loss (CAL), 124, 480
 - vs. clinical attachment level, 448b
- periodontitis, 124
- clinical decision-making, 477–486
 - decision tree
 - for peri-implant diagnosis, 481f
 - for periodontal diagnosis, 478f
 - defined, 478
 - focus on patients, 486
 - guidelines for
 - arriving at periodontal diagnosis, 478–483, 482t
 - for periodontal treatment sequencing, 483–485, 484–485t, 484f
 - need for, 485–486
- clinical periodontal assessment, 435–456
 - comprehensive periodontal assessment, 436–450
 - gingiva, 437–441, 437–441f
 - local factors, 445
 - radiographic evidence, 445
 - require calculations, 445–450, 445f, 446–448b, 447f, 449f, 450b
 - teeth, 442–445, 442–443f, 443–444t, 444b
 - defined, 436
 - documentation of, 436
 - focus on patients, 455–456
 - importance of, 436
 - objectives of, 436
 - periodontal screening examination, 450–452
 - process overview, 436
 - standard of care, 436
 - supplemental diagnostic tests, 452–454
 - types of, 436
- coaggregation, 248
- Cochrane Collaboration, 528
- Cochrane database of systemic reviews, 490
- Cochrane Oral Health database, 532–533
- coding systems, 747
- cognitive impairment, 357
- collagen fibers, 36
- comanagement, 561
- combined periodontal-endodontic lesion. *See* endodontic-periodontal lesions (EPL)
- combustible smoking
 - impact on immune system, 401
 - impact on oral microbial biofilm, 400–401
 - oral problems associated with, 400f
- combustible tobacco delivery systems, 396
 - bone loss associated with, 400f
 - effects on periodontium, 399–401, 400f
 - vs. noncombustible delivery systems, 396–397
 - usage in united states, 398
- commensal bacteria, 242, 243f
- community-acquired pneumonia, 355
- compassion, 511
- complement system, 265t
 - definition, 274
 - principal functions of, 274–275, 275f
- complementary and alternative medicine (CAM), 615–617, 616f, 617f
- compliance, defined, 722
- compliant patient, 722
- comprehensive patient cases
 - fictitious patient case 1—Mr. Karn, 742–779
 - clinical photographs, 773–778f
 - decision-making questions, 779
 - patient health history, 742
 - patient profile, 742
 - fictitious patient case 2—Mr. Wilton, 780–787
 - clinical photographs, 781–786
 - decision-making questions, 787
 - patient health history, 780
 - patient profile, 780
 - fictitious patient case 3—Ms. Sandsky, 788–794
 - clinical photographs, 789–793
 - decision-making questions, 794
 - patient health history, 788
 - patient profile, 788
 - fictitious patient case 4—Mr. Verosky, 795–800
 - clinical photographs, 796–799
 - decision-making questions, 800
 - patient health history, 795
 - patient profile, 795
 - fictitious patient case 5—Mr. Tomlinson, 801–806
 - clinical photographs, 802–805
 - decision-making questions, 806
 - patient health history, 801
 - patient profile, 801
- comprehensive periodontal assessment, 436–450
- gingiva, 437–441, 437f
 - bleeding on probing, 440, 440f
 - inflammation, 437–438
 - level of free gingival margin, 438, 438f
 - level of mucogingival junction, 439–440, 440f
 - presence of exudates, 441, 441f
 - probing depth measurements, 440
 - recession of gingival margin, 438–439, 439f
- local factors, 445
- radiographic evidence, 445
- require calculations, 445–450
 - attached gingiva, significance of, 446
 - attached gingiva, width of, 445–446, 445f, 447f
 - clinical attachment level, 447–448, 447b, 448b
 - keratinized gingiva, width of, 445–446, 445f
 - keratinized gingival, significance of, 446
- teeth, 442–445
 - fremitus, 443
 - furcation involvement, 443–444, 443f, 444t
 - mobility, 442–443, 442f, 443t
 - presence of calculus deposits, 444
 - presence of plaque biofilm, 444, 444b
- compromised periodontal maintenance, 128
- computed tomographic radiography, 759–760, 759f
- computer-linked probing probe, 756, 757f
- cone beam computed tomography (CBCT), 473, 473–474f
- confirmation bias, 529
- connective tissue
 - microscopic anatomy of, 26–27
 - papillae, 28
- consent process
 - format for, 501, 502–503f
 - verbal consent, 501
 - written consent, 501, 502–503f
 - legal responsibility related to, 501
- contemporary/evolving diagnostic technology, 756–760, 757–759f
- continuous disease progression theory, 73
- continuous sling suture, 698–699, 698f, 699f
- controlled-release chemotherapeutic agent, 606
- controlling periodontal infection, 545
- conventional mechanical periodontal therapy, 602
- coronally positioned flap, 678
- cortical bone, 15–16
 - radiographic appearance, 458–459, 459f

COVID-19 pandemic. *See* SARS-CoV-2
 CRA. *See* caries risk assessment
 crestal irregularities, 468, 468f
 crevicular incision, 650
 cribriform plate, 15
 crown lengthening surgery, 681
 crown-to-root ratio, assessment of, 471, 472f
 CRP. *See* C-reactive protein
 cyclosporine, gingival overgrowth associated with, 335, 335f
 cytokines, 263, 290

