



## Hidden Threats to Your Oral Health



When you visit your dentist, part of your checkup includes checking your mouth for any sign of gum disease, oral cancer and other oral health problem that may lead to or be a sign of serious health problems. Studies show a relationship between oral health and other overall health problems such as diabetes, heart

disease and stroke. Your dentist knows your mouth best and has the expertise to diagnose, treat and otherwise take care of all your oral health needs. Between dental visits, you can check your mouth for any hidden threats to your oral health and report them to your dentist.

### Gum disease

Gum disease, also known as periodontal disease, is one of the most common oral health problems adults face. It is often painless and happens slowly. Sometimes you may not notice any signs until the disease is serious and you are in danger of losing your teeth. The 2 main kinds of gum diseases are gingivitis and periodontitis.

**Gingivitis** is a term used to describe inflammation of the gums. It may or may not be painful. If you have gingivitis, your gums may be a bit red and bleed when you brush, but you may not notice anything. The good news is that gingivitis can be prevented, and if started, it can be reversed.

The warning signs of gingivitis may include:

- Puffy gums.
- Traces of blood on your toothbrush.
- A change in the colour of your gums.