

# Dental and Oral Health Concerns

## Gum Disease

### (Periodontal Disease)



### What is gum disease?

- Gum disease, also known as periodontal disease, is an infection that attacks the gums and bone that support the teeth. It is the most common cause of tooth loss in adults.
- Gum disease is quite often painless and in the early stages, difficult to recognize.
- Caught in the early stages, the disease is easier to treat.

### What can cause gum disease?

- Plaque (a sticky film of bacteria that constantly forms on your teeth) is the major cause of gum disease.
- Tobacco use (smoking, chewing).
- Hormonal changes (for example, pregnancy).
- Your overall health.

### How can I help prevent gum disease?

- Brush your teeth twice a day.
- Floss your teeth daily.
- Do not use tobacco products.
- Have regular dental visits.
- Eat healthy foods.

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### Warning Signs of Gum Disease

Do you have:

Bleeding gums when you brush or floss your teeth?

yes	no
<input type="checkbox"/>	<input type="checkbox"/>

Constant bad breath or bad taste in your mouth?

<input type="checkbox"/>	<input type="checkbox"/>
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Red, swollen or tender gums?

<input type="checkbox"/>	<input type="checkbox"/>
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Gums shrinking away from the teeth?

<input type="checkbox"/>	<input type="checkbox"/>
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Teeth that seem loose?

<input type="checkbox"/>	<input type="checkbox"/>
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Any change in the position of your teeth?

<input type="checkbox"/>	<input type="checkbox"/>
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A change in the fit of partial dentures?

<input type="checkbox"/>	<input type="checkbox"/>
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See your dental professional if you have answered yes to any of these questions. You may have gum disease.

### A friendly reminder...

Regular dental check-ups help ensure a healthy mouth.

For more information about dental health, please call

Halton Region

905-825-6000

Toll free: 1-866-4HALTON (1-866-442-5866)

TTY: 905-827-9833

[www.halton.ca](http://www.halton.ca)