D

databases, 531
 decision aids, 496, 496–497b, 497–498f
 deeper probing measurements, 125
 defensive patient response, 509, 509f
 dehiscence, 383, 384f
 dental biofilm-induced gingivitis
 2017 AAP/EFP subcategories of, 102–104, 102t, 102–103f
 characteristics of healthy vs. inflamed gingival tissue, 96t
 definitions and diagnostic considerations, 95
 extent and distribution of, 100–101, 101f
 features of, 96–99
 modifying factors of, 104–109, 104–109f, 105t
 drug-influenced gingival enlargements, 108–109
 oral factors enhancing plaque biofilm accumulation, 108
 systemic conditions as, 104–108
 dental calculus, 365
 attachment modes, 368
 composition of, 366–367
 inorganic portion, 366–367, 367f
 organic portion, 367
 effects on periodontium, 365–366, 365–366f
 pathologic potential, 366
 on teeth, presence of, 444
 types of, 367–368
 crystalline forms, 367
 deposits location, 367–368
 dental caries, 372, 372f
 dental chart, 740
 dental floss, 571
 dental hygienist, periodontal surgical concepts for
 describe healing after surgery, terminology used to, 643–645, 644f, 645f
 descriptions of common types, 651–691, 652f, 654–656f, 657b, 658f, 659–660t, 661f, 662b, 665–668f, 669t, 670f, 672–677f, 672t, 679f, 680f, 682–685f, 687–691f
 evolution of concepts related to, 637
 focus on patients, 709
 indications and contraindications for, 637–642, 637b, 638f, 639f
 patient management following periodontal surgery, 696–697
 periodontal flap, understanding, 646, 647–651f, 648b, 650b
 periodontal surgical wounds, use of sutures in, 696–701, 697–699f, 697b, 700b, 701t, 701f
 possible outcomes for, 642–643, 642t
 postsurgical instructions/follow-up visits, 705–708, 705b, 707f
 surgical outcomes, biological enhancement of, 692–696, 692–695f
 use of periodontal dressing, 701–705, 702–703t, 702f, 704f, 705f
 dental implant placement, 686–689
 dental implant system, 162–165, 162–163f
 components of, 164–165
 implant body, 164–165, 164f
 dental implant treatment planning, 473
 dental implantology, research in, 761
 dental implants, smoking impact on, 405, 406f
 dental plaque biofilm, 226–227, 227f, 244
 dental prosthesis, 377, 378f, 380, 380f
 dental radiographs, risk factors on, 472, 472f
 dental restorations, 373–381
 bulky/overcontoured crowns, 375–380, 376–377f
 open margin, 374–375, 375f
 overhanging restoration, 373–374, 374f
 dental stem cells, 766
 dentinal hypersensitivity, 553–557, 553–555f, 556t
 dentino–pulpal complex, 553–554
 dentogingival unit, 37
 DentoRisk, 229
 denture stomatitis, 380, 381f
 desmosome, 28
 developing discrepancy, 517
 DHA. *See* docosahexaenoic acid
 diabetes mellitus, 309–316, 353–355, 760
 characteristics of, 309
 clinical relevance, 354
 dental hygienist, implications for, 314, 354–355
 glycemic control in, 353
 intensive therapies for, 761
 proposed biological pathway for association between periodontitis and, 353–354, 354f
 risk factor for periodontitis, 310, 310f
 undiagnosed/poorly controlled diabetes, 310–311, 310f
 oral complications of, 311
 on periodontium, effects of, 311–314, 311t
 well-controlled, 310
 diffuse gingivitis, 100
 digital radiography, 759
 Dilantin®, 334
 direct damage to periodontium, local factors, 381–391
 food impaction, 381–382, 381f
 by normal anatomic factors, 390, 390f
 occlusal forces, 386–391
 parafunctional, 388–391
 trauma, 386–388, 387t
 patient habits and oral piercings, 382–385
 dehiscence, 383, 384f
 fenestration, 383, 384f
 mouth breathing, 383
 oral jewelry, 384–385, 384–386f
 plaque biofilm control aids, improper use of, 382, 382f
 toothpick, misuse of, 382, 382f
 traumatic tooth brushing, 383, 383f
 direct stimulation theory, 554
 discrepancy, discovering, 517, 517f
 disease site, 70, 364
 disease transmission, and host susceptibility, 245, 245f
 displaced flap, 649
 docosahexaenoic acid (DHA), 426
 Down syndrome, 328–330, 329f
 characteristics of, 328–329
 dental hygienist, implications for, 330
 and periodontitis, 329–330, 329f
 doxycycline, 627
 doxycycline hyclate gel, 607–608
 drug-influenced gingival enlargements, 108–109, 109f
 dysbiosis, 243, 244f, 291
 early, 243
 established, 244
 vs. microbial symbiosis, 242–245
 dysfunctional immune system, 264
 dyslipidemia, 349

E

e-cigarettes, 403
 ecological plaque hypothesis, 253–254, 254f
 EDTA. *See* ethylenediaminetetraacetic acid
 effective chemotherapeutics, 600
 EFP. *See* European Federation of Periodontology
 eicosapentaenoic acid (EPA), 426
 electronic nicotine delivery systems (ENDS), 396
 elicit–provide–elicit process, 514–515
 EMD. *See* enamel matrix derivative

enamel matrix derivative (EMD), 693–694
 enamel pearl, 370, 370f
 radiographic appearance of, 371f
 end-tuft brush, 575–577, 575f
 endodontic-periodontal lesions (EPL), 206, 207f
 ENDS. *See* electronic nicotine delivery systems
 engaging, MI process, 515
 enterococcus, 629
 environmental tobacco smoke (ETS), 401
 eosinophils, 266
 EPA. *See* eicosapentaenoic acid
 epithelial cell junctions, 28, 29f
 epithelial ridges, 28
 epithelial tissue, microscopic anatomy of, 25–26, 26f
 epithelial–connective tissue interface, 27–28, 27f
 EPL. *See* endodontic-periodontal lesions
 erythema multiforme, 112
 esthetic crown lengthening, 681
 estrogen deficiency, for periodontal disease, 323, 323f
 ethylenediaminetetraacetic acid (EDTA), 692, 693f
 etiologic factor, defined, 224
 ETS. *See* environmental tobacco smoke
 European Federation of Periodontology (EFP), 82
 evidence-based caries management, 730
 evidence-based decision-making, 527–531, 528b, 528f, 530f
 evidence-based health care, 490
 evidence-based practice, 527
 evocation, 511
 evoking, MI process, 515–518
 external basal lamina, 34
 extracellular matrix, 25
 extracellular polymeric substance, 248, 248f
 extracellular protective matrix, 248, 248f
 exudate, 441, 441f

F

factitious injuries, 381
 failing implant, 177–179
 clinical signs of, 177–178
 radiographic signs of, 178, 179f
 treatment modalities for, 178–179
 false pockets, 71
 faulty restorations, dental radiographs, 472, 472f
 FDA. *See* U.S. Food and Drug Administration
 fenestration, 383, 384f
 fiber bundles of periodontal ligament, 38
 fibrinogen, periodontitis elevates levels of, 349

filament-type irrigation tips, 591
 film radiography, 759
 fimbriae, 247
 fixed prosthetic crown, 185, 186f
 flap elevation, 646
 flap for access, 651–652, 652f
 Flonase®, 801
 fluid channels, 249
 fluoridated drinking water, 725
 fluoride mouth rinses, 726
 fluoride, professional application of, 726
 fluoride toothpaste, 726
 flushing zone, 584, 585f
 focusing, MI process, 515
 folic acid, 425
 follow-up telephone calls, 744
 food impaction, 381–382, 381f
 Fosamax®. *See* alendronate
 free gingiva, 7
 free gingival groove, 7
 free gingival margin, notations indicating position of, 450b
 free soft tissue autograft (FSTA), 672–674
 freeze-dried bone allografts, 663–664
 fremitus, 443
 frenal attachment
 abnormal, 391f
 direct periodontal damage caused by high, 391f
 normal, 390, 390f
 frenal pull, 390
 frenectomy, 679
 FSTA. *See* free soft tissue autograft
 full-thickness flap, 646, 654
 functional occlusal forces, 388
 furcation alveolar bone loss
 assessment of, 469–471, 470f
 furcation involvement, 66, 69f, 443–444, 443f, 444t
 furcation probe, 443
 fusospirochetal gingivitis, 207

G

generalized periodontitis, 126
 genetic risk factor, management of, 228, 228f
 genetic susceptibility, 454
 genetic testing, 762–763, 763f
 genital herpes virus (HSV-2), 214
 gingiva, 436–450
 comprehensive periodontal assessment, 437–441, 437f
 bleeding on probing, 440, 440f
 inflammation, 437–438
 level of free gingival margin, 438, 438f
 level of mucogingival junction, 439–440, 440f
 presence of exudates, 441, 441f
 probing depth measurements, 440

 recession of gingival margin, 438–439, 439f
 described, 5–7, 6f
 gingival abscess, 202, 203f
 treatment of, 204–205, 204b
 gingival bleeding, 124
 gingival connective tissue, 60–61
 microscopic anatomy, 36–40, 36–40f
 gingival crevicular fluid, 11, 32, 124, 454
 gingival embrasure space, 570
 gingival epithelium, microscopic anatomy, 30–33, 30–32f
 gingival inflammation, 100, 100t
 gingival margin, 6
 gingival pocket, 71
 gingival sulcus, 10–11
 gingivectomy, 683–686
 gingivitis
 characteristics of, 54f
 early, 294b, 295f
 established, 296b, 297f
 histologic changes in, 53t
 leukemia-associated, 331, 331f
 pregnancy, 319, 319f
 reversible tissue damage, 55–58, 56–58f
 as risk factor for periodontitis, 126
 gingivoplasty, 683, 684
 glycemic control, in diabetes, 353
 Gram, Hans Christian, 239
 Gram-negative bacteria, 239, 239f
 Gram-positive bacteria, 239, 239f
 Gram staining, 239
 granulation tissue, 654
 granulocyte, 266
 grooves/concavities, 368–369
 GTR. *See* guided tissue regeneration
 guided tissue regeneration (GTR), 665–671
 guiding style, 510

