



LIBERTY cares about more than just teeth!

Adult Care

help sheet: Healthy Mouth & Body



Research suggests that there may be a link between **gum disease** and other health concerns such as cardiovascular problems, stroke, and increased risk during pregnancy. **The early stage of periodontal disease is called gingivitis.** The good news is that this early stage is usually reversible. Sometimes, all it takes are more regular professional cleanings and better home care.

Prevention

Regular checkups are important. During an examination, your gums are evaluated for periodontal disease. You can help prevent gum disease by practicing good **oral health techniques from home.**

You may not be aware that you have gum disease because often there is no pain. However, there are **warning signs** and you should **call your dentist** if you experience any of the following:

- Gums that bleed easily
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath or bad taste in the mouth
- Permanent teeth that are loose or separating

Top right: healthy gums and teeth.
Below: early stage of periodontal disease. **Bottom right:** gingivitis.



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