

GUM DISEASE

WHAT IS GUM DISEASE?

TAKING CARE OF YOUR GUMS IS JUST AS IMPORTANT AS TAKING CARE OF YOUR TEETH.

GUM DISEASE IS AN INFECTION OF THE GUMS.

IT IS CAUSED BY PLAQUE THAT COLLECTS ALONG THE GUMS.

THE PLAQUE MAKES THE ACIDS AND TOXINS THAT MAKE GUMS RED, PUFFY AND CAUSE THEM TO BLEED, THIS IS THE FIRST STAGE OF GUM DISEASE KNOWN AS GINGIVITIS; FORTUNATLY THIS STAGE IS REVERSABLE.

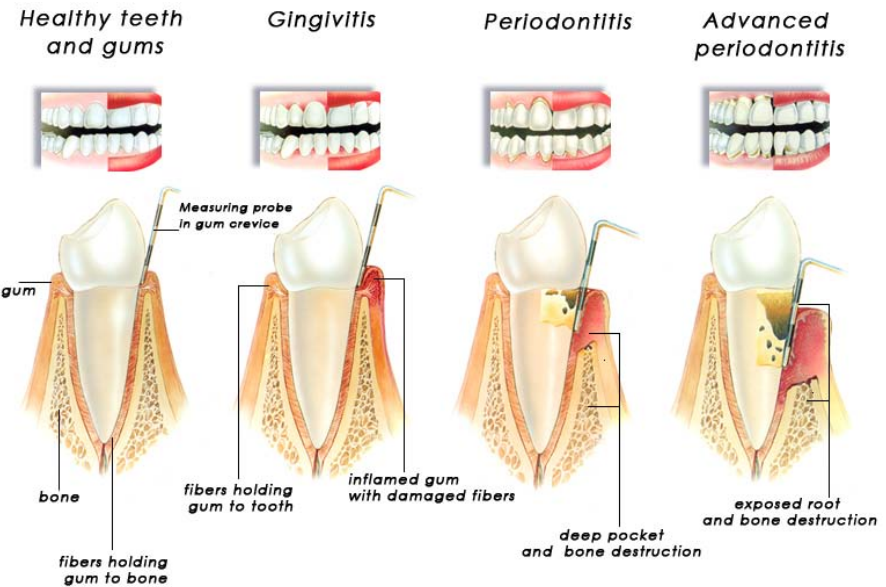
OVER TIME, GUM DISEASE CAN CAUSE THE GUMS TO PULL AWAY FROM THE TEETH.

IF LEFT UNTREATED IT CAN PROGRESS TO A MORE SERIOUS INFECTION THAT CAN DESTROY THE SURROUNDING BONE AND FORM POCKETS BETWEEN THE BONE AND TOOTH SURFACE.

EVENTUALLY THIS WILL CAUSE THE GUMS AND BONE TO RECEED. TEETH MAY BECOME LOOSE AND MAY BE LOST. THIS IS THE SECOND STAGE OF GUM DISEASE KNOWN AS PERIODONTITIS, THE DAMAGE IT CAUSES IS IRREVERSABLE AND PAINFUL.



Gingivitis – the reversible



Gum disease can be avoided by;

- ✓ *Brushing teeth twice daily ensuring you angle the brush into the gum line*
- ✓ *Clean regularly in between teeth.*
- ✓ *Regularly attending dental appointments.*



BLEEDING GUMS

IF YOU HAVE GUM DISEASE YOUR GUMS MAY BLEED WHEN YOU BRUSH YOUR TEETH AND CLEAN IN BETWEEN YOUR TEETH

IF YOUR GUMS BLEED YOU **MUST** CONTINUE TO BRUSH YOUR TEETH TWICE DAILY AND CLEAN IN BETWEEN YOUR TEETH AT LEAST ONCE A DAY OR THE GUM DISEASE WILL PROGRESS.