GUM DISEASE IS THE #1 REASON ADULTS LOSE THEIR TEETH

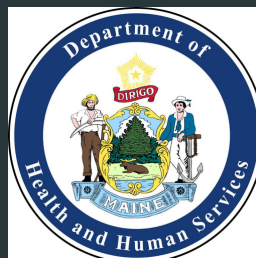You can have healthy gums and keep your teeth for life.

Remember to:

- Brush your teeth every day.
- Use dental floss every day
- See your dentist for regular check-ups
- Use fluoride toothpaste or mouth rinse
- Limit sweets
- Stop smoking or chewing tobacco.

It's never too late to take better care of your teeth and gums.

DHHS
NON-DISCRIMINIATION NOTICE

KEEP YOUR TEETH FOR LIFE

Prevent Gum Disease

KEEP YOUR TEETH FOR LIFE: PREVENT GUM DISEASE

Most Important: Clean your teeth every day.

1. Brush your teeth
   a. Use a soft toothbrush.
   b. Hold the toothbrush with the bristles pointed towards the gum line.
   c. Use short back and forth strokes or circles.
   d. Brush the inside, outside and top of each tooth.
   e. Brush the top of your tongue.
2. Clean the space between your teeth and gums.
   a. Use dental floss, wooden toothpicks or dental rubber tips.

Other Tips:

- Use fluoride toothpaste.
- Fluoride mouth rinse also helps.
- Tobacco harms your gums.
- Stop smoking or chewing tobacco
- Limit sweets and snacking
- see a dentist for checkups.
- Ask a dentist or dental hygienist to show you the best way to care for your teeth.

DO YOU HAVE GUM DISEASE?

Anyone can get gum disease and not know it. Gum disease is often painless.
Check to see if you have any of these:

1. Red Puffy gums that bleed when you brush your teeth
2. Gums peeled away from your teeth
3. Pus between your teeth and gums
4. Bad Breath
5. Loose Teeth
6. A Change in how your partial denture fits.

If you have any of the above symptoms, you may have gum disease. See a dentist to find out. If it is not treated, it often gets worse. Teeth may loosen and later fall out.

What Causes Gum Disease?

Gum disease is an infection of the gums.

There are always germs in your mouth. Every day germs form a clear film on your teeth and under your gums. This film is called plaque ("plack").

You can remove plaque by cleaning your teeth well every day with a toothbrush and floss, so you don't risk gum disease.