Gum Disease

SENIOR DENTAL CARE

Gum disease, or swollen gums, can get worse with time. It is often painless until very advanced and can cause people to lose their teeth. When that happens, eating, talking and smiling are difficult.

What causes gum disease?

Bacteria found in plaque – a film that forms around teeth – causes gum disease.

What are the signs and symptoms of gum disease?

- Swollen gums
- Bleeding gums after brushing teeth
- A change in how partial dentures fit
- Loose teeth
- Bad breath that won't go away

The recessed gums here are caused by gum disease. Gum disease can cause tooth loss.

How to prevent gum disease:

1. Brush your teeth at least twice a day with a soft toothbrush and fluoride toothpaste.
2. Floss your teeth at least once a day.
3. Visit your dentist regularly for a checkup and cleaning.
4. Speak to your doctor or dentist if you have diabetes. People with diabetes may have worse gum disease. Gum disease may also make diabetes worse.

Contact your dentist or medical provider promptly if you are in pain or need care.

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