Why Are My Gums Swollen?

Swollen or red gums are never normal or healthy.
The name for this inflammation is **"gingivitis,"**
and it is commonly caused by the growth of bacterial toxins produced by inadequately removing dental plaque from our teeth.

WHAT IS PERIODONTAL DISEASE?

Periodontal disease is when acute gingivitis becomes a chronic condition.

50% — According to the Centers for Disease Control, nearly 50% of adults in the United States over age 30 suffer from a periodontal condition.

Chronic inflammation is destructive, and causes the body's defense mechanism to destroy the ligaments and jawbone surrounding our teeth.
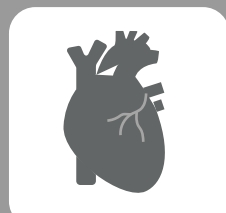
Researchers have linked active periodontal disease with systemic health conditions, like cardiovascular disease, diabetes, and Alzheimer's. Studies show that people with chronic gum disease have a much higher risk for suffering from heart attacks and strokes than those with healthy gums.
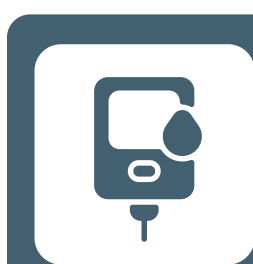
- DIABETES
- ALZHEIMER'S
- CARDIOVASCULAR DISEASE
- HEART ATTACKS
- STROKES

WHAT ARE SOME TIPS TO IMPROVE MY GUM HEALTH?

If you want healthy gums for a lifetime, you have to start **now!**

The most common cause of diseased gums is dental plaque. To keep ahead of plaque build-up, combine daily hygiene with regular professional cleanings. Typically patients should visit their dentist every six months, however you may be recommended for more frequent appointments if you are experiencing periodontal disease.

- ✓ Daily hygiene
- ✓ Regular professional cleanings (6 months)
- ✓ More frequent appointments if needed

NEXT STEPS: DO YOU HAVE SWOLLEN GUMS?

You can start improving the condition of your gums today by improving your brushing and flossing habits at home. Also, if you have not seen your dentist or dental hygienist in over 6 months, **give us a call today.**