

## Prevention of Gum Disease

Gum disease is one of the main causes of the loss of the teeth in adults. Gum disease does not just affect the oral health. Gum disease is also known to be linked with heart disease and heart attacks. The American Dental Association acknowledged that the toxins in the mouth which are associated with gum disease may eventually lead to heart problems or disease like artery blockage and heart attacks.

Gum disease is the inflammation of the gums surrounding the teeth and regular visits or check ups by your dentist is the best prevention of gum disease. The American Dental Association stated that maintaining proper oral hygiene is the best ways of prevention of gum disease (e.g. gingivitis, periodontitis) and other dental disorders or problems. Maintaining a good oral hygiene take effort, this is why most people have gum disease because they do not pay sufficient attention to oral care or have poor oral hygiene. Listed below are some of the best means in the prevention of gum disease:

\* Brushing and flossing the teeth carefully and frequently prevents any plaque and tartar build up in the teeth. Tartar is one of the main causes of gum disease. The prevention of plaque build up is the same as prevention of gum disease. Flossing your teeth on a daily basis also is the best means of protection of gum disease because flossing is the only way to remove plaque in between the teeth that is out of reach by a toothbrush. Also, using toothpaste with fluoride give additional protection against tooth decay.

\* Using mouthwash. Rinsing your mouth with an antibacterial mouthwash give additional protection against plaque. Hydrogen Peroxide based mouthwash are advisable. If you already have a gum disease avoid using alcohol based mouthwash because alcohol based mouthwash may worsen the condition of the gum disease.

\* Chewing gums are good for assisting the oral irrigation between and around the teeth. Chewing gums are good for cleaning and removing particles.

\* Regular visit to the dentist for regular check ups is also one of the best means of prevention of gum disease. Dental check ups serves to monitor an individual's oral hygiene and the individual's level of the bone around the teeth. Dental check ups also helps identify the early stages of gum diseases, and monitors the progress of the treatment of the gum disease.

Prevention is the always the best cure for any kinds of problems or disease. Proper oral hygiene like brushing at least twice a day, flossing daily is a good way of preventing gum disease. Make it a habit to visit your dentist to have regular dental cleanings and dental check ups. Visit your dentist at least once every six months.

## About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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