

Smile 😊

# PROTECT YOUR SMILE!



Periodontal disease is an infection affecting the gums and bone around your teeth. It begins with gingivitis, which causes redness, swelling, and bleeding of the gums.

Gingivitis can be reversed with good oral hygiene. However, if left untreated, it can progress to periodontal disease—a condition where the body's response to chronic inflammation destroys the gums and bone supporting your teeth.

At this stage, it's no longer reversible, and symptoms can include bad breath and loose teeth.

## Prevention and Management:

- Risk factors: Smoking, uncontrolled diabetes, clenching or grinding your teeth, and genetics can increase your risk.
- Treatment options: Scaling, root planing, and more frequent cleanings can help slow or stop progression.
- Prevention: Practice daily oral hygiene, manage health conditions, and see your dentist regularly—at least twice a year.

Early detection through regular dental exams is key to maintaining your oral health. Call (360) 413-2716 to make an appointment today!

