

GINGIVITIS

YOU CAN CONTROL IT

75% of all adults may have some degree of gingivitis and not know about it.

What is Gingivitis?

Gingivitis is the inflammation of the gums. The gums become red, swollen, and will bleed easily. It is a reversible early stage of gum disease. Gingivitis is common, and affects nearly all adults at some time in their lives. Periodontitis is a more advanced form affecting bone and supporting structure. If left untreated this can lead to tooth loss.

What causes Gingivitis?

Plaque is the major cause of gingivitis. Plaque is a soft, sticky, colorless bacterial film that forms continuously on your teeth. The bacteria in the plaque causes the damage to the gums by producing toxins that irritate the gums and lead to gingivitis.

How do you know you have Gingivitis?

Look for these signs of gingivitis:

- **BLEEDING**- bleeding gums are NOT normal, even when brushing, and may be a sign of gingivitis
- **SWELLING**- red, swollen, or tender gums are cause for concern

The best way to tell if you have gingivitis is to see Dr. Amie Rockow-Nelson, D.D.S. for an examination. If you have any warning signs, make an appointment right away!

Is Gingivitis preventable?

Luckily, you can prevent gingivitis by effectively removing the plaque from your teeth.

There are combinations of techniques to remove plaque:

- **BRUSH**- brush your teeth at least twice a day. This removes the plaque on the surfaces of the teeth and massages your gums.
- **FLOSS**- floss daily to remove plaque from the places your toothbrush can't reach... between the teeth and under the gum line.
- **RINSE**- for EXTRA protection, rinse for 30 seconds twice a day with a mouth rinse, like Listerine. This helps kill the plaque above the gum line.

You need to be an active participant in your oral health. Regular dental checkups can detect problems and prevent them from becoming more serious. Brushing, flossing, and rinsing will work. It takes a little time, but it's worth it!