H

HbA1C level, 353
 heat-not-burn tobacco products, 396
 hemidesmosome, 28
 hereditary gingival fibromatosis, 111
 herpes simplex virus (HSV), 214–215
 infection in infancy, 216, 216f
 oral infection with, 215, 215f
 hibernation, 242
 hidden signs, 479, 479t
 HIV. *See* human immunodeficiency virus
 homeostasis, 280. *See also* biologic equilibrium
 homeostatic condition, 302
 hookah, 402
 horizontal bone loss, 64, 469, 469f
 pathway of inflammation, 65
 horizontal incisions, 650, 650f
 horizontal tooth mobility, 442, 442f
 horizontal transmission, 245
 hormonal gingivitis, 319, 319f

hospital-acquired pneumonia, 355
 host, 263
 host immunoinflammatory response
 on bone homeostasis, 300–303,
 301–303f, 302t
 factors modulating, 288
 host modulation therapy
 defined, 624
 focus on patients, 632
 introduction to, 624–625, 625b
 part of comprehensive periodontal
 patient management, 630–631,
 631f, 631b
 in periodontal patients, 625–630,
 625f, 627b
 host response, 264
 host–microbe interactions, model of, 244f
 HSV. *See* herpes simplex virus
 human behavior change, 508–511, 509f
 human immunodeficiency virus (HIV),
 325–327
 characteristics of, 325
 dental hygienist, implications for,
 326–327
 periodontal and oral manifestations of,
 325–326
 hydrodynamic theory, 554–555
 hydrokinetic activity, 584
 hyperglycemia, 106
 hyposalivation, 108

I

iatrogenic factor, 373
 immune system, 262–275, 264f
 adaptive, 262–263, 262t
 cells of, 265–273, 266f
 chemotaxis, 275–276
 components of, 264, 265t
 dysfunctional, 264
 focus on patients, 283
 function of, 263–264
 innate, 262–263, 262t
 leukocyte migration, 275, 276f
 overactive, 264
 overview of, 262–263
 phagocytosis, 276–277, 277f
 immunoglobulins, 265t, 270
 classes and key characteristic features,
 271t
 immunoinflammatory response, 286
 immunologic memory, 263
 immunologic specificity, 263
 immunosuppressant drugs, 108
 impact zone, 584, 585f
 implant abutment, 166, 166–167f
 implant cures, 187, 187f
 implant osteotomy site, 687
 implant self-care, 188–189, 189f
 implant-supported removable prosthesis,
 190, 190f
 in-home therapies, 556–557

in-office therapies, 557
 inactive disease site in periodontal
 pockets, 70
 incidence, 75
 inconsistent flossers, 586, 587
 infectious disease, 245
 inflammation, 624
 acute, 288–289
 chronic, 289
 defined, 277
 inflammatory biochemical mediators,
 278, 289–291
 inflammatory process, 277–282, 278f
 biochemical mediators, 282t
 cellular defenders and mediators in,
 281f
 major events, 277–278
 stages of, 278–282, 280f
 acute, 278–281, 279b
 chronic, 281–282
 inflammatory response and resolution,
 287, 287f
 informed consent, 499
 goals of, 500
 from patients, 500–501
 reasonable patient and, 499–500, 499b
 informed refusal, 500
 infrabony defect, 66
 infrabony pocket, 72–73
 innate immune system, 262–263, 262t
 innate vs. adaptive immunity, 262,
 262–263t, 282, 283f
 insurance claim form, 747f
 intact periodontium, 93
 intentional torts, 738–739
 interdental brush, 574, 574f
 interdental col, 10
 interdental gingiva, 10, 10f
 interdisciplinary care, 547
 interleukin-1, 454
 intermittent disease progression
 theory, 74
 internal basal lamina, 34
 internal bevel incision, 650
 internal motivation, 510
 interprofessional collaborative
 practice, 314
 interrupted interdental suture, 697–698,
 697f, 698f
 intrabony defects, 66–67f
 intraoral allergic reactions, 112
 intraoral piercing, 384, 384–386f
 ionic toothbrush, 568, 569f
 IQOS® device, 397
 irreversible tissue damage, 58
*The Journal of Evidence-Based Dental
 Practice*, 533

J

junctional epithelium, 32–34, 33–34f
 attachment of cells of, 34–35, 35f

K

keratinization, 26
 keratinized epithelial cells, 26
 keratinized gingiva
 significance of, 446
 width of, 445–446, 445f
 keystone pathogen–host response
 hypothesis, 253, 255–256, 255f

L

lactobacillus, 629
 lamina dura, radiographic appearance,
 462, 463f
 large granular lymphocytes. *See* NK
 (Natural Killer)-lymphocytes
 laser therapy, 690
 laterally positioned flap, 677–678
 legal claims, 499
 leukemia, 107, 107f, 330–333
 characteristics of, 330–331
 dental hygienist, implications for,
 332–333
 oral complications of, 331–332,
 331–332f
 leukocyte migration, from blood vessels,
 275, 276f
 leukocytes, 265–266, 266f
 levels of evidence, 529, 530f
 LGE. *See* linear gingival erythema
 liability, 738
 lichen planus, 113–114
 light-cured paste, 704–705
 Lind, James, 423
 linear gingival erythema (LGE), 326
 lipids, 426
 Lipitor®. *See* atorvastatin
 lipopolysaccharide (LPS), 287
 listening, 513, 513f
 listerine, 589
 local (intraoral) contributing factors, 364
 local risk factor, 225
 localized periodontitis, 126
 long-cone paralleling technique
 for bitewing radiographs, 464, 464f
 for periapical radiographs, 464, 464f
 long junctional epithelium, 551
 LPS. *See* lipopolysaccharide
 lymph nodes, 19
 lymphatic system, 19–20, 19f
 lymphocytes, 269–270. *See also specific
 types*
 lysosomes, 267f

M

maassel, 402
 macronutrients, 422, 425–427
 macrophages, 265t, 268–269, 268f, 269f

