



Adult Care

LIBERTY cares about more than just teeth!

health tip: Preventing Gum Disease

fact:

Following daily good oral hygiene prevents gum disease

Research suggests that there may be a link between gum disease and other health concerns such as cardiovascular problems, stroke, and increased risk during pregnancy. The early stage of periodontal disease is called gingivitis. The good news is that this early stage is usually reversible. Sometimes, all it takes are more regular professional cleanings and better home care.

Prevention

Regular checkups are important. During an examination, your gums are evaluated for periodontal disease. You can help prevent gum disease by practicing good *oral health techniques from home*.

You may not be aware that you have gum disease because often there is no pain. However, there are **warning signs** and you should **call your dentist** if you experience any of the following:

- Gums that bleed easily
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste in the mouth
- Permanent teeth that are loose or separating

For more information:

For more information on good oral hygiene and oral health visit the American Dental Association's website: www.ada.org

Periodontal Disease, more commonly known as **gum disease**, is inflammation at the gum line that can progress to affect the bone that surrounds and supports your teeth and eventually lead to tooth loss.

The Three Stages of Gum Disease - from least to most severe are: Stage 1: Gingivitis, Stage 2: Periodontitis, and Stage 3: Advanced Periodontitis.

Stage 1



Stage 2



Stage 3

