

Bleeding gums?

Do something

Tell your dentist, therapist or hygienist and find out what you can do to stop bleeding gums. Early treatment is essential to prevent severe gum disease.

**Bleeding gums are not normal.
They are a sign of gum disease.**

Did you know?



Most gum disease can be prevented and treated by cleaning teeth thoroughly twice a day



Gum disease is linked to diabetes and cardiovascular diseases



Bad breath, receding gums and tooth loss can be prevented if gum disease is detected early and treated

FACT FILE

Severe gum disease is the 6th most common human disease

Early gum disease affects 50% of adults

In pregnancy, gums tend to bleed more

The vast majority of all gum disease is preventable

Take action...

Visit your dentist for regular check ups - at least annually ✓

Ask a dentist, therapist or hygienist to show you how to brush and clean between your teeth ✓

Brush your teeth twice a day with a fluoride toothpaste to prevent gum disease and tooth decay ✓



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