- magnesium, 425
- malingerer, defined, 381
- malnutrition, 107
- malocclusion, 371–372, 371–372f
- malpractice, 738
- management of periodontal patients,
 - future directions for, 755–766
 - contemporary/evolving diagnostic technology, 756–760, 757–759f
 - dental implantology, research in, 761
 - periodontal care, treatment modalities in, 761–766, 762f, 763f, 765b, 766f
 - periodontal disease/systemic disease connections, 760–761
- manual tongue cleaners, 580, 580f
- marginal gingivitis, 100
- mast cells, 266
- master treatment plan, 483
- matrix metalloproteinases (MMPs), 290
 - functions of, 290–291
 - sources of, 290
- medical lasers, 761
- medication-related osteonecrosis of the jaw (MRONJ), 322
- medications, forgets, 795
- MEDLINE, 532, 533
- membrane attack complex, 274
- menopausal gingivostomatitis, 322
- menopause
 - dental hygienist, implications for, 323–324
 - impact of hormonal fluctuations on periodontium, 321–323, 321f, 323f
- menstrual cycle, 105
- metabolic syndrome, 324, 325f, 357
- metastatic infection, 347
- metronidazole, 604
- MI. *See* motivational interviewing
- microbe, defined, 238
- microbial biofilms, 238–242
 - communities, 240–242
- microbial blooms, 249
- microbial homeostasis–host response hypothesis, 253–255, 254f
- microbial reservoir, 599, 599b
- microbial symbiosis vs. dysbiosis, 242–245
- micronutrients, 422
- microscopic anatomy of periodontium.
 - See also* cementum
 - clinical patient care, 45–46
 - connective tissue, 26–27
 - epithelial cell junctions, 28, 29f
 - epithelial tissue, 25–26, 26f
 - epithelial–connective tissue interface, 27–28, 27f
 - histology
 - of body's tissues, 24–29, 25f
 - of gingiva, 30–40
 - Miller classification system, 154–155
 - for gingival recession, 439, 439f
 - MMPs. *See* matrix metalloproteinases
 - mobility, tooth
 - horizontal, 442, 442f
 - vertical, 442–443, 442f
 - modifiers, for documenting disease stage, grade, and extent, 481, 482t
 - monocytes, 268–269, 268f
 - morphology, defined, 368
 - motivation ruler, 516
 - motivational interviewing (MI), 510
 - behavior change with, 508–511, 509f
 - core skills and strategies, 512–515, 512f, 513f
 - defined, 510
 - dental hygiene practice, implications for, 518–522
 - examples, 518–522
 - focus on patients, 522–523
 - information and advice in, 514
 - key elements, 511, 511f
 - processes of, 515
 - engaging, 515
 - evoking, 515–518
 - focusing, 515
 - planning, 518
 - spirit of, 511, 512f
 - uses of, 510–511
 - mouth breathing, 383
 - mouth rinse ingredients, 613–614, 614t
 - mouth rinses containing chlorhexidine gluconate, 611–613
 - mouth rinses containing delmopinol, 613
 - mouth rinses containing essential oils, 613
 - mouth rinses containing quaternary ammonium compounds, 613
 - MRONJ. *See* medication-related osteonecrosis of the jaw
 - mucogingival defects, 446
 - mucogingival, defined, 148
 - mucogingival deformity and condition, 148, 148b
 - focus on patients, 158–159
 - normal, 149, 149f
 - overview of, 148
 - periodontal biotype, 150–152, 150–151t, 151f
 - in same individual, 152, 152b
 - thick-flat, 150, 150t, 151f
 - thick-scalloped, 150, 150t, 151f
 - thin-scalloped, 150, 150t, 151f
 - recession of gingival margin, 152–154, 153f
 - Cairo classification system, 155, 156t, 156f
 - Miller classification system, 154–155
 - risk factors for, 153–154, 154f
 - treatment for, 157, 157f
 - mucogingival junction, 7, 439–440, 440f
 - mucogingival surgery, 671
 - mucoperiosteal flap, 646, 654
 - mushroom-shaped microcolonies, 249
 - mutual decision, 491–493, 492t, 492f, 493f
 - mutual protection, 241
 - Mycobacterium tuberculosis*, 527

N

 - National Health and Nutrition Examination Survey (NHANES), 76
 - National Institutes of Health (NIH), 394
 - National Youth Tobacco Survey (NYTS), 398
 - natural level of gingival attachment, 480
 - necrosis, defined, 208
 - necrotizing gingivitis, 207–212
 - characteristics of, 209–211, 209b
 - etiology of, 208
 - overview of, 207–208
 - prevalence of, 208–209
 - treatment steps for, 211–212, 211f, 212–213b
 - necrotizing periodontal disease (NPD), 207–214
 - necrotizing gingivitis, 207–212, 209b, 211f, 212–213b
 - characteristics of, 209–211, 209b
 - etiology of, 208
 - overview of, 207–208
 - prevalence of, 208–209
 - treatment steps for, 211–212, 211f, 212–213b
 - necrotizing periodontitis, 213–214
 - overview of, 213
 - treatment of, 214
 - necrotizing periodontitis, 213–214
 - overview of, 213
 - treatment of, 214
 - necrotizing stomatitis, 214
 - necrotizing ulcerative gingivitis (NUG), 207
 - negligence, 739
 - neutropenia, 267, 327–328
 - characteristics of, 327
 - dental hygienist, implications for, 328
 - and periodontitis, 327, 327f
 - neutrophilia, 267
 - neutrophils, 266
 - new attachment, 643–644, 644f
 - NHANES. *See* National Health and Nutrition Examination Survey
 - nicotine dependence and addiction, 395
 - nifedipine, 772
 - gingival overgrowth associated with, 336, 336f
 - NIH. *See* National Institutes of Health
 - NK (Natural Killer)-lymphocytes, 273
 - NKT (Natural Killer T)-lymphocytes, 272, 273t, 274f
 - non-controlled-release chemotherapeutic agents, 608–609

non-dental biofilm-induced gingival diseases and conditions, 109
 classification of, 110–111*t*
 selected disease disorders described, 111, 111*f*
 selected inflammatory and immune conditions and lesions described, 112–114, 112–113*f*
 nonabsorbable suture, 696
 noncombustible nicotine, effects on periodontium, 403, 403*f*
 Noncombustible nicotine products, 396
 noncombustible tobacco delivery systems, 396–397
 usage in united states, 398
 vs. combustible delivery systems, 396–397
 noncombustible tobacco, effects on periodontium, 402, 402*f*
 noncompliant patient, 723
 nondental implant treatment planning, 474–475
 nondisplaced flap, 649
 nonkeratinized epithelial cells, 26
 nonresponsive disease sites, 558
 nonself vs. self antigens, 263
 nonspecific plaque hypothesis, 252
 nonsteroidal anti-inflammatory drugs (NSAIDs), 627–628, 627*b*
 nonsurgical periodontal instrumentation, 638
 deep periodontal pockets, 638*f*
 furcation invasions, 639*f*
 root convexity, 638*f*
 nonsurgical periodontal therapy decisions following nonsurgical therapy, 557–560
 reevaluation appointment, 557–559, 558*b*
 relationship between nonsurgical and surgical therapy, 559–560, 560*t*
 steps in treatment, relationship of nonsurgical reevaluation to, 559, 559*f*
 focus on patients, 562–563
 goals of, 545–546, 545*b*
 laser being used in, 762*f*
 mechanical nonsurgical therapy, 549–557
 dentinal hypersensitivity associated with, 553–557, 553–555*f*, 556*t*
 end point for instrumentation during, 551–553, 551*f*, 552*f*
 overview of instrumentation in, 549–551
 periodontal diagnosis, 547–548
 periodontist, recognizing need for referral to, 560–561, 561*t*
 types of procedures included in, 546–547, 546*b*
 typical treatment plans, 548–549

understanding nonsurgical periodontal therapy, 544–545
 nonsurgical periodontal therapy, patient's role in
 adjunct, tongue cleaning, 579–580, 580*f*
 focus on patients, 581–582
 patient self-care, 566
 types of toothbrushes, 567–570
 “how should i brush my teeth?”, 569, 570*f*
 “which type of toothbrush should i use?”, 567, 567–569*f*
 various interproximal cleaning modalities, effectiveness of, 570–579, 570–579*f*, 571–572*t*
 nonsurgical periodontal therapy phase, 485
 nonsurgical/surgical nature, 636
 normal mucogingival condition, 149, 149*f*
 NPD. *See* necrotizing periodontal disease
 NSAIDs. *See* nonsteroidal anti-inflammatory drugs
 NUG. *See* necrotizing ulcerative gingivitis
 NYTS. *See* National Youth Tobacco Survey

