

Poor Oral Hygiene and Build Up of Plaque Equals Gum Disease

Gum disease, otherwise known as Periodontal (literal meaning being “around the tooth”) disease, is one of the most common form of dental diseases caused by a build up of plaque and bacteria. This build up can cause the gum to become inflamed around any number of teeth being referred to in its mildest of forms as Gingivitis. In this stage, the gum can become inflamed surprisingly causing little or no discomfort making it very hard to detect. One of the very few tell tale signs would include reddening of the gums, or regular bleeding from brushing. Thankfully this form can be treated with professional help and good oral hygiene at home. However if Gingivitis is left untreated, it can then develop on to the next stage called Periodontitis. This is where plaque spreads and grows below the gum line causing the gums to become irritated and eventually triggers the body to attack the gums themselves. This attack breaks down the bone and tissue that quite literally hold your teeth in. In time the gum will start to separate from the teeth and form pockets which will continue to grow and deepen, eventually leading to at the best loose teeth; although in most cases the tooth will have to be removed. While simple lack of oral hygiene and build up of plaque is normally to blame for this, there are other factors that can contribute towards the disease including the following: smoking, stress, diabetes, genetics, pregnancy, puberty and poor nutrition. Gum is the part that helps in surrounding the teeth and it should be protected first to protect the teeth.

About the Author

National survey of community pharmacies examines workload. At the same time, community pharmacies are facing a 35 percent larger prescription.

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