

GINGIVITIS



It's more than just bad breath!

'GINGIVITIS'

A mild or early form of gum disease



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Do YOU have GINGIVITIS?

16 million Canadians do!

THE FACTS ABOUT 'GINGIVITIS':

- When teeth are not properly cleaned, plaque forms on the tooth surface
- Plaque causes irritation of the gums, making them red and slightly swollen - this is gingivitis
- More serious forms of gum disease (periodontitis) START with gingivitis

YOU CAN REVERSE GINGIVITIS...

YOU CANNOT REVERSE PERIODONTITIS

4 Steps to prevent & reverse gingivitis:

- 1 BRUSH
- 2 FLOSS
- 3 RINSE with antiseptic mouthwash
- 4 Get a regular CHECKUP with a dental PROFESSIONAL



Signs & Symptoms:

Red, **swollen**, or tender gums that bleed when brushed or flossed & **Bad breath (Halitosis)**



Only 33% of Canadians floss

Why should you care?

- ☞ Good management of gingivitis is a sign of good oral hygiene.
- ☞ This prevents halitosis, bleeding gums, and other more serious dental diseases like tooth decay and periodontal disease.
- ☞ There is a link between **oral** health and **overall** health

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