

How to Prevent Gum Disease

Brush your teeth morning and night.

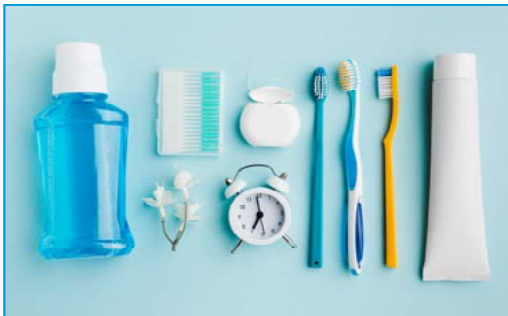
Floss your teeth at least once a day. This may include string floss, flossers with the handles, proxa brushes, etc.

**Did you know that
brushing alone only cleans
50%
of the tooth!**

Mouthwash once a day. This can help reduce inflammation in your mouth and cut down on bacteria.

If you have a dry mouth avoid mouth rinses with alcohol, they will further dry out your mouth.

See a Dentist or Dental Hygienist regularly. Every 3-4 months if you have a history of gum disease.



References

- › Vascular Dementia Alzheimer's Society 2020 Alzheimer's Association
- › Periodontitis and Diabetes: a two-way relationship. PubMed article. By P.M Preshaw, A.L Alba, D.Herrem, S.Jepsen, A. Konsantinidis, K. Makrilakis, and R. Taylor. Published Jan 2012.
- › Gum disease and heart disease: The common thread Harvard medical Press Harvard Medical School Published: March, 2018
- › Dental Hygiene Facts- Periodontal (gum) disease Ontario Dental Hygienists Association
- › Oral Health and Overall Health. Ontario Dental Hygienists Association



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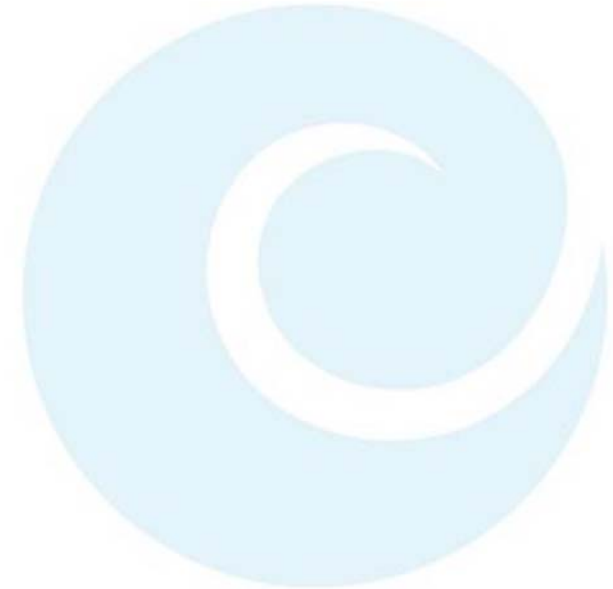
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Rideau Community
Health Services

Your Community Health Centre

Oral Health Facts



A Healthy Mouth for a Healthy Body

Heart

People with gum disease (also known as periodontal disease) have 2-3 times the risk of having a heart attack, stroke or other serious cardiovascular event.

Pancreas

Poorly controlled gum disease can affect your sugar levels and make it more challenging to control your diabetes.

Brain

Vascular dementia is a decline in thinking skills caused by conditions that block or reduce blood flow to various regions of the brain, depriving them of oxygen and nutrients.

ANY conditions that damage blood vessels anywhere in the body can cause brain changes linked to vascular dementia.

Kidneys

Incidences of kidney disease and end-stage renal disease are increased 2-3 times in diabetic individuals who also have severe periodontitis compared to diabetic individuals without severe periodontitis.

Pregnancy

Expectant mothers with gum disease are more likely to experience premature labor and delivery compared to those without.

What Is Gum Disease?

Everyone has bacteria in their mouths working to attack the teeth, gums, and the supporting structures of the teeth. In the early stages this bacteria is known as plaque and in the later stages it is known as tartar.

Research shows that as many as
75%
of adults over the age of 30 may suffer from some sort of gum disease. It is the most common disease of humans.

Plaque

Plaque is the soft slimy layer that forms on your teeth. This is what brushing and flossing can remove. It causes inflammation of the gums and cavities.

Tartar

Tartar is calcified plaque. Once plaque is calcified you can brush all you want and it will not come off. This is why dental cleanings are still important. Tartar causes inflammation as well and can be

very destructive on the gums and the bone holding the teeth in. When gums are swollen or inflamed this is known as gingivitis and it is 100% reversible. With careful homecare the inflammation can be reversed with no damage done.

If the inflammation is left over a long period of time it will develop into gum disease or periodontal disease. It will start to eat away at the bone and supporting structures of the teeth. Once the destruction process has started it cannot be reversed but it can be slowed down with regular cleanings and routine home care.

