

Gum Disease - Gum Disease, also known as periodontal disease, occurs when bacteria present in plaque trigger inflammation in the gums resulting in symptoms such as redness, swelling, and bleeding. While not deadly, it is a significant oral health concern as it can lead to tooth loss if left untreated. Here's everything you need to know!

Q. Why Does Gum Disease Occur?

A. Poor Oral Hygiene

Every day the foods and drinks we consume form a sticky clear bacteria filled film over our teeth called plaque, if the plaque on our teeth is not removed daily by brushing or flossing, it irritates and inflames the gums.

Q. What happens if Gum Disease Is Left Untreated?

A. Gum Recession and Tooth Loss

If Gum Disease is left untreated the inflammation and infection can spread deeper into the gums and affect the surrounding structures, including the bones that support your teeth. Thus eventually causing your teeth to detach from the structure and become loose.

Now you may ask "How can I identify if I have Gum Disease?"

Here are some common symptoms to look out for;

- Red, swollen or tender gums
- Gums that bleed easily
- Persistent bad breath
- Receding Gums
- Loose or shifting teeth

If you're experiencing any of these symptoms, it may be a good idea to reach out to a dentist for a professional evaluation! You can do so by calling our office at **905-623-0898** or through the **message box on the home page**. Remember, early detection and intervention are key to managing gum disease effectively!



