Gum Disease is Preventable Not Inevitable!

For the 33 trapped Chilean miners, it was 17 days before they were able to brush their teeth. As a result many of them suffered from gum disease. The world was fixed to the news about the miners trapped half a mile underground, and between August 5th and October 12th when they were rescued, the world watched, waited, and hoped for their safe rescue.

In addition to not being able to brush their teeth for nearly 3 weeks, the miner’s poor nutrition, and the use
information.

Gum disease is preventable not inevitable! You can prevent right away:

- Notice any you should see call and see your dentist

The following is a list of signs of gum disease. If you notice any you should see call and see your dentist right away:

- Gums that bleed when you brush your teeth
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Bad breath that doesn't go away
- Pus between your teeth and gums
- Loose teeth
- A change in the way your teeth fit together when you bite
- Change in the fit of partial dentures

Gum disease is preventable not inevitable! You can prevent...
gum disease by taking good care of your teeth everyday by, brushing twice a day, flossing at least once a day, and by seeing your dentist on a regular basis.

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org

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