# All About Gum Disease

Did you know that one in two Americans over 30 has gum disease?[1] Inflammation of the gum tissues is the leading cause of tooth loss in adults, and your risk of gum disease increases as you age.

## Look for these warning signs

• Red, tender or swollen gums

• Bleeding gums while brushing or flossing

• Gums that seem to be pulling away from your teeth

• Chronic bad breath or a bad taste in your mouth

• Teeth that are loose or separating from each other

## Stop gum disease in its tracks

• Brush for two to three minutes, twice a day, with fluoridated toothpaste.

• Floss every day.

• Eat right. Make sure your diet includes plenty of vitamin C, an essential building block for healthy gums, and avoid starch and sugar, which promote plaque.

[1] Prevalence of Periodontitis in Adults in the United States: 2009 and 2010. Journal of Dental Research. 2012.

We keep you smiling®
deltadentalins.com/enrollees