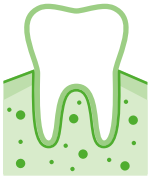**△ DELTA DENTAL®**

Keeping Gums Healthy

What is gum disease?

Gum disease is one of the most widespread diseases affecting adults. Gum disease, also known as periodontal disease, is a chronic bacterial infection that affects the gums and bone that support your teeth. Gum disease is fairly painless until it is in an advanced stage. Gum disease can be prevented or easily treated if discovered early; left untreated, it can lead to tissue, bone and tooth loss.

Numerous studies also suggest that gum disease may be associated with more serious health problems such as diabetes, heart disease and stroke. Preventive care can help detect early signs of gum disease often before it becomes painful or costly.

Maintaining oral health
Poor oral health costs time and money. You can help prevent oral health problems. Here's how:

Brush for 2 minutes, twice daily

Eat healthy foods

Floss your teeth every day

See your dentist regularly

Drink water with fluoride

Utilize preventive care

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

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Your Heart and Oral Health

Oral health problems + heart disease

- People with gum disease are more likely to have heart disease.
- Both bacteria and inflammation from gum disease can cause blood clots to form, increasing the chance of a heart attack.
- Tobacco use, poor nutrition and diabetes are risk factors for both conditions.

Warning signs of gum disease

- 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.

What you can do

- Be proactive about your oral health! Regular exams and cleanings are crucial to remove harmful bacteria, plaque and tartar, and to detect early gum disease.
- If you suspect you might have gum disease, speak with your dentist right away.
- Schedule regular dental check-ups.
- Make regular dental cleanings a priority.
- Brush and floss your teeth twice each day.

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