

Gingivitis

Gingivitis is an early form of gum disease. It affects around 16 million Canadians.

Signs & Symptoms:

- Red, swollen, and sore gums
- Gums that bleed when brushed or flossed

See an oral health professional if symptoms last more than 2-4 weeks.



Why Should you Care?

- Treating gingivitis prevents bad breath, bleeding gums, dental (tooth) decay and periodontitis.
- There is a connection between oral health and overall health.
- Gingivitis has been linked to diabetes, heart disease, pneumonia (lung disease), cancer and Alzheimer's disease.

If gingivitis is not treated, periodontitis (a serious gum disease) can develop.

YOU CAN REVERSE GINGIVITIS, YOU CANNOT REVERSE PERIODONTITIS.

4 Steps to Prevent and Reverse Gingivitis

1

Brush your teeth at a slight angle towards your gums. Use gentle, side-to-side, wiggling motions

2

Clean in between the teeth every day using floss or an interdental (between teeth) brush

3

Rinse the mouth with an antiseptic (germ-killing) mouthwash

4

Schedule regular check-ups with an oral health professional

