

## Gum Disease, No Way!

You may have experienced bleeding of the gingivae (gum) on toothbrushing, but you may not have realised that you are suffering from a chronic disease which destroys the tissues surrounding the root(s) of a tooth (periodontal tissues) – the Gum Disease. The disease is caused by the dental plaque on the tooth surface.

### Dental Plaque and Gum Disease

If the teeth are not thoroughly cleaned, the toxins released by the bacteria of the dental plaque, which has accumulated along the gingival margin for a period of time, irritate the periodontal tissues, including the gums, periodontal membrane and jaw bone, leading to Gum Disease.

### Healthy Gums

Gingivae are pink and tightly bound down to the tooth with no unexplained bleeding or swelling.



### Mild Gum Disease

Gingival margin is red, swollen and gingivae bleed easily on toothbrushing. At this stage, periodontal tissues are not seriously destroyed. This mild gingival inflammation will gradually subside if treatment is received early.



## Calculi Deposit

The dental plaque deposits at the gingival margin can be calcified by the saliva to form calculus. The rough surfaces of the calculi make dental plaque more difficult to remove. It enhances dental plaque accumulation, and makes the gum disease worse.

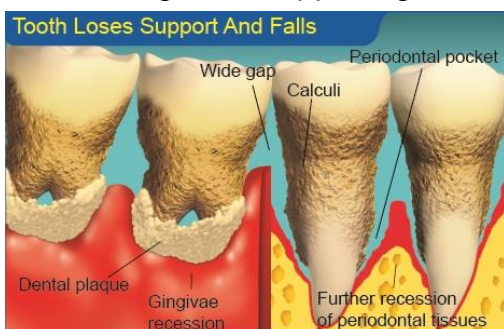


## Severe Gum Disease

When the oral hygiene is persistently poor, the periodontal tissues will be continuously under inflammation and destruction. The gum becomes detached from the root surface, such that a tiny space called periodontal pocket will be formed. The gum and the supporting bone will recede, and the root will be exposed.



Continuous destruction of the periodontal tissues results in further recession of the surrounding tooth supporting tissues.



The tooth loses its support, becomes loose and starts to drift, giving rise to gaps between teeth; also affecting the bite between the upper and lower teeth. The tooth may fall out.

### **See the Dentist Early**

If you are suffering from gum disease, go and see a dentist immediately to have the calculi removed. The dentist will perform periodontal surgery to eliminate the periodontal pocket.

### **Maintain Good Oral Health to Prevent Gum Disease**

#### *Remove Dental Plaque Thoroughly*

To brush the teeth in the morning and before bed time at night, and floss every day to thoroughly remove the dental plaque on the tooth surfaces.

#### *Have Dental Check-up Every Year*

To have annual dental check-up for early detection and treatment of gum disease.

#### *Not to Smoke*

The chance of a smoker getting gum disease is 5 times or more likely higher than that of a non-smoker. The nicotine in cigarette causes the blood vessels to contract, making gum disease difficult to be detected, allowing the disease to progress unnoticed. Please do not smoke.

#### *Clean Dentures Thoroughly*

Dental plaque and food debris easily accumulate on the denture surface, affecting the periodontal health.

Some chronic diseases, such as diabetes mellitus, reduce the body resistance, giving rise to gum disease easily. These illnesses result in a compromised immune response or healing systems, thus making gum disease difficult to recover if good oral health is not maintained.

### **Say 'Yes!' Keep away from Gum Disease**

Prevention of gum disease can save your money and keep you away from the discomfort in treating the disease. Life is brighter with healthy periodontal tissues. Teeth are precious.