



Gum Disease

Fact Sheet

Do you know the facts about gum disease?

ABOUT GUM DISEASE

Gum disease is very common – it affects more than half of adults with natural teeth. It can be treated by a dentist or hygienist and in the early stages the effects can be reversed.

There are three main types of gum disease: gingivitis, periodontitis and acute necrotising ulcerative gingivitis (ANUG). ANUG, also known as ‘trench mouth’, is a severe type of gum disease that develops suddenly. It can be treated with good dental hygiene, including brushing your teeth twice a day, and antibiotics.

CAUSE OF GUM DISEASE

Gum disease happens when plaque builds up around teeth that aren’t cleaned properly. This is more likely to happen if you find it difficult to clean your teeth well, for example if you wear braces or dentures, or have irregularities in your teeth that you can’t reach with a toothbrush.

There are other factors that can make you more likely to get gum disease, for example if you smoke or have diabetes. You may also be more likely to get gingivitis during hormonal changes, such as during pregnancy or puberty.



SIGNS OF GUM DISEASE

- Bleeding gums when you brush your teeth
- Bad breath or a bad taste in your mouth
- Redness and swelling
- Gums that are receding
- Sensitive teeth
- Loose teeth

