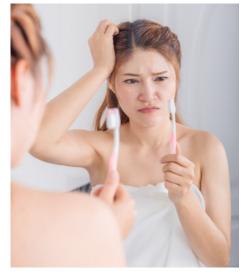
# Bleeding gums?



## 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 hygenist 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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