O

OARS, MI core skill, 512–515
 affirmations, 514
 open-ended questions, 512, 512*f*
 reflective listening, 513, 513*f*
 summaries, 514
 obesity, 357
 dental team role in management, 421
 overview of, 418
 and periodontal disease, 418–421, 421*f*
 biological mechanisms, 419–421
 odontoblastic transducer mechanism theory, 554
 oil pulling, 616–617
 omega-3 fatty acids, 426
 omeprazole, 788
 open-ended questions, 512, 512*f*
 open flap debridement, 653, 654*f*
 operculum, 203
 OPG. *See* osteoprotegerin
 opsonization, 274
 oral biofilm, 242, 242*f*
 focus on patients, 257
 microbial growth control, 244
 microbial symbiosis vs. dysbiosis, 242–245
 species capable of colonizing mouth, 246, 246*f*
 structure and colonization of, 247–250
 bacterial attachment zones, 251, 251*f*
 bacterial colonization, 250, 250*f*
 polymicrobial biofilm formation stages, 247–250, 247–248*f*
 oral contraceptives, 106
 oral epithelium, 30–32
 oral herpes virus (HSV-1), 214
 oral lichen planus, 113–114
 oral microbial biofilm, impact of combustible smoking on, 400–401
 oral mucositis, 331–332, 332*f*
 orthodontic appliances, 373, 373*f*
 orthodontic irrigation tips, 591
 osseointegration, 168, 689
 osseous crater, 68
 osseous defect, 66, 639–640
 osseous resective surgery, apically positioned flap with, 659
 ostectomy, 656, 657, 658*f*
 osteoblasts, 300
 osteoclasts, 300
 osteoconduction, 662
 osteogenesis, 662
 osteoinduction, 662
 osteoplasty, 656, 657, 658*f*
 osteoporosis, 322, 624
 osteoprotegerin (OPG), 301, 302*f*
 overactive immune response, 264
 overt signs, 479, 479*t*
 oxidation, 422

P

palatoradicular groove, 368, 369*f*
 papillae, 10
 papillary gingivitis, 100
 parafunctional occlusal forces, 388, 389*f*
 partial-thickness flap, 649
 partnership, 511
 pathogenesis of bone destruction
 alveolar bone height in disease, changes in, 63
 alveolar bone loss, 62
 inflammation, 62
 patterns of bone loss in periodontitis, 63–69, 64–69*f*
 pathogenesis, theory of, 291, 291*f*
 pathologic tooth migration, 61, 61*f*
 patient-centered, defined, 510
 patient decision aids, 496, 496–497*b*, 497–498*f*
 patient education tool, 453–454, 453*f*
 patient management, 556
 patient, partnering with, 566
 peer-reviewed journals, 535
 pellicle, 368
 performing additional nonsurgical therapy, 558
 peri-implant bone loss, assessment of, 471, 471*f*

- peri-implant health and diseases, 161–192
 - anatomy of dental implant, 162–166
 - anatomy of peri-implant tissues, 167–169, 167f, 168t
 - clinical and radiographic monitoring of, 179–183
 - bleeding and suppuration, 181, 181f
 - probing, 180–181, 180f
 - radiographs, 182–183, 182–184f
 - focus on patients, 191–192
 - hard and soft tissue deficiencies, 174–175, 174–175f
 - healthy peri-implant tissues, 169, 169–170f
 - maintenance guidelines for, 184–190, 186f, 187t, 187f
 - peri-implant mucositis, 170, 170–171f
 - peri-implantitis, 171–173, 172–173f
 - recognition of, 175–179
 - detection of failing implant, 177–179, 179f
 - etiology, 175
 - risk factors, 175–176
- peri-implant suppuration, 181, 181f
- peri-implantitis, 689
- periapical vs. bitewing radiograph, 464, 464f
- pericoronal abscess, 203
 - signs and symptoms of, 203, 204b
 - treatment of, 205–206, 205b
- pericoronitis, 203, 204f
- perimucosal seal, 168
- periodontal abscess, 203
 - causes of, 199–200
 - characteristics of, 198–199, 198b, 199f
 - classification of, 202–203, 203f, 204f
 - management of, 204–205, 204b
 - overview of, 196–200
 - treatment of, 204–205, 204b
 - vs. pulpal abscesses, 200, 200t, 201–202f
- periodontal and peri-implant diseases and conditions, classification of 2017 AAP/EFP, 82, 83f
- 2017 classification
 - health, gingivitis, and gingival diseases/conditions, 84, 84t
 - other conditions affecting the periodontium, 85–86, 86f, 86t
 - peri-implant diseases and conditions, 86, 86f, 86t
 - periodontitis forms, 85, 85f, 85t
- clinical patient care, 88
- comparison of 2017 and 1999, 87, 87t
- periodontal biotype, 150–152, 150–151t, 151f
 - in same individual, 152, 152b
 - thick-flat, 150, 150t, 151f
 - thin-scalloped, 150, 150t, 151f
 - thick-scalloped, 150, 150t, 151f
- periodontal care
 - best practices for
 - clinical case example, 534–535
 - evidence-based decision-making, 527–531, 528b, 528f, 530f
 - finding clinically relevant information, 531, 531b, 532f, 533t, 534f
 - lifelong learning skills, 535–536
 - patients, focus on, 537–538
 - chemotherapeutics in
 - biofilm control, chemical agents in, 598–600, 599f, 599b, 600t
 - control biofilm, use of systemic antibiotics to, 601–605, 601b, 603f
 - focus on patients, 618–619
 - topical mouth rinses and toothpastes, 610–615, 611f, 614t
 - use of Complementary and alternative medicine (CAM)
 - dental products/remedies/practices, educating patients on, 615–617, 616f, 617f
 - use of locally delivered chemotherapeutic agents, 605–610, 607f, 608f
- periodontal care, documentation/insurance reporting of, 740–741t, 741b
- computer-based electronic health records, 746
 - cautions regarding computerized records, 746
 - computerized patient records, advantages of, 746
- focus on patients, 752–753
- periodontal treatment, procedural codes for, 747–751, 747f
 - nonsurgical periodontal services, procedural codes for, 749–751
 - procedural coding overview, 748–749, 748t
- pitfalls, 745–746
- provision/documentation of care, legal issues in, 738–739
- malpractice/tort law, concepts of, 738–739
- potential liability, areas of, 739, 740b
- thorough documentation, principles for, 742–745, 743f
- treatment modalities in, 761–763, 762f, 763f, 765b, 766f
- periodontal debridement, 750
- periodontal disease
 - antioxidants, 422
 - bacteria role in, 251–256
 - contemporary perspectives, 253–256, 256t
 - historical perspectives, 252
 - cannabis, 404, 404–405f
 - focus on patients, 304, 428–429, 428–429t
 - histologic development stages, 292, 292b, 293f, 294b, 295f, 296b, 297f, 298b, 299f
 - host response in, 286–291
 - factors enhancing microbial challenge, 287–288
 - immunoinflammatory response, factors modulating, 288
 - inflammation, 288–289
 - inflammatory biochemical mediators, 289–291
 - inflammatory response and resolution, 287, 287f
 - theory of pathogenesis, 291, 291f
 - local contributing factors, 363–392, 365t
 - biofilm retention, 365–373
 - dental restorations, 373–381
 - direct damage, 381–391
 - focus on patients, 391–392
 - macronutrients, 425–427
 - micronutrients, 422
 - minerals, 425
 - nutrition and, 427t
 - obesity, 418–421, 421f
 - risk assessment, 228–229, 229t
 - questionnaires, 229, 230–231f
 - web-based tools, 229
 - risk factors for, 223–225, 224f
 - local, 225
 - medications, 225
 - systemic, 225
 - tobacco use, 225
 - signs of, 478–479
 - and smoking effects, 398–404
 - combustible tobacco, 399–401, 400f
 - epidemiology of, 399
 - noncombustible nicotine, 403, 403f
 - noncombustible tobacco, 402, 402f
 - periodontal therapy, 403–404
 - symptoms of, 479, 479t
 - vitamins, 422–425
 - vitamin A, 424
 - vitamin C, 422–423, 424f
 - vitamin D, 424
 - vitamin E, 425
- periodontal disease recurrence, 721–722, 721b
- periodontal disease/systemic disease connections, 760–761
- periodontal dressing/periodontal pack, 701–705, 702–703t, 702f
- periodontal equilibrium, 226–227
- periodontal flap, 646, 647–651f, 648b, 650b
- periodontal health/disease, 226–228
- periodontal health/gingival health 2017 AAP/EFP subcategories of, 93–95
- clinical patient care, 114–116

