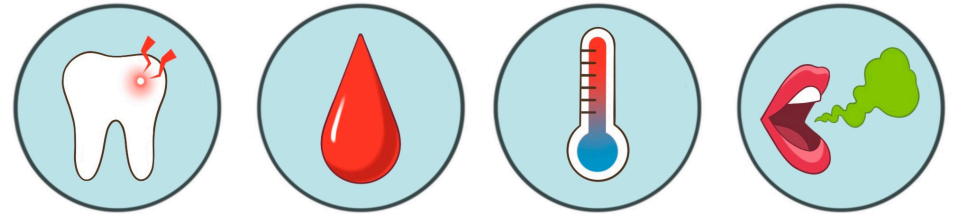


Gingivitis and Periodontal Disease AKA Gum Disease

Periodontal disease and gingivitis are different stages of gum disease. Anyone can have gum disease, but people with certain health conditions, like diabetes and heart disease, are more likely to experience it. Gum disease is one of the most common oral health issues in the world, with almost half of the adult population experiencing it in some form. Severe gum disease is the most common cause of tooth loss and if left untreated can lead to major health issues. Gum disease like gingivitis can be prevented and managed with proper oral hygiene habits, while severe gum disease (periodontal disease) requires treatment from your dentist.



What Causes Gum Disease?

- Not brushing, flossing, rinsing and going to the dentist regularly
- Eating sugary food and drink choices
- Risk from other diseases like diabetes, heart disease, lupus, scleroderma, and Chron's disease
- Smoking or drug use
- Hormonal changes or stress
- Some are born with a genetically higher chance of having gum disease



What happens when you have gum disease?

Stage 1: Gingivitis

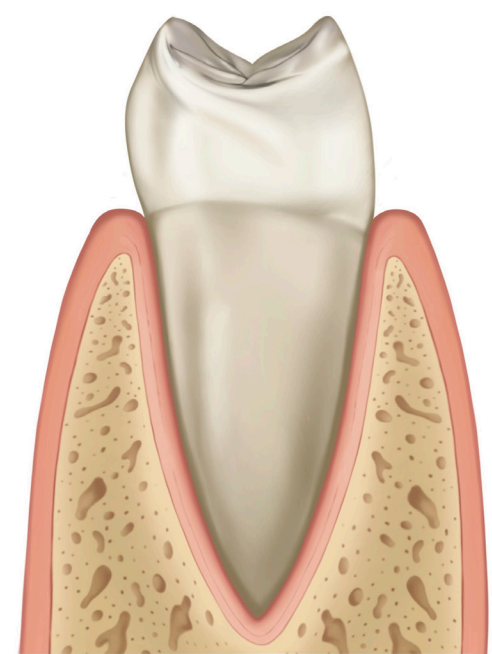
- Swollen and red gums that are soft and squishy.
- Some bleeding from the gums may occur
- Bad breath
- Gum sensitivity

Stage 2: Periodontal Disease

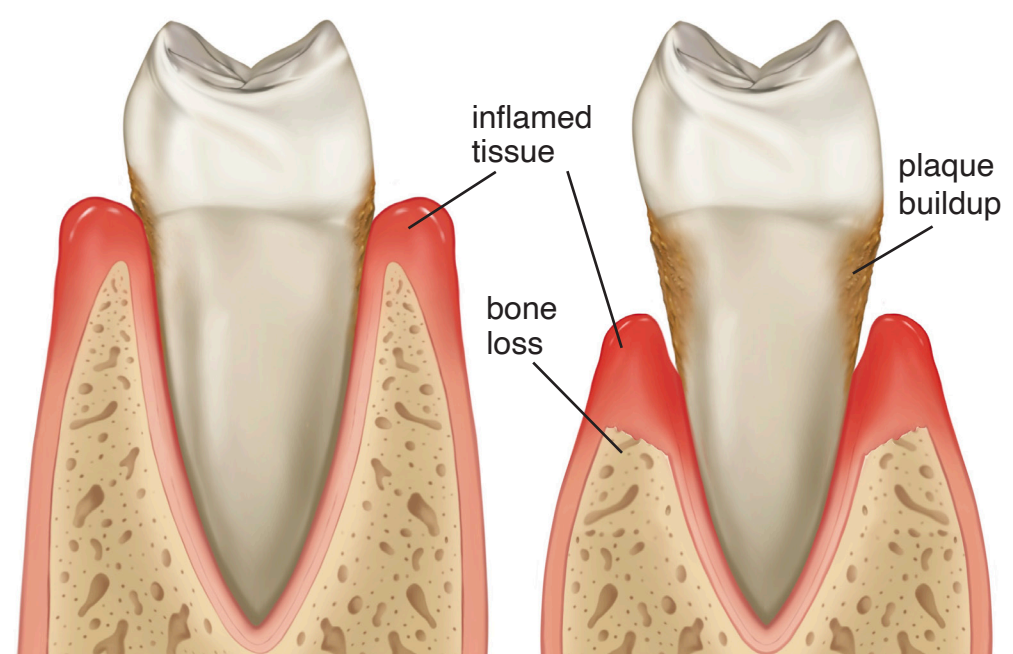
- Swollen, red, bleeding gums
- Gum recession (shrinking away from your teeth)
- Periodontal pockets (air pockets between your teeth and gums)
- Loose and sensitive teeth

Stage 3: Advance Periodontal Disease

- Severe pain
- Severe gum recession and inflammation
- Tooth loss
- Painful abscesses (lumps filled with pus).
- Severe infection that can affect other parts of your body and your overall health, which can lead to death if left untreated.



Healthy Tooth



Gingivitis

Periodontitis