

BLEEDING GUMS

Noticing bleeding gums while brushing or flossing can cause alarm. Often the cause of bleeding gums is as simple as brushing too hard, but in some instances it can be a symptom of something more serious.

Bleeding Gums Causes

One of the biggest bleeding gums causes is the buildup of plaque on the teeth. If left unaddressed this will lead to gingivitis, an early stage of gum disease. Alongside bleeding gums, symptoms of gingivitis include red and puffy gums.

Gingivitis occurs when plaque, which contains bacteria, builds up on teeth and produces toxins that irritate the gums. Signs of gingivitis include bleeding, puffy, sore, inflamed or red gums. Managing gingivitis is important so that it doesn't progress into a more serious form of gum disease.

Thorough daily plaque removal is your best weapon against gingivitis. Other factors that might increase your risk of gingivitis include smoking, stress, hormonal changes, poor nutrition, medications and chronic diseases.

Treatment and Prevention of Gingivitis

Here are some important ways to help manage gingivitis, and remember, it's all about keeping your teeth as free from plaque as possible:

1. Brush thoroughly twice a day with an antigingivitis toothpaste.
2. Rinse thoroughly with an antigingivitis mouthwash.
3. Use a soft bristled manual or electric rechargeable toothbrush.
4. Floss daily.
5. Visit your dental professional regularly.

Causes and Treatment of Pregnancy Gingivitis

Pregnancy gingivitis is caused by a rise in the hormone progesterone which can contribute to an increase in the flow of blood to gum tissues making them sensitive, swollen and more likely to bleed when you brush and floss. These hormonal changes can make it easier for certain gingivitis-causing bacteria to grow and can make gum tissue more tender. While pregnancy gingivitis can occur anytime between the second and eighth month, it's usually more severe during the second trimester.

Controlling plaque is the most important thing you can do to prevent problems with pregnancy gingivitis. A strict home care routine of proper and meticulous plaque removal should start even before you are pregnant. Not all oral care products are the same, so be sure to choose a toothpaste and mouthwash designed to treat plaque and gingivitis. Also try a soft electric rechargeable brush to make plaque removal easier.

Blood thinning medications may also cause your gums to bleed. If you think your bleeding gums might be due to medication, get in touch with your dentist.

Bleeding Gums Treatment

The best way to find out the cause of your bleeding gums is to book an appointment with a dental professional. Your dentist or dental hygienist will be able to advise you on the best bleeding gums treatment according to your symptoms.



PREGNANCY GINGIVITIS

What is pregnancy gingivitis?

Gingivitis occurs when plaque, which contains bacteria, builds up on teeth and produces toxins that irritate the gums. If you have bleeding, red, puffy, sore or inflamed gums, it's probably gingivitis.



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An Example of Pregnancy Gingivitis

Occasionally a red lump or “overgrowth” develops on the gums – usually near the upper front teeth. These are called pregnancy tumors and they are not cancerous or contagious. If you have a pregnancy tumor you should contact your dentist, but most of these lumps disappear after the baby is born.

Between 60% and 70% of women experience pregnancy gingivitis

Why is it important to manage pregnancy gingivitis?

Managing pregnancy gingivitis is important so that it doesn't progress into a more serious form of gum disease called periodontitis. Periodontitis can lead to serious oral health problems that could require surgery or lead to tooth loss. Your overall health – as well as the health of your baby - can be affected by the health of your teeth and gums. Some research has even shown a connection between poor gum health and premature delivery.

What can I do to prevent pregnancy gingivitis?

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Oral care tips for a healthy pregnancy

- Don't skip regular check-ups at your dental office
- Use a soft power toothbrush and floss gently to prevent injury to delicate gum tissues
- Use an antigingivitis/antiplaque toothpaste twice a day and floss daily
- Rinse with an alcohol-free antigingivitis/antiplaque mouthwash
- Rinse your mouth after a bout with morning sickness to keep acids from affecting your teeth and gums

- Follow a healthy diet including plenty of calcium, phosphorus, protein, and vitamins A, C and D. Talk to your obstetrician about the need for vitamin supplements.

CONGRATULATIONS!

While you are enjoying this exciting time of your life, remember that giving special attention to your teeth and gums will pay off down the road - - and set a great example for your new child!



WHAT IS GINGIVITIS?

Did you know... 75% of Americans will experience gum disease at some point in their life? Gingivitis is an early stage of gum disease can be easily managed, prevented and treated.

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ARE YOU AT RISK OF GUM DISEASE?



CIGARETTES

2X

Smokers are more likely to get gum disease than non-smokers



18% of American adults smoke



DIABETES

AROUND **95%**

of diabetics will experience some form of gum disease

More dentists will diagnose the early signs of diabetes than any other medical professional.



PREGNANCY



BETWEEN 60% & 70%

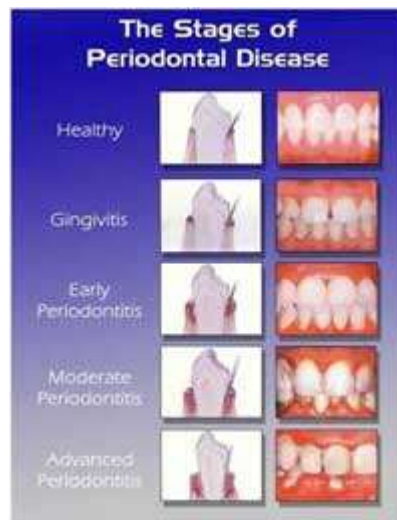
of women experience gingivitis when pregnant—this is caused by increased hormones



YOUR HEALTH

Gum disease has been associated with health problems across many other areas of the body:

- Cardiovascular disease (atherosclerosis)
- Adverse Pregnancy outcomes (pre-term birth and low birth weight)
- Rheumatoid Arthritis
- Pulmonary Disease
- Cancer



What is the difference between gingivitis and advanced periodontal diseases?

Gingivitis and periodontitis are “stages” of periodontal, or gum, disease. Gingivitis is the earliest form of gum disease marked by inflamed, swollen, bleeding and red gums. Gingivitis is reversible, but if not treated can progress to the more advanced stage called periodontitis where gums pull away from teeth allowing bacteria to cause infection that can damage teeth and their supporting bones. Periodontitis is actually the leading cause of tooth loss.

Periodontitis can cause permanent damage. Follow a strict oral hygiene routine to catch gingivitis early and avoid the progression to more serious gum disease.