



Your Dental Health

by Zane Broome, D.D.S.



REVERSING GUM DISEASE

Gum disease, also called gingivitis, happens when gums are chronically inflamed and infected. Common signs are swollen, tender, and bleeding gums. Gingivitis is sometimes called early gum disease, and it can be reversed with proper oral care and maintenance. Advanced gum disease is called periodontitis, and is not reversable or curable. It happens when the gums pull away from the teeth, forming pockets that cause bone loss and root damage. If you are in the early stages of gingivitis, it's not too late to improve your oral hygiene and reverse the disease. The best ways to both avoid and reverse gum disease are brushing twice a day, flossing at least once a day, and having dental cleanings every six months.

Cavity-causing bacteria and its resultant damage can be controlled if we deal with bacterial plaque activity on a daily basis. A toothbrush alone, however, no matter how often used, cannot do the whole job. It takes the combined effort of smart eating, conscientious daily brushing and flossing, and professional visits to promote total oral health as well as complete body health. If it's been too long since you treated your teeth and gums to professional care, now would be a good time to call us for an appointment (603-532-8720). We're **MONADNOCK DENTAL ASSOCIATES**, located at 123 Main Street, Jaffrey. Keep Smiling!

P.S. Advanced periodontitis can cause tooth loss, and the bacteria associated with the disease can lead to or worsen a number of serious health conditions.

*Ask our staff how to become part of our **Whitening for Life Team***

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