- periodontal health/gingival health
(*continued*)
definition and diagnostic
 considerations, 90–93, 91–93f
dental biofilm-induced gingivitis
 2017 AAP/EFP subcategories of,
 102–104, 102t, 102–103f
 characteristics of healthy vs.
 inflamed gingival tissue, 96t
 definitions and diagnostic
 considerations, 95
 extent and distribution of, 100–101,
 101f
 features of, 96–99
 modifying factors of, 103–109f,
 104–109, 105t
 non-dental biofilm-induced gingival
 diseases and conditions (*see non-*
 dental biofilm-induced gingival
 diseases and conditions)
periodontal instrumentation, 550, 600
 debridement, defined, 551
periodontal ligament, 11–12, 11f, 38
periodontal ligament fibers, 62
periodontal ligament space, radiographic
 appearance, 462–463, 463f
periodontal maintenance phase, 485
periodontal maintenance therapy
 defined, 714
 description of, 714
 focus on patients, 731
 goals of, 715–716, 715b, 716f
 importance of, 714, 715f
 patient and clinician roles in, 716
 patient compliance, 722–724, 723f
 periodontal disease recurrence,
 721–722, 721b
 phases of, 717, 717f
 planning and implementation,
 717–721, 718b
 root caries, 724–730, 725f, 728–729f
periodontal microsurgery, 690
periodontal osseous resective surgery,
 655, 656
periodontal osseous surgery, 655
periodontal phenotype. *See* periodontal
 biotype
periodontal plastic surgery, 671
periodontal pockets
 characteristics, 70, 70f
 pocket formation, 71–73, 71–73f
periodontal recall, 714
Periodontal Screening and Recording
 (PSR) examination, 450–452
 characteristics of, 450
 codes, 452
 techniques for, 450–452, 451f
periodontal screening examination,
 450–452
 PSR examination, 450–452
 characteristics of, 450
 codes, 452
 techniques for, 450–452, 451f
periodontal therapy, smoking cessation
 counseling in, 407
periodontitis, 298b, 299f
 characteristics of, 121–126, 122–125f
 clinical patient care, 142–144
 definition of, 120–121
 extent and progression of, 126–128,
 127–128f
 onset of, 126
 radiographic signs of, 468–471
 crestal irregularities, 468, 468f
 triangulation, 468, 469f
 and RANKL-mediated bone
 resorption, 303, 303f
 recurrent form, 129
 refractory form, 129–130, 129f
 staging and grading system, 130–141,
 131t, 133t
 case definition system, 130–133
 examples of periodontitis case,
 134–141, 134–141f
 systemic disorders as risk factors for,
 309–333
 therapeutic endpoints of periodontal
 therapy, 128
 treatment goals, 128
periodontium, 5t
 blood supply to, 17–19, 17–19f
 characteristics of, 53f
 clinical patient care, 20, 79–80
 commonly used periodontal indices, 77t
 epidemiology of the diseases of, 74–78,
 75f, 77t
 gingiva. *See* gingiva
 in health and disease, 54–55
 basic states, 52–54, 52f
 gingivitis—reversible tissue damage,
 55–58, 56–58f
 permanent tissue destruction,
 58–62, 59–62f, 62t
 histologic changes in, 53t
 lymphatic system and, 19–20, 19f
 nerve supply to, 16–17, 16–17f
 pathogenesis of bone destruction. *See*
 pathogenesis of bone destruction
 periodontal ligament. *See* periodontal
 ligament
 theories of disease progression, 73–74,
 74f
 tissues of, 4–5, 4–5f
periosteum, 16, 37
PGE. *See* prostaglandins of the E series
phagocytosis, 276–277, 277f
phagolysosome, 276
phagosome, 276
Phenylek®, 334
phenytoin, gingival overgrowth
 associated with, 334–335, 335f
Phenytoin Sodium®, 334
PICO process, 531, 534
planning, MI process, 518
plaque biofilm, on teeth, presence of,
 444, 444b
plaque biofilm control aids, improper
 use of, 382, 382f
plaque biofilm deposit, periodontitis, 124
plaque biofilms
 dental, 244
 tissue-associated, 251
 tooth-associated, 251
plaque-forming bacteria, 247, 248f
plaque percentages, formula for
 calculating, 444b
plasma cell, 265t
plaster of paris, 664
plastic periodontal probe, 180, 180f
platelet-rich fibrin (PRF), 695–696
platelet-rich plasma (PRP), 694–695
platelet-rich plasma development,
 multistep process for, 694–695
plentiful cells, 25
PML. *See* polymorphonuclear leukocytes
pneumonia, 355–357
 biologically plausible mechanisms,
 355–357, 356f
 dental practice, implications for, 357
 overview of, 355
polishing, special considerations for, 188
polymicrobial, 240
polymicrobial biofilm, 242, 242f
 formation stages, 247–250
polymorphonuclear leukocytes (PML),
 265t, 267, 267f
porphyromonas gingivalis, 609
povidone-Iodine (PVP-I), 608
power-driven air floss, 586–587, 586f
power-driven irrigation device, 584–592,
 585f, 586t, 586f, 587f, 590f, 592f
power-driven water irrigation device,
 584, 585f
power-driven water irrigation vs. power-
 driven air floss, 587
preeclampsia, 350
pregnancy, 106, 106f
 -associated pyogenic granuloma, 320,
 320f
 dental hygienist, implications for,
 320–321
 gingivitis, 319, 319f
 impact of hormonal fluctuations
 on periodontium, 319–320,
 319–320f
 and nicotine hazards, 395
pregnancy-associated pyogenic
 granuloma, 106
prevalence, 75
PreViser Periodontal Risk Calculator, 229
prevotella intermedia, 609
PRF. *See* platelet-rich fibrin
Prilosec®. *See* omeprazole
primary herpetic gingivostomatitis,
 214–218
 characteristics of, 214–217, 215f
 clinical signs, 217, 217b
 overview of, 214
 treatment of, 217–218, 217b

primary intention, 644–645
 pro-resolving lipid mediators, 289
 probiotic, 629
 Procardia®. *See* nifedipine
 professional subgingival irrigation, 592–594, 593f
 proinflammation mediators, 289
 proinflammatory mediators, 625, 625b
 role of, 303, 303f
 prominent subgingival restoration
 margins, 108
 prostaglandins, 290
 prostaglandins of the E series (PGE), 290
 proteins, 426
 proximal bone contour, 68–69f
 ProZac®, 801
 PRP. *See* platelet-rich plasma
 pseudomembrane, 209–210, 210f
 PSR examination. *See* Periodontal Screening and Recording examination
 puberty, 104–105, 105f
 dental hygienist, implications for, 318–319
 impact of hormonal fluctuations on periodontium, 318
 PubMed, 532, 532f, 533
 pulpal abscesses vs. periodontal abscesses, 200, 200t, 201–202f
 punched-out papillae, 209, 209b
 purulence. *See* pus
 pus, 197

