

# The Link Between Periodontal Disease and Your Health



In the US alone, it is estimated that nearly 50% of all adults aged 30 years and older suffer from some form of periodontal disease. Could you be one of them? Periodontal disease—more commonly known as gum disease—is an inflammation of the gum line that, when left untreated, can affect oral bones, tissues, and ligaments, as well as your overall health. Eager to learn more? Read on!

## Signs and Symptoms of Gum Disease

If you don't floss regularly, chances are you'll see a little blood. But did you know that regular bleeding isn't normal and can be a symptom of gum disease? Many of the signs of periodontal disease can be subtle. Symptoms can include:

- Swollen/bleeding gums
- Shifting/loose teeth
- Bad breath
- Plaque buildup
- Tooth sensitivity

Luckily, if you catch these symptoms early, in the [gingivitis](#) stage, there's a good chance they can be reversed. Once gingivitis develops into periodontitis, though, it can begin to impact the bones that keep your teeth in place. If left untreated, periodontal disease can destroy your gums, bones, and the tissues surrounding your teeth.

## Gum Disease and Other Medical Problems

Plaque and bleeding aren't the only health concerns associated with gum disease. Your mouth is the window to your health, which means that poor oral care can result in more than just periodontal disease. Studies have shown that other [health conditions](#) have been linked to the disease:

- Atherosclerosis and heart disease
- Stroke
- Diabetes
- Respiratory disease/infection
- Dementia

With so much at stake, it's important to make your oral health a priority!

## How to Prevent Periodontal Disease

A little prevention can go a long way. Since gum disease is [caused by the bacteria in plaque](#), practicing good oral hygiene is the best thing you can do to prevent it. Nobody is perfect, and sometimes it's easy to forget to brush twice a day. However, if your dental hygiene becomes too irregular, plaque can build up and spread below the gum line, where bacteria is protected from your toothbrush and floss. Regular visits to your dentist are a sure way to help maintain healthy teeth and catch swollen gums and gingivitis before they become a bigger problem.

Your smile is important to us. If you have questions or want to book an appointment at [Business Name], contact us online [[hyperlink](#)] or by calling [Phone Number].

### Links Used

Image <https://unsplash.com/search/photos/teeth>

<https://www.healthline.com/health/dental-and-oral-health/ways-to-keep-gums-healthy#floss>

<https://www.colgate.com/en-us/oral-health/conditions/gum-disease/how-poor-dental-care-can-affect-your-overall-health-0313>

<https://www.prevention.com/health/signs-of-gum-disease/slide/2>

<https://www.healthline.com/health/dental-and-oral-health/ways-to-keep-gums-healthy>

<https://www.healthline.com/health/gum-disease-and-heart-disease>

<https://www.colgateprofessional.com/patient-education/articles/what-is-periodontal-disease>

