GUMS (BLEEDING)

Bleeding in the gums

CAUSES

GINGIVITIS

When a person has gingivitis, the gums are inflamed and may be more sensitive to activities like brushing teeth.

Symptoms:

- Gums that are swollen, red and bleed easily
- Bad breath

DO:

- Thoroughly brush your teeth with a fluoride toothpaste at least twice a day or after every meal. Floss your teeth at least once a day. Your gums may bleed as you brush, but once the plaque has been removed, the bleeding will subside.
- Enhance your diet with foods rich in Vitamin A and C, and Calcium. Include fruits, vegetables and dairy products in your daily meals.
- Visit your dentist to have your teeth cleaned twice a year.

DON'T:

- Don't smoke.

PERIODONTITIS

If swelling gums go untreated, the tissues that support the teeth may become infected. Plaque that forms around the teeth attacks these tissues (called the *periodontium*) and may cause loss of teeth.

Symptoms:

- Gums that are swollen, red and bleed easily
- Bad breath
- Teeth that are over-sensitive to heat and cold

DO:

- Thoroughly brush your teeth with a fluoride toothpaste at least twice a day or after every meal. Floss your teeth at least once a day. Your gums may bleed as you brush, but once the plaque has been removed, the bleeding will subside.
- Enhance your diet with foods rich in Vitamin A and C, and Calcium. Include fruits, vegetables and dairy products in your daily meals.
- Visit your dentist if you feel pain in your gums or teeth.

DON'T:

- Don't eat food that contain a lot of sugar.

Flossing, brushing your teeth and visiting your dentist yearly are good habits to keep to protect your teeth and gums.

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