Q

quiescence. *See* hibernation
 quorum sensing, 249

R

radicular lingual groove. *See* palatoradicular groove
 radiographic analysis, of periodontium, 457–476
 focus on patients, 475–476
 radiographic appearance, 458–463, 459f
 cancellous bone, 458–459, 460f
 contour of alveolar crest, 460–461, 461f
 cortical bone, 458–459, 459f
 lamina dura, 462, 463f
 level of alveolar bone crest, 460, 461f
 periodontal ligament space, 462–463, 463f
 shape and character of alveolar bone crest, 461–462, 462f
 use of radiographic images, 463–475
 benefits of dental radiographs, 467–472, 468t
 cone beam computed tomography, 473, 473–474f
 dental implant treatment planning, 473
 limitations of dental radiographs, 465–467, 466–467f
 long-cone paralleling technique, 464, 464f
 nondental implant treatment planning, 474–475
 vertical bitewing technique, 464, 465f
 radiolucent, 458
 radiopaque, 458
 reactive oxygen species (ROS), 420–421
 reasonable patient standard, 499, 499b
 reasonably prudent person/professional standard of care, 739
 reattachment, 643
 rebound scurvy, 423
 receptor activator of nuclear factor kappa- β (κ B) ligand (RANKL), 300, 301f
 recession of gingival margin, 152–154, 153f
 classification systems, 154–156
 Cairo classification system, 155, 156t, 156f
 Miller classification system, 154–155
 risk factors for, 153–154, 154f
 treatment for, 157, 157f
 reduced periodontium, 93
 reevaluation, 557–558, 558b
 refined carbohydrates, 426
 reflective listening, 513, 513f
 refractory periodontitis, 722
 regeneration, 644
 relative contraindication, 641
 repair, 643
 resective surgery, 637
 resolution process, 280
 restorative therapy phase, 485
 reversible tissue damage, 57
 rheumatoid arthritis, 357
 risk assessment, 228–229
 risk factor
 defined, 224
 modifiable, 224, 225f
 nonmodifiable, 224, 225f
 root caries, 724–730
 clinical appearance of, 725
 etiology of, 725
 introduction to, 724
 prevention of, 725–727
 antimicrobial therapy, 726–727
 caries risk assessment and management, 727–730, 728–729f
 fluoride for, 725–726
 supplemental remineralization therapy, 726–727
 root concavity, 369, 369f, 572

root surface modification, 692
 ROS. *See* reactive oxygen species

S

Sackett, David, Dr., 528
 SARS-CoV-2, 609, 611, 612
 SCTG. *See* subepithelial connective tissue graft
 scurvy, 423, 424f
 SDD. *See* subantimicrobial dose doxycycline
 SDF. *See* silver diamine fluoride
 secondary intention, 645, 645f
 self-care, 566
 self vs. nonself antigens, 263
 semilunar coronally repositioned flap, 678
 sequestrum, defined, 213, 214f
 SHARE (Seek, Help, Assess, Reach, Evaluate) Approach, 493–496, 494–496b, 494f, 508
 shared decision-making, 489–504
 characteristics of, 491
 consent related guidelines, 499–501, 499b, 502–503f
 decision aids, 496, 496–497b, 497–498f
 defined, 490
 focus on patients, 504
 mutual decision, 491–493, 492t, 492f, 493f
 SHARE (Seek, Help, Assess, Reach, Evaluate) Approach, 493–496, 494–496b, 494f
 sharp dissection, 649
 Sharpey's fibers, 13, 40
 shisha, 402
 silent disease, 479
 silver diamine fluoride (SDF), 726
 simvastatin, 772
 site-specific nature of periodontitis, 126
 sling suture, 699–700, 699f
 smokeless tobacco, 402
 smoking, 107, 224, 642
 and bone metabolism, 401
 cessation
 counseling in periodontal therapy, 407
 on periodontium, 406–407
 user-friendly model for counseling, 407, 408f, 409–411b
 focus on patients, 411–412
 and peri-implant disease, 405, 406f
 and periodontal disease, 398–404
 combustible tobacco, 399–401, 400f
 epidemiology of, 399
 noncombustible nicotine, 403, 403f
 noncombustible tobacco, 402, 402f
 periodontal therapy, 403–404
 on periodontal therapy, 403–404
 smokeless tobacco, 402

