



CHARLTON ROAD
DENTAL™

HOW TO PREVENT GUM DISEASE AND KEEP YOUR SMILE HEALTHY

Gum disease—ranging from gingivitis (inflamed, bleeding gums) to advanced periodontitis—is common but highly preventable. Here's how to protect your gums and safeguard your oral and overall health.



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1. MASTER AT-HOME ORAL HYGIENE

- Brush twice daily: Use a soft-bristled brush at a 45° angle to gently clean the gumline with small circular strokes. Spend about two minutes brushing each time to cover all surfaces effectively.
- Floss or interdental brush daily: These tools clean between teeth and beneath the gum line, where plaque often hides. Interdental brushes are especially effective for wider gaps.
- Consider mouthwash: An antiseptic mouthwash can further reduce plaque and bacteria—but don't rinse with water immediately after brushing, as this washes away beneficial fluoride.

2. REGULAR DENTAL CHECK-UPS & CLEANINGS

- Schedule professional cleanings every six months, or more often if you have risk factors or history of gum disease.
- Dentists can detect early signs—such as gum inflammation or deep pockets—and provide scaling and root planning before damage progresses.

3. EAT WELL FOR STRONGER GUMS

- A balanced diet rich in calcium, vitamin C, vitamin D, and omega-3s supports gum and bone health. Foods like leafy greens, dairy, fatty fish, nuts, and berries are all helpful.
- Limit sugary and acidic foods/drinks, as they fuel bacterial growth and weaken your enamel and gums. After indulgences, rinse with water or brush when possible.



4. AVOID TOBACCO & LIMIT ALCOHOL

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5. MANAGE STRESS & UNDERLYING HEALTH CONDITIONS

- Chronic stress can suppress immunity, increase inflammation, and make gum issues more likely—even changing chewing habits or triggering teeth grinding.
- Conditions like diabetes, hormonal changes (pregnancy or menopause), dry mouth (from medication), and genetic predisposition can elevate your risk. Discuss these with your dental team.



6. RECOGNISE EARLY SIGNS

Watch for these symptoms:

- Bleeding, tender, swollen, or red gums
- Persistent bad breath or bad taste
- Receding gums, loose teeth, or changes in bite alignment
- Pus around teeth or gums

These may be early gingivitis signs. Prompt treatment often reverses gum inflammation and prevents serious damage.



7. WHY IT MATTERS: BEYOND JUST YOUR MOUTH

- Gum disease doesn't stay isolated—it's linked to heart disease, diabetes, cognitive decline, rheumatoid arthritis, even some cancers.
- Older adults with gum disease face higher risks of tooth loss, which reduces nutrition and impacts overall well-being—and can even contribute to dementia risk.
- A simple habit like daily flossing may reduce your risk of major systemic conditions and contribute to longer life.

A wooden toothbrush with black bristles lies horizontally across the top left. Two white, round pills are positioned to the right of the toothbrush. The background is a solid light blue color.

HOW TO PREVENT GUM DISEASE

Gum disease doesn't have to be a silent threat. With daily at-home care, balanced nutrition, a smoke-free lifestyle, and regular professional follow-up, you can protect your gum health—and contribute to your long-term well-being.

If you're noticing any warning signs or are unsure about your hygiene routine, reach out to your dentist for advice—it's never too early or too late to start protecting your gums.



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