



What Is Gum Disease?

Gum disease is a general term describing the inflammation and destruction of the tissue supporting the teeth that includes gingivitis and periodontal disease.

What Is Gingivitis?

This is an early stage of gum disease, which can be recognised when the gum becomes red and swollen and can bleed when you brush your teeth. This may be the first sign of a problem.

What Is Periodontal Disease?

This is the later stages of gum disease, when the bone and gum supporting the teeth is progressively destroyed. This can lead to permanent damage and loosening of the teeth. Gum disease is the major cause of tooth loss from the age of 35.

Other Contributing Factors

There is a direct link between smoking and gum disease. Gum disease is often made worse by poor fillings or ill-fitted crowns, bridgeworks and dentures. You may be more prone to gum disease because of hormone imbalances e.g. women during pregnancy and with conditions such as diabetes.

A Daily Oral Care Routine Will Help Prevent Plaque Build Up And Gum Disease.

- Brush your teeth thoroughly at least twice a day using a fluoride toothpaste to clean away plaque on the surface of the tooth and at the gum margin
- Regular flossing has been clinically shown to be the optimum way of cleaning the gumline and between teeth, where a toothbrush cannot clean thoroughly

