

# **How to Save Your Teeth: 5 Vital Signs to Detect and Destroy Gingivitis in the Fastest Time Possible**



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Looking for a smart solution to keep your teeth for a lifetime? Congratulations, you've come to the right place.

Let's start off with a quick question. **What's the number one cause of adult tooth loss?** Is it:

- A) **Physical injuries** (such as falls)
- B) **Aging** (teeth aren't made to last a lifetime, or are they?)
- C) **Tooth Decay**
- D) **Gum Disease**

***If you answered "D", you are correct.***

**Here's why.**

Although ***physical injuries*** cause major trauma to the teeth, and fractures to the crowns of teeth cannot repair themselves, they are not the most common cause of adult tooth loss.

Tooth loss is **not** an inevitable result of ***aging***, but rather a sign of disease or injury. ***Gum disease*** and ***tooth decay*** are the leading causes of tooth loss among adults—gum disease being the number one. **In fact, over 70% of all adult tooth loss results from untreated gum diseases.**

It's a very common thing. Many people have sore or sensitive gums yet choose to ignore it. But, little do they know, they could actually have gingivitis.

***Gingivitis*** starts with a build-up of plaque – the white or light yellow film that constantly forms on your teeth. Plaque is generally harmless but can turn deadly when it's left sitting on your teeth more than 12 hours at a time. **Here's why.**

Plaque produces toxins that irritate your gums causing inflammation. This leaves your gums feeling sore and sensitive and once this happens, **you have gingivitis.**

If left untreated, gingivitis can advance to ***periodontitis***, a **much** more serious condition. With periodontitis, your body attempts to reverse gum inflammation by breaking down and destroying tissues and bones that surround your teeth. This leads to tooth decay and even worse, **permanent tooth loss.**

But the good news is this: **most cases of gingivitis are reversible with professional treatment.**

**How do you know if you have gingivitis? Read on and learn the 5 major warning signs.**

### **Warning Sign #1: Swollen gums that bleed easily**

One of the earliest warning signs of gingivitis is soft or swollen gums that bleed easily. For instance, they bleed when you apply even minimum pressure to floss or brush your teeth.

Also, if your gums aren't sore but bleed easily, you still could have gingivitis. In fact, many people don't even realize their gums are bleeding until they notice the bristles on their toothbrush are pink after brushing.

### **Warning Sign #2: Gums are a dusky red color**

Normal, healthy gums have a light pink hue so if you notice your gums have turned a dusky red, schedule a visit to your dentist ASAP. You could have gingivitis.

### **Warning Sign #3: Chronic bad breath**

Do you have bad breath that simply won't go away? Or, do you always seem to have a bad taste in your mouth? If either of these is true, you could have gingivitis.

Sometimes, chronic bad breath can be caused by eating certain foods, smoking cigarettes or taking certain prescription drugs. **But more often than not, chronic bad breath is a side effect of gingivitis.** For this reason, all chronic bad breath sufferers should definitely visit their dentist as soon as they can. **Bad breath today can be tooth loss tomorrow!**

### **Warning Sign #4: "Longer" teeth**

When you have gum disease, plaque builds up around your teeth and forms pockets of bacteria underneath the gum line. This causes the gums to get inflamed and pull away from the teeth. As a result, sufferers experience a side effect called "*long teeth.*"

If you have this symptom, you may not feel any discomfort, but if you look closely, you will notice that your teeth are looking "longer." Technically speaking, you'll notice that as your gums pull away from your teeth (or recede), more of the underlying bone structure is exposed.

**Gingivitis is the major cause of gum recession**, and at first, the recession may be so subtle that you won't notice it. But, the trained eye of a qualified dentist can pick it up, even if your gums have only receded a millimeter. So, even if you are suffering from the smallest amount of gum recession, it's crucial that you get treatment right away before the problem gets any worse.

### **Warning Sign #5: Chronic jaw clenching and teeth grinding**

Have you ever woken up in the middle of the night and realized you were grinding your teeth? Or perhaps you clench your jaw when you get stressed?

If you answered yes to these questions, it could be that you are a chronic teeth clencher or grinder (or even both). Clenching or grinding puts **excessive** amounts of stress on your teeth and the tissues that support them.

If you're already suffering from even the mildest symptoms of gingivitis, **this added pressure on your teeth and gums will only accelerate the rate at which they're being destroyed.** That's why nighttime teeth clenchers or grinders should visit a dentist right away to catch and treat gum or bone damage as early as possible.

### **So what do you do if you have any of the 5 signs of gum disease? Go to the dentist!**

For many of us, visiting the dentist is plain and simple. We have our trusted dental professional, have been visiting him or her twice annually for awhile now and have a plan that makes our care affordable. But for many others, it may not be this simple.

Are you looking for a plan to make dentistry affordable? Or, are you new to town and need to find a new dentist? Either way, Universal Dental Plan can help.

Take advantage of our free dentist finder service and our live, local and friendly staff will help you find an expert dental professional at a location convenient to you.

And, if you sign up for our plan, you'll enjoy immediate access to 20-50% off all dental procedures plus oral exams free of charge. Visit our website [www.universaldentalplan.com](http://www.universaldentalplan.com) and sign up today.