

All About Gum Disease



Did you know that one in two Americans over 30 has gum disease?¹ Inflammation of the gum tissues is the leading cause of tooth loss in adults, and your risk of gum disease increases as you age.

Look for these warning signs

- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or separating from each other

Stop gum disease in its tracks

- Brush for two to three minutes, twice a day, with fluoridated toothpaste.
- Floss every day.
- Eat right. Make sure your diet includes plenty of vitamin C, an essential building block for healthy gums, and avoid starch and sugar, which promote plaque.

¹Prevalence of Periodontitis in Adults in the United States: 2009 and 2010. Journal of Dental Research. 2012