Gum and Periodontal Disease

⚠️ Signs of Gum Disease
- Red and swollen tender gums
- Bleeding during brushing and flossing
- Gums that pull away from teeth
- Pocket between the gum and tooth
- Persistent odor

Gum Disease increases the risk for:

- Tooth Loss
- Higher Sugar Levels
- Stroke
- Preterm Babies
- Heart Disease

DID YOU KNOW?
Gum disease is an infection of the tissues that support the teeth and is usually caused by plaque. It ranges from its mild form, Gingivitis, to its most severe form, Periodontitis. Nearly 50 percent of Americans over age 30 have Periodontitis.

FOR MORE INFORMATION ABOUT THE IMPORTANCE OF ORAL HEALTH, VISIT DELTADENTALOK.ORG/ORALHEALTH
Risk Factors for Gum & Peridontal Disease

**GENETICS**
While genetics may play a role, no gene to date has been identified that has a larger impact on periodontitis than environment influences, such as tobacco use and diabetes.

**TOBACCO USE**
Many non-cigarette alternatives are often marketed as healthier than smoking, but tobacco, in any form, is harmful. There is no such thing as a harmless tobacco product.

**CERTAIN MEDICATIONS**
Discuss any medications with your dentist, especially those that cause dry mouth.

**POOR ORAL HYGIENE**
Only a dental health professional can remove tartar build up once it spreads below the gums.

**DID YOU KNOW?**
Gum & Periodontal disease can be reversed by proper hygiene and regular cleanings at the dentist. Delta Dental of Oklahoma covers preventive care visits at 100 percent.