

Global Periodontal Health Project

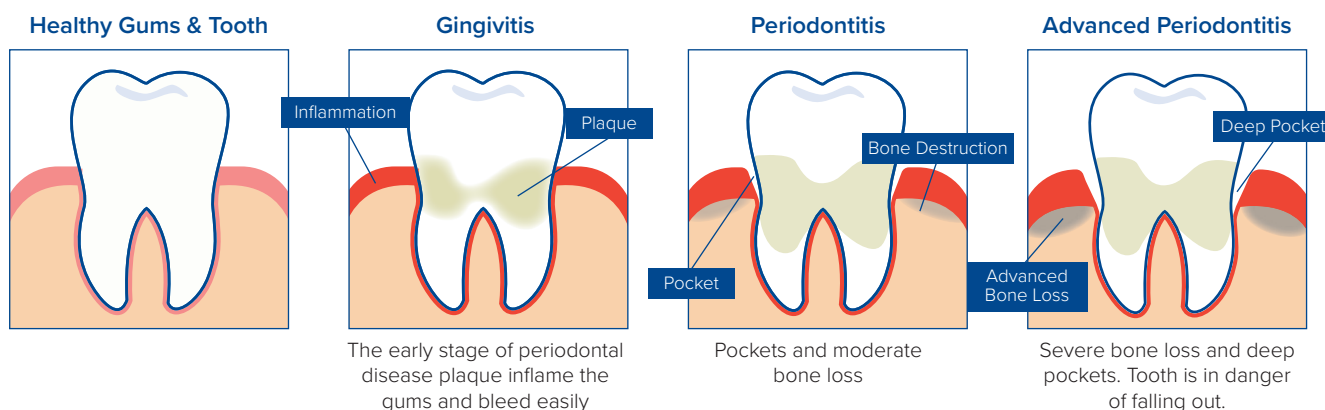


FDI's project to reduce the burden of periodontal diseases

Your oral health professional (OHP) has detected a mild case of periodontal (gum) disease known as gingivitis during your appointment today.

What does this mean?

This means that you have an infection and inflammation caused by uncontrolled dental plaque in your mouth that is painless, and your gums may bleed when you brush - this is not normal. This infection is caused by an imbalance of bacteria in your mouth and gums called dental plaque.



What is dental plaque and why do my gums bleed?

Dental plaque is a complex collection of sticky bacteria that constantly form around the teeth and below the gums. These bacteria continually release harmful toxins that cause gum inflammation (bleeding), halitosis (bad breath) and can also lead to tooth decay. When dental plaque is not effectively removed with daily brushing and flossing, it becomes hard tartar that can only be removed by an OHP.

If gum disease is not controlled, it may progress from reversible inflammation of the gums (gingivitis) to destructive inflammation of the periodontal tissues, you may hear this called periodontitis. Periodontitis results in the permanent destruction of the bone that supports the tooth. If periodontitis is not controlled, it can lead to tooth loss, and this may affect your chewing, speaking, appearance, self-esteem and quality of life.

Is gum disease important?

As well as possibly leading to tooth loss, gum disease may also affect your general health. The mouth is the gateway to the body which allows bacteria and their toxins from untreated and uncontrolled gum disease to enter the blood flow, contributing to serious health conditions, such as diabetes, heart disease, strokes, Alzheimer's disease, pneumonia, kidney disease, some forms of cancer, and adverse pregnancy outcomes.

What increases my risk of getting gum disease?

Mild gum disease can affect most people, but certain risk factors can lead to people suffering the more destructive periodontitis, such as poor oral hygiene, smoking and diabetes. Other risk factors include genetics, stress, obesity, and certain medications. You should discuss with your dentist and/or dental hygienist how to reduce the risk for gum disease.



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What can I do about my gum disease?

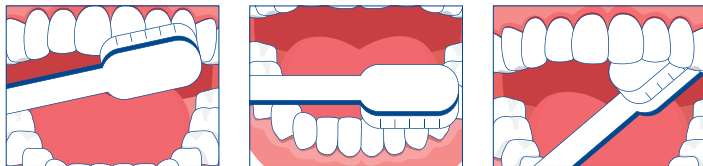
You can fix this, but it needs daily attention and you should seek the help of your OHP as soon as possible to receive the most appropriate and effective periodontal treatment and follow-up care!

Brush well for at least two minutes, twice a day, using either a manual or electric toothbrush that has a soft, small-head with end-rounded bristles, holding the toothbrush at a 45-degree angle to the tooth surface. An electric toothbrush may help to improve plaque removal.

Power Brushing



Manual Brushing



- Use a fluoride toothpaste that contains up to 1500 ppm fluoride.
- You should clean between your teeth daily using floss and/or the correct size interdental brushes.
- Consider using specific toothpastes and/or mouthwashes, with antiplaque and anti-inflammation effects.
- You may also want to clean your tongue using a tongue scraper or your toothbrush.
- Your OHP can help you with the correct oral hygiene routine to achieve maximum results.

How is mild gum disease treated?

The most important step is to perfect your home care routine to prevent plaque build-up. You may need a professional mechanical plaque removal (often called a dental cleaning) to remove any hard tartar build-up above and below the gum line.

Take gum bleeding seriously. You should seek the help of your OHP as soon as possible when you notice any problems and don't forget to visit your OHP twice a year.

How can I reduce my risk of getting gum disease?

You can reduce your risk if you maintain an excellent oral hygiene routine, preventing tobacco use, stopping smoking, eating a healthy and balanced diet and consume less sugar, less often. You can also limit your risk if you reduce the stress in your life, take regular exercise, sleep well and visit your dentist and hygienist regularly.

