

GUM DISEASE

Unhealthy gums play dirty tricks on hearts and arteries

Gum disease leads to heart disease? Yes, it can. Nasty bacteria that makes your gums sensitive and swollen can cross into your bloodstream, hurt your arteries and cause inflammation in your heart!



You probably won't see or feel the first signs of gum disease

Your mouth is full of bacteria that live off the food and sugars left behind after you eat. These bacteria can form sticky, gooey plaque.

Plaque releases acid that weakens your tooth enamel and irritates your gums. If you don't brush, floss and get a dental cleaning every six months, the plaque can harden, and your gums will start telling you they're in trouble.

From gingivitis to periodontitis

Without treatment, your gums will pull away from your teeth, forming pockets. Plaque loves to party in dental pockets which can quickly become infected. Bacteria and your body's attempt to fight them can break down the bone and ligaments that hold your teeth in.

Swollen gums (aka gingivitis)

Gingivitis – sensitive, swollen gums that bleed easily – is the first stage of gum disease. Bleeding while brushing or flossing is a sign of gum disease and means that your gums are not healthy. The good news? Getting dental cleanings can help stop gingivitis before it does permanent damage.

And then they're gone

Your teeth will become loose as gum disease progresses. Left unchecked, your teeth may become so loose that we have to remove them. Or, they may fall out on their own.