

## What is Gum Disease?

Gum disease (Gingivitis) is an inflammatory disease of the gum tissue. The major cause of gum disease is poor oral hygiene. When plaque (sticky substances that contains bacteria) accumulates on teeth surfaces, it is an early sign of gum disease.



## Do You Have Gum Disease?

You may have gum disease, if you have any of the following:

- Red, swollen and tender gums
- Gums that bleed while brushing
- Gums that are not attached to teeth
- Persistent bad breath or poor sense of taste
- Pus between teeth and gums
- Spaces appearing between teeth
- Loose teeth



Red Swollen gums



Gums not attached to teeth

## Who is at Risk?

Gum disease mainly affects adults, but can also include children.

Factors that increase the risk of gum disease include:

- Tobacco smoking or chewing
- Chronic diseases (such as diabetes)
- Crooked teeth
- Side-effect of some long-term medications
- Pregnancy or the use of oral contraceptives
- Family history of gum disease
- Weakened immunity



## Gum Treatment

Our gum specialist (Periodontist) and general dentists can help you in treating gum disease in the following stages:

1. Clinical and radiographic evaluation
2. Treatment without surgery (Scaling and polishing)
3. Surgical treatment
4. Maintenance



Scaling of teeth