

# Don't lose your teeth to Gum Disease

**Gum disease is one of the leading causes of tooth loss in adults, responsible for 70% of adult tooth loss and affecting nearly three out every four adults.**

With years of experience, we are able to prevent the development of the bacterial plaque with specialised procedures.

Preventing gum disease is not just a job for your dentist – all our patients are encouraged to maintain healthy gums with daily brushing and flossing and to come in for their 6 monthly active maintenance checks.

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## Maintaining Periodontal Health

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Gum disease, *also know as periodontal disease*, is a common infection of the gum and jawbone. Scientific research continues to support the direct relationship between gum disease and other serious systemic diseases.

Periodontal disease can be extremely destructive since most people do not feel any pain associated with it, which is why it is so important to see your dentist every 6 months.

After age 30, your chances of gum disease increase dramatically. The good news is that our **Active Maintenance** is designed to help you with regular preventive care so that we never have to treat this preventable disease or what it can lead to.

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## What causes gum disease?

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The main cause of gum disease is through the build up of plaque on your teeth. If not

removed, either through brushing or at your dental check up, then this bacterial plaque will harden into Tartar, also known as calculus. Plaque and tartar produce the toxins that can lead to gum disease.

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## How will I know if I have it?

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Some of the signals of gum disease include:

- Inflamed and red gums
- Gums bleeding when you floss or brush
- Gaps opening between your tooth & gum
- Continued bad breath
- Wobbly teeth or teeth that appear to be shifting

Often many patient don't experience pain until gum disease has become advanced so if you experience one or more of the above symptoms then it is wise to tell us and we will check on your next visit to see if there is any gum disease present.

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## What does periodontal treatment involve?

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Active maintenance, ie regular 6 monthly checks along with a good home care routine will help to prevent gum disease.

In order to save your teeth, it is important to catch periodontal disease in the early stages.

If you have more questions about **gum disease** or want to schedule an appointment with our dentists, please contact Alderley Dental on **07 3856 2144**.