



GUM DISEASE AND YOUR HEALTH

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Periodontal disease, more commonly referred to as gum disease, is the leading cause of tooth loss in adults. Gum disease, a chronic oral bacterial infection, is also linked to heart disease, stroke, diabetes, Osteoporosis, some forms of cancer, and premature and low birth weight babies.

In the early stage, called gingivitis, only gum tissue is affected. Symptoms include redness or puffiness, bad breath, and bleeding during brushing. Periodontitis is more advanced, and involves the underlying bone. Symptoms of moderate to advanced gum disease or periodontitis can be noticeable and include persistent bad breath, gums that recede from the teeth, loose teeth and/or change in bite or change in the fit of your partial or dentures. Without treatment, periodontitis will eventually lead to tooth loss.

Inadequate oral hygiene, smoking, genetics, dry mouth, stress, medications and hormonal changes can also increase your risk of developing gum disease. Your best defense is a healthy diet and regular brushing, flossing, and checkups. Uncertain about home care techniques? Call us today and we can help you brush up on your brushing techniques.

