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Ice breakers gum ingredients

A few bad habits can lead to gum disease, which can have some serious repercussions for your overall health. Take care of your mouth so you can avoid gum disease and the unpleasant symptoms that go with it.Gum disease is also called periodontal disease, and it’s an infection of your gum tissues. Often, it’s poor brushing and a lack of flossing that will lead to the development of gum disease over time. What starts as bacteria and plaque will lead to a more advanced stage that involves hardened plaque, called tartar, building up on teeth. When this happens, only a visit to the dentist will successfully get rid of the tartar, warns the National Institute of Dental and Craniofacial Research.Causes of Gum DiseaseEveryone has bacteria in their mouths, but frequent brushing and flossing is your first line of defense to make sure the bacteria doesn’t turn into plaque. Brushing and flossing will also remove any plaque that does form.Aside from not brushing and flossing properly, some people are more likely to develop gum disease, according to the National Institute of Dental and Craniofacial Research. Those with diabetes have a higher incidence of gum disease. Some medications can reduce the amount of saliva present in the mouth, which may also make it more likely that you’ll develop gum disease.Common Symptoms of Gum DiseaseYou may be experiencing a stage of gum disease if you notice red or swollen gums, bad breath, bleeding gums, pain when chewing, loose teeth, sensitive teeth and receding gum lines, explains the National Institute of Dental and Craniofacial Research.Treating Gum Disease NaturallyIf you notice symptoms of gum disease, try some home remedies to address the symptoms.One of the first things to do is to increase your brushing and flossing to remove the plaque before it turns into tartar, recommends Healthline. You might also try using an electric toothbrush when you brush.Salt has natural disinfecting properties. Make a saltwater rinse with 1/2 teaspoon of salt in a glass of warm water. Swish the saltwater in your mouth for 30 seconds.Standard Gum Disease TreatmentProfessional treatment of gum disease will usually start with a thorough cleaning. From there, your dentist might recommend a deep scaling of your teeth as well as root planing, according to Aspen Dental. This process involves in-depth tartar removal into the periodontal pockets. Some people also need to have periodontal surgery to remove all of the tartar from the most remote areas. The surgery then ends with stitching the gums tightly around the teeth. 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Typically caused by a buildup of bacteria in your mouth, gum disease isn’t serious at first, but when left untreated, it can progress until it causes you to lose teeth. It can also lead to a number of health issues that aren’t necessarily related to your mouth. Take a look at the two types of gum disease, their treatments, causes and what you can do to prevent them:Gingivitis If your gums are red, inflamed, swell often or bleed when you brush or floss them, you might have gingivitis. It’s the least serious type of gum disease, but it can lead to much bigger problems if you aren’t careful. Unfortunately, many people aren’t even aware that they have gingivitis, because it doesn’t always cause noticeable symptoms or because they assume the symptoms are just a normal part of oral hygiene. A trip to the dentist is typically all you need to diagnose the problem, and changing some of your daily oral hygiene habits could even help reverse it. Gingivitis doesn’t always advance in everyone who has it, but when it does, it turns into the more serious periodontitis. Periodontitis If your gingivitis does turn into periodontitis, it means the bacteria in your mouth has now seeped into the gum line, and it’s probably wreaking havoc on your mouth. Basically, your body does what it can to fight the bacteria, which means your immune system might even destroy its own tissue and bone. As this happens, you develop infections in the mouth, and eventually, as the tissue and bone continue to break down, your teeth become loose and require pulling or fall out on their own. There are generally four types of periodontitis:Necrotizing periodontal disease: Common in people with HIV, this causes the gum tissue and bone to literally die over time. Aggressive periodontitis: This form isn’t usually caused by underlying health issues, but it does present oral health problems quickly once it begins. Periodontitis as a manifestation of systemic diseases: This is when an underlying condition leads to periodontitis, such as diabetes or heart disease. Chronic periodontitis: The most common form of periodontitis usually starts as gingivitis and progresses slowly until it leads to tooth loss and other health problems.Diagnosis and Treatments for Gum Disease If you have some of the symptoms of gum disease, like swollen or inflamed gums, bad breath, a bad taste in your mouth, receding gum lines, loose teeth or bleeding gums after flossing and brushing, it’s best to see a dentist as soon as possible. The earlier you catch gum issues, the sooner you can get started trying to reverse or treat them. A simple physical exam is all he or she needs to do to come up with a diagnosis.Depending on how severe your gum disease is, your dentist might simply prescribe a professional clean and regular use of antibacterial mouthwash to combat the issue. If it’s more advanced, the dentist might prescribe antibiotics or a nonsurgical procedure called scaling and planing that cleans the bacteria beneath the gum line. In some cases, surgery could be necessary for pocket reduction, bone grafts, tissue grafts and tissue regeneration.Causes of Gum Disease Bacteria and plaque in the mouth due to poor oral hygiene habits is the number one cause of gum disease, but there are many other factors that can play a role in your development of gum problems. Changes in hormones during puberty, pregnancy and menopause create sensitive gums that are more susceptible to problems. Any type of illness that impacts your immune system, including HIV and cancer, can also make you more susceptible. If you have a family history of gum disease, you’re more likely to develop it yourself. Smoking, doing certain types of drugs, taking certain types of medications and other factors may also lead to poor gum health. Prevention of Gum Disease There is no definite way to prevent gum disease, especially if you have a family background of oral health problems, but there are some things you can do to decrease the likelihood of developing it. First of all, brushing and flossing your teeth twice a day are two of the most important things you can do for your mouth. It’s also important to see a dentist every six months for a professional cleaning. If you smoke, do drugs or have other bad habits that could lead to gum disease, cut back, or even better, quit. Eat a healthy diet with plenty of vitamins, minerals and antioxidants, and try to reduce the amount of stress you have in your life as it weakens your immune system’s ability to fight off these gum issues. MORE FROM QUESTIONSANSWERED.NET

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