- smoking delivery products
 - categories of, 396–398, 398f
 - combustible and noncombustible
 - usage in united states, 398
 - combustible tobacco delivery
 - systems, 396
 - noncombustible nicotine
 - products, 396
 - noncombustible tobacco delivery
 - systems, 396–397
 - smokeless tobacco products, 397
 - waterpipe tobacco smoking, 397
- smoking dependence, 395
- smooth non-interdigitating interface, 28
- Socransky's microbial complexes, 252, 253f
- sodium hypochlorite, 609–610
- sonic-action power toothbrush, 567
- sparse extracellular matrix, 25
- specialized proresolution mediators (SPMs), 629–630
- specific plaque hypothesis, 252
 - limitations to, 252–253
- split-thickness flap, 649
- SPMs. *See* specialized proresolution mediators
- spongy bone, 16
- SPT. *See* supportive periodontal therapy
- standard irrigation tips, 590–591
- standard of care, 738
- statins, 629
- stem cells, 765
- stratified squamous epithelium, 25
- Streptococci milleri*, 203
- streptococcus, 629
- stress, 316–318
 - characteristics of, 316–317, 317f
 - dental hygienist, implications for, 318
 - risk factor for periodontitis, 317–318
- subantimicrobial dose doxycycline (SDD), 627
- subepithelial connective tissue graft (SCTG), 674–677
- subgingival irrigation tips, 591
- substantivity, 610
- sulcular epithelium, 32–33
- summaries, 514
- supplemental diagnostic tests, 452–454
 - genetic susceptibility, 454
 - gingival crevicular fluid content, 454
 - interleukin-1, 454
 - overview of, 452–453
 - tests related to bacteria, 453–454, 453t
- supplemental remineralization therapy, for root caries, 726–727
- supportive periodontal therapy (SPT), 714
- suppuration, 197, 197f. *See* exudate
- suprabony defect, 66
- suprabony pockets, 72, 73
- supracrestal tissue attachment, 378–379, 378–379f
- supragingival fiber bundles of the gingival connective tissue, 37–39
- supragingival/subgingival irrigation
 - focus on patients, 595
 - patient-applied power-driven
 - irrigation devices, 584–592, 585f, 586t, 586f, 587f, 590f, 592f
 - professional subgingival irrigation, 592–594, 593f
- surgical therapy phase, 485
- sustain talk, 516, 517f
- suture placement techniques, 697
- suture removal, 700, 700b
- symbiosis, 243
- systematic review, 490, 530
- systemic antibiotics, 601
- systemic delivery, 598
- systemic disease, 760
 - adverse pregnancy outcomes, 350–353
 - clinical relevance, 352
 - dental practice, implications for, 352–353
 - overview of, 350
 - and periodontitis, 350–351, 351–352f
 - atherosclerotic cardiovascular disease (ACVD), 347–350
 - clinical recommendations, 350, 350t
 - and periodontitis, 347, 348f, 349–350
 - cancer, 357–358
 - chronic kidney disease, 357
 - chronic obstructive pulmonary disease, 357
 - cognitive impairment, 357
 - diabetes mellitus, 353–355
 - clinical relevance, 354
 - dental practice, implications for, 354–355
 - glycemic control in, 353
 - proposed biological pathway for association between periodontitis and, 353–354, 354f
 - focus on patients, 358
 - linking periodontitis with, 346–347
 - metabolic syndrome, 357
 - obesity, 357
 - pneumonia, 355–357
 - biologically plausible mechanisms, 355–357, 356f
 - dental practice, implications for, 357
 - overview of, 355
 - rheumatoid arthritis, 357
- systemic disorders
 - burden of, 308–309
 - diabetes mellitus, 309–316
 - characteristics of, 309
 - dental hygienist, implications for, 314
 - risk factor for periodontitis, 310, 310f
 - undiagnosed/poorly controlled diabetes, 310–314, 310f, 311t
 - well-controlled, 310
- HIV/AIDS, 325–327
 - characteristics of, 325
 - dental hygienist, implications for, 326–327
 - periodontal and oral manifestations of, 325–326
- leukemia, 330–333
 - characteristics of, 330–331
 - dental hygienist, implications for, 332–333
 - oral complications of, 331–332, 331–332f
- menopause
 - dental hygienist, implications for, 323–324
 - impact of hormonal fluctuations on periodontium, 321–323, 321f, 323f
- metabolic syndrome, 324, 325f
- neutropenia, 327–328
 - characteristics of, 327
 - dental hygienist, implications for, 328
 - and periodontitis, 327, 327f
- pregnancy
 - associated pyogenic granuloma, 320, 320f
 - dental hygienist, implications for, 320–321
 - gingivitis, 319, 319f
 - impact of hormonal fluctuations on periodontium, 319–320, 319–320f
- puberty
 - dental hygienist, implications for, 318–319
 - impact of hormonal fluctuations on periodontium, 318
- stress, 316–318
 - characteristics of, 316–317, 317f
 - dental hygienist, implications for, 318
 - risk factor for periodontitis, 317–318
- Down syndrome, 328–330, 329f
 - characteristics of, 328–329
 - dental hygienist, implications for, 330
 - and periodontitis, 329–330, 329f
- systemic medications, with periodontal side effects, 333–337, 333t
 - drug-induced gingival enlargement, 334–337
 - calcium channel blockers, 336, 336f
 - dental hygienist, implications for, 337
 - immunosuppressants, 335, 335f
 - phenytoin, 334–335, 335f
 - plaque biofilm composition, pH, 333–334
 - salivary flow and pH, 333–334
- systemic risk factor, 225
 - eliminating, 228, 228f
- systemic risk factors, 309

T

- T-cytotoxic (TC)-lymphocytes, 272, 273t, 274f
- T-helper (TH)-lymphocytes, 272, 273t, 274f
- T-lymphocytes, 265t, 272–273, 273t
- T-memory (TM)-lymphocytes, 272, 273t, 274f
- tertiary intention, 645
- theory of pathogenesis, 291, 291f
- therapeutic mouth rinses, 610, 611f
- thick-flat gingival biotype, 150, 150t, 151f
- thick-scalloped gingival biotype, 150, 150t, 151f
- thin-scalloped gingival biotype, 150, 150t, 151f
- TIMP. *See* tissue inhibitors of matrix metalloproteinases
- tissue, 24
- tissue-associated plaque biofilms, 251
- tissue destruction, by pro-inflammatory biochemical mediators, 289, 289t
- tissue inhibitors of matrix metalloproteinases (TIMP), 290
- titanium implant fixture, 164–165, 164f vs. zirconia implant fixture, 165, 165f, 166f
- tobacco, chemical composition of, 395
- tobacco cessation counseling, dental team role in, 407
- tobacco use, and periodontitis, 225
- tongue cleaning, 580
- tongue thrusting, 382–383, 382f
- tooth-associated plaque biofilms, 251
- tooth morphology, 368–373
 - cervical enamel projection, 370–371
 - dental caries, 372, 372f
 - grooves/concavities, 368–369
 - malocclusion, 371–372, 371–372f
 - orthodontic appliances, 373, 373f
- toothbrushes, types of, 567–570
 - “how should i brush my teeth?”, 569, 570f
 - “which type of toothbrush should i use?”, 567, 567–569f
- toothpick, misuse of, 382, 382f
- topical delivery, 598–599, 599t
- tort, 738
- traditional manual probes, 756
- transendothelial migration, 275
- transmission, of biofilm bacteria, 245
- trauma, from occlusion, 386–388, 387t
 - primary, 387, 387f
 - secondary, 388, 388–389f
- traumatic tooth brushing, 383, 383f
- trench mouth, 207
- triangulation, 468, 469f
- trigeminal nerve, 16
- trismus, 203
- tufted dental floss, 577, 578f
- two-tube chemical cure paste, 704f

U

- ulceromembranous gingivitis, 207
- ultrasonic-action power toothbrush, 568
- ultrasonic periodontal probes, 756, 758f
- unattached bacteria, 251
- undiagnosed/poorly controlled diabetes, 310–311, 310f
 - oral complications of, 311
 - on periodontium, effects of, 311–314, 311t
 - postulated effects of, 314, 315f
- undifferentiated, 765
- untreated decay, 372, 372f
- upcoding, 739
- U.S. Centers for Disease Control and Prevention (CDC), 77, 395
- U.S. Food and Drug Administration (FDA), 395, 630, 726

V

- vascular inflammation, 349
- ventilator-associated pneumonia, 355
- verbal consent, 501
- vertical bitewing technique
 - film placement for, 465f
 - four-film vertical bitewing series, 465f
 - for periodontal patients, 464

- vertical bone loss, 65, 469, 469f
 - pathway of inflammation, 65–66
- vertical incisions, 651, 651f
- vertical tooth mobility, 442–443, 442f
- vertical transmission, 245
- vestibular depth, 148b
- Vincent's infection, 207
- virulence factor, 287
- vitamin A, 424
- vitamin C, 422–423, 424f
- vitamin D, 424
- vitamin E, 425
- volatile sulfur compounds (VSCs), 579
- VSCs. *See* volatile sulfur compounds

W

- warning signs of periodontitis, 126
- waterpipe tobacco smoking (WTS), 402
- waterpipe tobacco smoking, 397
- well-controlled diabetes, 310
- white oral mucosal lesions, 402, 402f
- WHO probe. *See* World Health Organization probe
- wooden wedge, 579, 579f
- World Health Organization (WHO) probe, 450, 451f
- wound approximation, 644
- wound closure, describe the degree of, 644
- written consent, 501, 502–503f
- WTS. *See* waterpipe tobacco smoking

X

- xenografts, 662
- xerostomia, 332

Z

- zirconia vs. titanium implant fixture, 165, 165f, 166f
- Zithromax®, 604
- Zocor®. *See* simvastatin
- Zolof® , 801