

Gum Disease and Your Teeth

REMEMBER:

- Teeth are meant to last a lifetime.
- Cleaning is a 2 step process:
 - 1/ Brush with a soft or electric toothbrush twice daily
 - 2/ Floss or use other approved products to clean in between your teeth once daily
- Visit your Dental Hygienist regularly to create your own personal maintenance program



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Isn't tooth loss a natural part of growing old?

You know that people lose their teeth as a result of decay. But you may be surprised to learn that this is not the most common reason for adult tooth loss... It's actually Gum Disease.

The gums and supporting bone are the foundations for your teeth, they hold the teeth in your jaw—just like a building needs strong foundations to support it, so do your teeth. If you lose the foundation, you can lose perfectly healthy teeth.

The major cause of gum disease is PLAQUE—a sticky film that forms on the teeth. If this is not properly cleaned away everyday, it can harden to form dental calculus (tartar). In time, the bacteria in plaque and tartar cause inflammation and destroy the structures (gums, ligaments and bone) that are holding the teeth in the jaw.



Gingivitis (above) is the first sign of gum disease. This is characterized by bleeding and inflamed gums.



Periodontitis (above) is the more advanced form of gum disease. It is characterized by loss of gum and bone around the base of the teeth and tartar build up underneath the gums.

So How is Gum Disease Prevented?

There are 3 simple steps to preventing Gum Disease

1. Brush with an electric toothbrush or a soft manual toothbrush. Try not to **scrub** your teeth—Be thorough but gentle.
2. Floss or use another product to clean in between the teeth. This step is as important as brushing - the bristles of your toothbrush DO NOT clean in between your teeth... No matter what the packaging says!
3. Visit your Dental Hygienist . They have been specially trained to provide preventive treatment and advice about your oral health. They can help you create an “individual maintenance program” that will help you choose the correct products and techniques to use for optimal home hygiene.