

## Gum Disease (Periodontal Disease)

### What is gum disease?

1. A bacterial infection of the gums and bone that support the teeth. It is caused by bacteria left in the mouth.



### How can you tell you have it?

1. Your gums bleed during tooth brushing and flossing.
2. Your gums are red, swollen and tender.
3. You have constant bad breath.
4. Your gums have pulled away from your teeth.



### What can you do?

1. Have your teeth cleaned regularly by a professional. Tartar can form from hardened plaque and stick to your teeth, providing a home for bacteria. Only a professional can remove hardened plaque or tartar.
2. Brush 2 times per day paying special attention to brushing the gum line; floss once a day—even if your gums bleed (With regular brushing and flossing, your bleeding should quit).
3. Visit your dentist and hygienist regularly—Gum disease can be stopped.

### Why should you prevent gum disease?

Infected teeth and/or gums can affect your whole health. Gum disease is associated with heart disease, stroke, pneumonia, diabetes, and low birth weight babies.

**Infection anywhere in my body is not good!**

***For a healthy mouth—Brush 2 times daily!***



***And don't forget to floss!***