

How to Know If You Have Gum Disease?

Are you also seeing blood sinking out when you brush or floss your teeth lately? If yes, then it is one of the warning symptoms that you may have **gum disease**.



The normal type is known as gingivitis. If you are having this, which means only the gums are infected. If you are not going to cure this, then the infection will spread under the gum line and even into your bones. Thus, it becomes a more critical form of gum disease called periodontitis.

Further, both periodontitis and gingivitis will lead to an increase in the risk of things like cancer, diabetes, and heart disease, etc. Hence, early detection is the best way to cure them.

Read the complete article to know more about gum diseases.

What is gum disease?

Gums disease is also known as Gingivitis, it is an irritation of the gums, generally occurs by a bacterial disease. If they are left without the treatment then it would be a more critical infection, which is called periodontitis.



Periodontitis and gingivitis are the serious causes of the problems like tooth loss in adults, as per the American Dental Association.

What causes gum disease?

The gums are bonded to the teeth at a lesser point than the gum edges as we could see. This is the formation of a small space called a sulcus. The plaque and food particles are caught in the area and lead to gingivitis or gum infections.

There is a thin layer of bacteria known as plaque. This generally forms on the teeth' surface. As the plaque advances, this becomes stronger and formed into tartar. And this might lead to a gum infection when the plaque enlarges under your gum line.

If they are left unchecked then the gingivitis formation may lead to the gums the teeth separation. This will cause the following issues-

- The tooth loss, if the infection grows
- Damages in the soft tissues and bone assist with the teeth
- Teeth which become unstable and loose.

What are the symptoms of gum disease?

Listed below are some of the signs of gum disease-

- Tender or **swollen gums**
- Bright, puffy, or red gums
- Gum sensation
- Bleeding at the time of brushing or flossing

How to treat gum disease?

Having gum disease or gingivitis, then you need to practice better oral hygiene to cure the gingivitis. If you are doing smoking then you need to avoid that also and keep your diabetes to survive this situation. To leave smoking is challenging, but a [Walk-in Dentist Near me](#) will help you in doing this.

Several other treatments to cure gum disease are as follows -

- Surgery
- Deep cleaning of your teeth
- Antibiotic medications

How to prevent gum disease?

Having proper and good maintenance of oral hygiene will avoid gum diseases.

This might involve the following -

- Everyday flossing of your teeth
- Seeing a dentist regularly
- brushing your teeth at least twice a day with fluoride toothpaste

To accomplish the goal of good dental health, taking a balanced diet is also important.

Summing up!!

Hopefully!! The above article has given you complete details of gum diseases. Further having any doubts and confusion, then you can contact our [dentist office near me](#). Moreover, they are best in serving other processes like a **dental bridge**, dental crowns, etc. To book an appointment, make a phone call on (346) 815-9997.

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