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What You Should Know About Gingivitis

Gingivitis is a mild form of periodontal disease. Its presence is indicated by a redness and/or swelling of the gum area. Those who have gingivitis usually have gums that bleed easily, too.

Gums generally bleed when slight pressure is applied such as after brushing or flossing. A change in the color of the gums is another indication that gingivitis may be present.

What makes [gingivitis](#) tricky to self-diagnose is that typically not much pain accompanies these symptoms. What also makes the problem go unnoticed by many is the fact that millions of Americans have some degree of gingivitis, especially those who are over age 35. Most don't realize it isn't 'normal' for their gums to bleed.

The most common cause of gingivitis is poor dental hygiene. When plaque is not completely removed from the teeth, it will begin to release toxins. These toxins irritate the gums. In just a few days, plaque that is not removed from the teeth will turn into calculus, more commonly referred to as tartar.

These hardened deposits of plaque cannot be removed at home. A dentist must use a special tool to scrape away the tartar build-up. Because tartar cannot be easily removed, its presence will also irritate the gums. Tartar compounds the problem by giving bacteria one more location where it can grow.

Gingivitis is caused by other factors including genetics, certain medications, fluctuating hormones and certain diseases such as leukemia and diabetes. Fungal and viral infections such as oral thrush and herpes also negatively impact the gums.

A weakened immune system can also trigger gingivitis because the body has a more difficult time fighting off the bacteria that develop along with plaque.

A diet lacking in Vitamins B and C and calcium contributes to the onset of periodontal disease, too. Therefore poor nutrition is also a cause.

Effective treatment of gingivitis takes effort on behalf of the dentist and the patient. If you think you have gingivitis, it's important to make an appointment with your dentist as soon as possible.

The dentist will give your teeth a thorough cleaning that will include scraping the tartar off your teeth. The dentist uses a special scraping tool and the procedure might cause discomfort, but it's absolutely necessary.

After completing the dental visit, the second step in treating and preventing future incidences of gingivitis is the development of a better at-home routine for tooth brushing and flossing.

Brush at least twice daily, in the morning and in the evening, using a new toothbrush after every 3 months. If possible, brush once more after lunch. Daily flossing is important, too. And be sure to floss all teeth, not just the ones in front.

Both of these steps are equally important because when gingivitis isn't treated by the dentist and properly addressed by the individual, the condition can become much worse.

It can turn into periodontitis, a more serious form of periodontal disease. At that stage, there is a real possibility that the tooth or teeth in the affected area might fall out – permanently.

[Cav's Note: Getting healthy teeth and gums doesn't have to be hard... Discover how you can effectively end Bleeding Gums, Gingivitis, Gum Disease & Bad Breath Naturally. [Learn more here.](#)

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