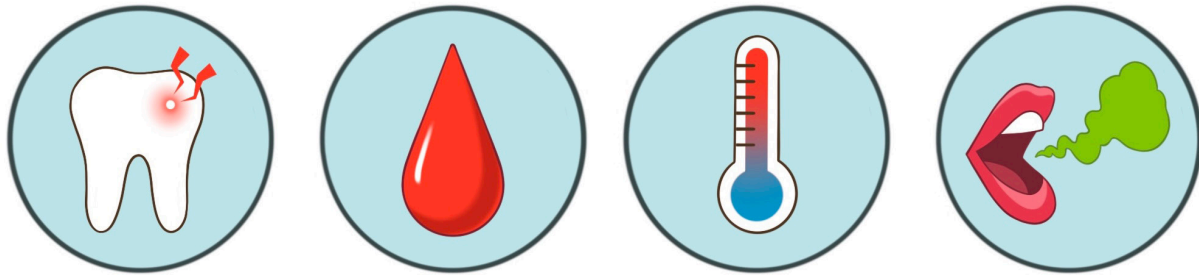


Gingivitis and Periodontal Disease aka Gum Disease

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. Some people are also born with a genetically higher chance of having gum disease.

Gum disease is one of the most common oral health issues in the world. Almost half of the adult population has experienced some stage of gum disease. Early stages can be prevented and managed with proper oral hygiene habits, while severe gum disease requires treatment from your dentist and if left untreated can lead to tooth loss, infections, or major health issues in rare cases.



What Happens During The Different Stages of Gum Disease?

Stage 1: Gingivitis

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

Stage 2: Periodontal Disease

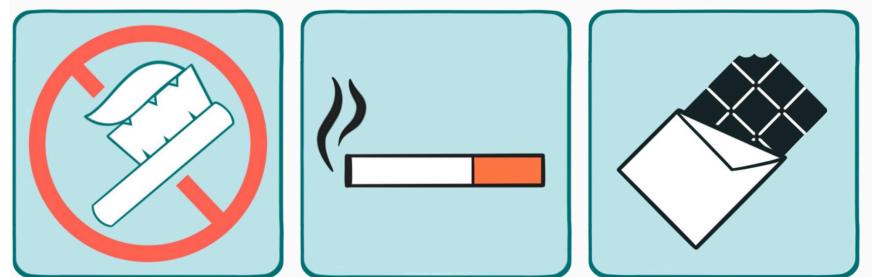
- Swollen, red, bleeding gums
- Gum recession (gums shrinking away from your teeth)
- Periodontal pockets (air pockets between your teeth and gums)
- Loose and sensitive teeth

Stage 3: Advanced 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.

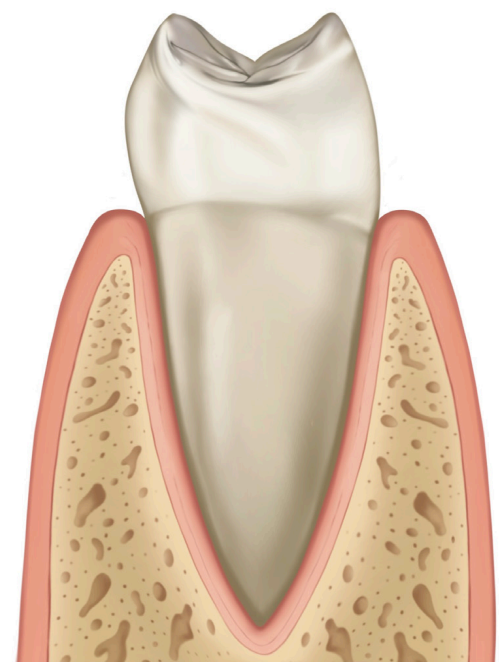


What Can Cause Gum Disease?



- Poor oral hygiene habits (not brushing and flossing regularly)
- Sugary food and drink choices
- Other diseases like diabetes, heart disease, lupus, and Chron's disease
- Smoking or drug use
- Hormonal changes or stress

Healthy Tooth



Gingivitis

Periodontal Disease

