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

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

Bacteria produce toxins which cause damage to our gum health.

Our body tries to defend itself and sends defence cells.

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

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

Preventing Gum Disease

How does it start?

Then what happens?

Over the course of time...

Then what happens?

What does this cause?

How do we prevent it?