

SURVIVAL OF A SILENT MONSTER IS IN DANGER

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PLEASE Help...!!!

My future survival will be in danger...!!!

Today, I will tell you my sad story. ☹️☹️☹️

I am periodontitis, and I am proud to tell you that I am the 6th most prevalent disease, and approximately 11.2% of people around the world are suffering because of me. In India itself, poor oral hygiene has helped me a lot, and around 90% of people are in pain because of me. I am thrilled to tell you that despite being native to the mouth, I am associated with systemic diseases like coronary heart disease, respiratory tract infections, diabetes, pre-term birth, and oral cancers as well.

You are surprised! Unclean mouths can be this deadly! That's how I cause the burgeoning health issues that often go unnoticed. Unclean mouths and poor oral habits of the ignorant population are my well-wishers. They help me thrive and sustain! Blessings galore!!

You must be curious to know how it is possible?

Interested!!!

Well!

Let me spill the beans!

You fall in love with that toothy smile! I caught you!!

Right!

Ha Ha...

Right there around your pink gumline, I keep following your ravishing smile. Creepily! Steadily! Bit by bit! You ignore my presence!

Careless you!

I stay put, and my loyal opportunistic soldiers without being caught reach the other body organs. When the host army (inflammatory cells) try to act smart, I win over them by triggering the production of chemicals which ultimately bring the castle down.

So, the strategy is to enter their domain, debilitate them be persistent, and survive the game!!!

It gives me immense pleasure to apprise you that my friend COVID-19 has also helped me a lot. When the whole world was in lockdown, people just thought dental visits could be postponed, and mouth hygiene wasn't that important. That's what I needed to become a monstrous problem with more power at hand. I was pleasantly surprised that researchers had unravelled my ties with COVID-19, and those beautiful memories would remain my legacy for all days to come.

Before going ahead, I must tell you about my nexus. Poor oral hygiene helps me to take birth in a mouth. First, my loyal brigade of *Porphyromonas gingivalis*, *Prevotella intermedia* and others become active and dominant on the tooth surface and gum linings. They create a protective blanket for their survival and increase their population under the blanket or so-called biofilm. The blanket acts as a shield against antibiotics.

See...How smart my soldiers are!

Next to this, activated host cells trigger the COX-II enzyme, which generates cytokines leading to swelling of gums and pain. As time passes, the MMP enzyme from gums degrades tooth supporting structure-collagen. This results in the development of pockets between teeth and gums. Do you know this pocket can be 2-8 mm deep? In an aggressive state, the tooth bone degrades leading to tooth fall. And in this way, my vicious circle continues.

If I am very sure all this scenario is happening in a neglected mouth. Not all, but few brush me off, making the

