

Take me to **PREVENTING GUM DISEASE**

HOW DOES IT START?

By not cleaning our teeth properly, bacteria hides around our gum line and in-between our teeth

THEN WHAT HAPPENS?

As the hours in the day go by, this bacteria multiplies

OVER THE COURSE OF TIME...

Bacteria produce toxins which cause damage to our gum health

THEN WHAT HAPPENS?

Our body tries to defend itself and sends defence cells

WHAT DOES THIS CAUSE?

Inflammation - our gums become red, swollen and bleed
These first signs are reversible!

HOW DO WE PREVENT IT?

Brush with care where your teeth and gums meet. Clean in between your teeth every day!
Speak to your dental professional for advice

