

## This issue

Gum Disease P.1  
Treatment P.2

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## Teeth Tips

### Sign of Gum Disease:

Red, swollen, bleeding gums

Bad breath

Loose teeth

Shifted teeth

Heavy plaque and tartar on teeth

Gum boils or abscesses

### Gum disease relates to...

Heart disease and stroke

Diabetes complications

Aspiration pneumonia

Low birth-weight Babies

## Gum Disease and Oral Hygiene

Gum disease is one of the most common oral health problems affecting the population. Many of us have or will experience some form of this condition during our lives. Gum disease often progresses silently and slowly without any discomfort or pain in the early stages. The chief culprits of gum disease in all cases are the bacteria found in dental plaque and tartar. These bacteria are known to cause destructive inflammation of the gums and other supporting structures primarily the bone surrounding the teeth. Left untreated, mild forms of gum disease can progress into more serious infection resulting in tooth loss. Although severe manifestations of this condition are mostly seen in adults, children can be affected by less aggressive forms of gum disease. The good news is that gum disease is preventable, treatable, and its effects reversible if treated early.

### Gingivitis

Gingivitis is the mildest and often earliest form of gum disease. Symptoms are mainly red and swollen gums that bleed easily when brushing and flossing. Gingivitis involves inflammation of the gums resulting from accumulation of plaque bacteria around the teeth and gum (gum-line) areas. At this stage, gum-disease is easily treated and reversed with good oral care. Without treatment, gingivitis can progress resulting in irreversible damage.

### Periodontitis

This type of gum-disease is more serious and involves compromising of bone structure that surround and support the teeth. Most types of periodontitis will advance slowly



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and painlessly over time with the eventual result being tooth loss. Unlike gingivitis, the damage from periodontitis cannot always be reversed. However, this condition can also be treated and its progress stopped.

### Treatment

The first step to treatment of gum disease is removal of plaque and tartar deposits on teeth surfaces both above and below the gum-line. Your gums will begin healing once these deposits are removed: by your dental hygienist or dentist in a procedure called “scaling”. In more serious cases of gum disease, prescription mouth rinses, antibiotics, or gum surgery may also be needed to effectively treat the problem.

Once gum-disease is treated, it’s important to maintain the health of your gums by preventing new build-up of plaque bacteria through daily brushing and flossing.

### Brushing

Hold your toothbrush at a 45 degree angle against the gum-line. Gently brush where the teeth and gum meet in light, short, cir-

cular strokes. Complete the stroke using a rolling, sweeping motion extending to the chewing surface of the teeth. Brush about 2 to 3 teeth at a time. It will take about 2 minutes to thoroughly clean your whole mouth. To prevent damage to the gums and teeth, it’s best to brush gently using a soft-bristled toothbrush.

### Flossing

Flossing effectively removes damaging plaque between your teeth and beneath the gums. It’s best to wind about 18 inches of floss between the middle fingers of your hands. This will allow your thumbs and index fingers to grasp, maneuver and guide the floss gently with a sawing motion between teeth. Once the floss is between the teeth, gently push it against the sides of each tooth and move the floss up and down on the tooth surface to remove the plaque.

### Your Oral Health Professional

Your dental hygienist or dentist is able to detect and treat any signs of gums disease. Regular visits to your oral health professional for routine dental cleaning will ensure you maintain optimal oral health.

## Our services

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- Polishing
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- Desensitizing Teeth
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