Gum Disease — Preventing Tooth Loss

Gum disease, also known as periodontal disease, is one of the most common dental problems adults face, yet it can begin at just about any age. It is often painless and happens slowly. Sometimes you may not notice any signs until the disease is serious and you are in danger of losing your teeth. The good news is that gum disease can be prevented with good oral hygiene and regular visits to your dentist. If started, gum disease can be treated and even turned around in its early stages. There are 2 types of gum disease: gingivitis and periodontitis.

Gingivitis

Gingivitis is a term used to describe inflammation of the gums. The warning signs of gingivitis may include:

- Puffy gums.
- Traces of blood on your toothbrush.
- A change in the colour of your gums.

Periodontitis

Periodontitis is one of the main reasons why adults lose their teeth. It is an inflammation of the bone and soft tissue around your teeth. Without enough bone and soft tissue to hold your teeth in place, your teeth can become loose and fall out. In its early stages, periodontitis is very hard to see. You may not know that you have a problem until you visit your dentist. The warning signs of periodontitis may include:

- A change in the colour of your gums.
- Gums that are red around your teeth.
- Gums that bleed when you brush or floss.