

How To Know If You Have A Gum Disease and Prevent It

Facing the problem of swollen gums? Many people today are suffering from **Gum Diseases**. It is surprisingly a common phenomenon around the globe. Initially, it starts with a little inflation in the gum tissues supporting the teeth. This issue generally happens due to poor dental hygiene.

Gum Disease can certainly be of two types;



1. [Gingivitis and](#)
2. [Periodontitis.](#)

Gingivitis is a situation when the gums supporting the teeth swells up. The main reason includes the pile of food debris stuck to your tooth. This gradually creates dental plaque and becomes hard to remove through brushing or flossing. If it gets deposited in excess can

create tooth pain and inflammation of the gum. In such a case, it can only be removed by a professional dentist.

Periodontitis is very common but is preventable. The general cause is poor hygiene which might lead to tooth loss. It damages the soft tissues and destroys the bone supporting the teeth. Brushing daily at least twice, flossing regularly and periodic checkups can help prevent the condition.

Gum Diseases Symptoms:

Before searching for the **treatment for gum diseases**, it is important to identify the **symptoms**. Following are some of the relatable symptoms that might be the reason for gum diseases;

- **Bad Breath:** Our mouth is home for millions of bacteria which feed on the plaque. These bacteria build-up and release toxins which result in a foul smell.

- **Swollen Red Gums:** Here you must pay attention, as gum diseases start with inflammation of the gum tissue. Sometimes you might even see blood or feel pain when you brush.
- **Sensitive Teeth:** If a cold sip makes you miserable, your gums might be telling you something. When gums recede, dentin is exposed making teeth sensitive to cold beverages.



What gum Diseases Causes?

The main cause related to infections in the mouth leading to gum disease is poor dental hygiene and consumption of unhealthy diet.

The bacteria in our mouth feed on plaque releasing toxins resulting in various gum diseases. Here is a list of other

causes that leads to Gum diseases;

- Chewing tobacco and smoking prevents healing of gums and rather makes them weak.
- Consumption of sugar or sugar-based packaged products causes serious dental issues.
- Consumption of alcohol reduces the immunity and thus increases more unwanted bacteria.
- Hormonal changes in the youngster are also seen as a cause giving rise to gum diseases like gingivitis.
- Abnormal saliva formation can also lead to gum diseases such as gingivitis.

How to get rid of a gum infection?

Gum Disease Treatment includes antibiotic therapy just as you would expect for any other disease. Once you get the symptoms and causes leading to gum diseases, it is recommended that you should get the treatment at the earliest.

It is important to visit the dentist often to prevent any such diseases in future.

- In order to treat gum diseases, the first and the foremost thing to do is brush and floss after every meal. This will help reduce the chances of gum diseases.

- Medication is important to cure gum disease as a part of the treatment.
- Use dentist recommended anti-bacterial mouthwash daily with your brushing routine to help control the bacteria thus preventing gum diseases.
- If the problem is serious the dentist might recommend for surgery. This can be done by replacing a gum tissue of the exposed tooth with another to prevent bone loss or further decay.