NUFACE
DENTAL IMPLANT CENTRE

Common Myths of Gum Disease

Edited by [Dental Implant in Jalandhar](#)

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Many people are affected by gum disease regularly. In fact, it's so widespread that there's a strong possibility you or someone close to you has a variant of the condition. Gum disease is a severe inflammatory disorder characterized by hazardous oral bacteria.

Most individuals understand the importance of having healthy teeth but don't give their gums much thought. The first step in overcoming gum disease is having accurate information about it. Several so-called "facts" about gum disease may or may not be factual. Because most of us will have to deal with gum disease at some point in our lives, we at Nuface Dental Implant Center will dispel some of the most popular beliefs about it.

No Cavities mean no Gum disease:

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Before | After

Being cavity-free does not guarantee that you are free of gum disease. Because gum disease is painless, many individuals are unaware they have it. Cavities and gum disease are independent problems. The bacterium that causes cavities is not the same as the bacteria that cause gum disease. In fact, even teeth that have never had cavities can become loose and fall out if the gums and underlying bone are destroyed by chronic gum disease.

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Brushing and flossing accurately can prevent gum disease:

While brushing and flossing are essential for controlling gum disease, they cannot always prevent it. Unfortunately, when gum disease worsens, the "pockets" of the gum tissue surrounding each tooth get deeper. It's hard to reach the plaque, germs, and tartar behind the gums with a toothbrush and floss once they're deeper than 4mm. Professional cleanings and gum disease treatment are required at this time.

Furthermore, genetics, smoking, and diabetes can all raise your risk of developing gum disease, regardless of how well you brush and floss.

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Gum disease affects only not your mouth:
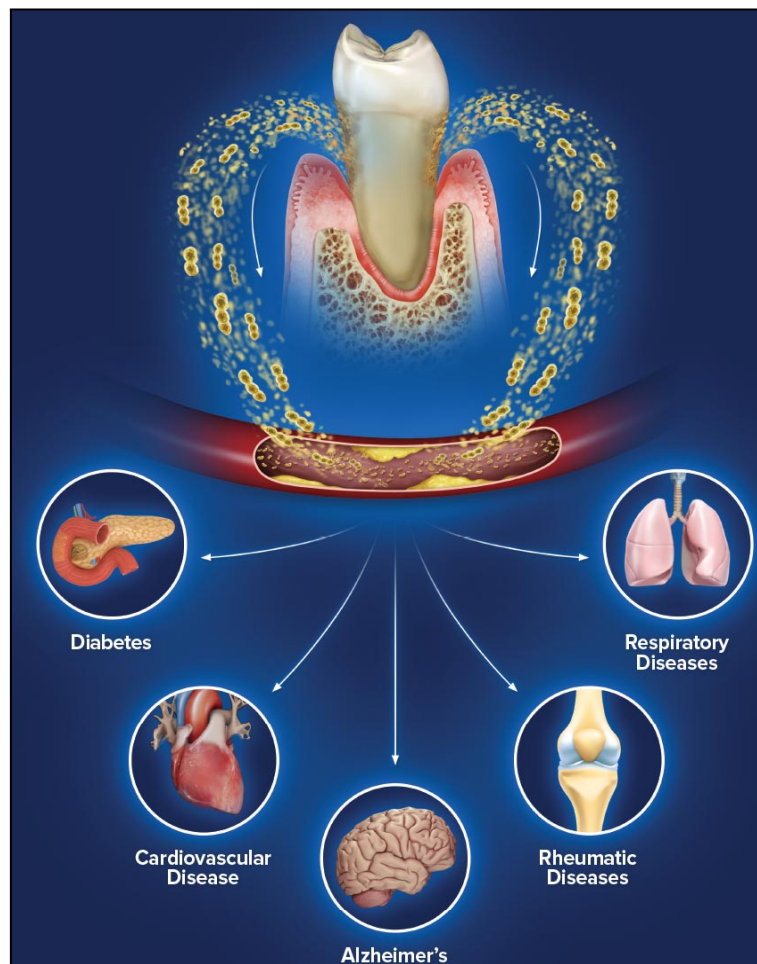
Increasing research indicates that having healthy gums might improve your overall health. Experts think that gum disease in the mouth might raise your risk of systemic illnesses and health problems across the body, such as

- Heart disease
- Stroke
- Diabetes
- Alzheimer's
- Pregnancy complications

You can feel if you'd have gum disease:

It is usually for someone to have gum disease and be unaware of it! This is because many early signs of gum disease are modest and painless, making it difficult to identify in its early stages. To prevent gum disease from progressing to more serious concerns, it is critical to check for early warning symptoms such as bleeding gums and sensitivity.

Gum disease is associated with tooth loss:

When some patients learn they have gum disease, they may get overwhelmed and believe tooth loss is unavoidable. This, thankfully, is not the case. If you are diagnosed with gum disease, you should immediately begin practicing excellent oral health since you may quickly reduce or halt the illness's growth. Brush and floss twice a day, stop smoking or using tobacco, eat more fruits and vegetables, and go to the dentist at Nuface regularly if you're worried.

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It's not that common:
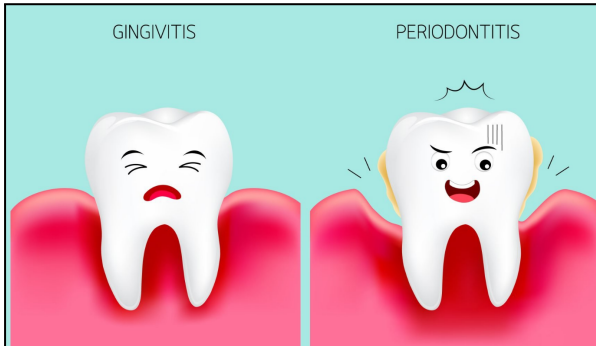
Periodontitis is estimated to affect 50% of Indian adults. To term, something that affects half of the country "unusual" would be misleading. Because periodontitis is the more severe form of gum disease, gingivitis, the less severe variant, is considerably more frequent. Swollen, red, or painful gums are early indicators of gingivitis.

Occasional gum bleeding is normal:

Many feel that bleeding gums are merely a result of brushing or flossing too vigorously. If your gums bleed when you brush or floss your teeth, this indicates gingivitis. As a result, if you notice a tint of blood in your saliva after brushing or if your gums appear red and irritated, you should consult a Dental implant in Jalandhar as soon as possible.

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Gum disease can be indicated by Bad Breath:
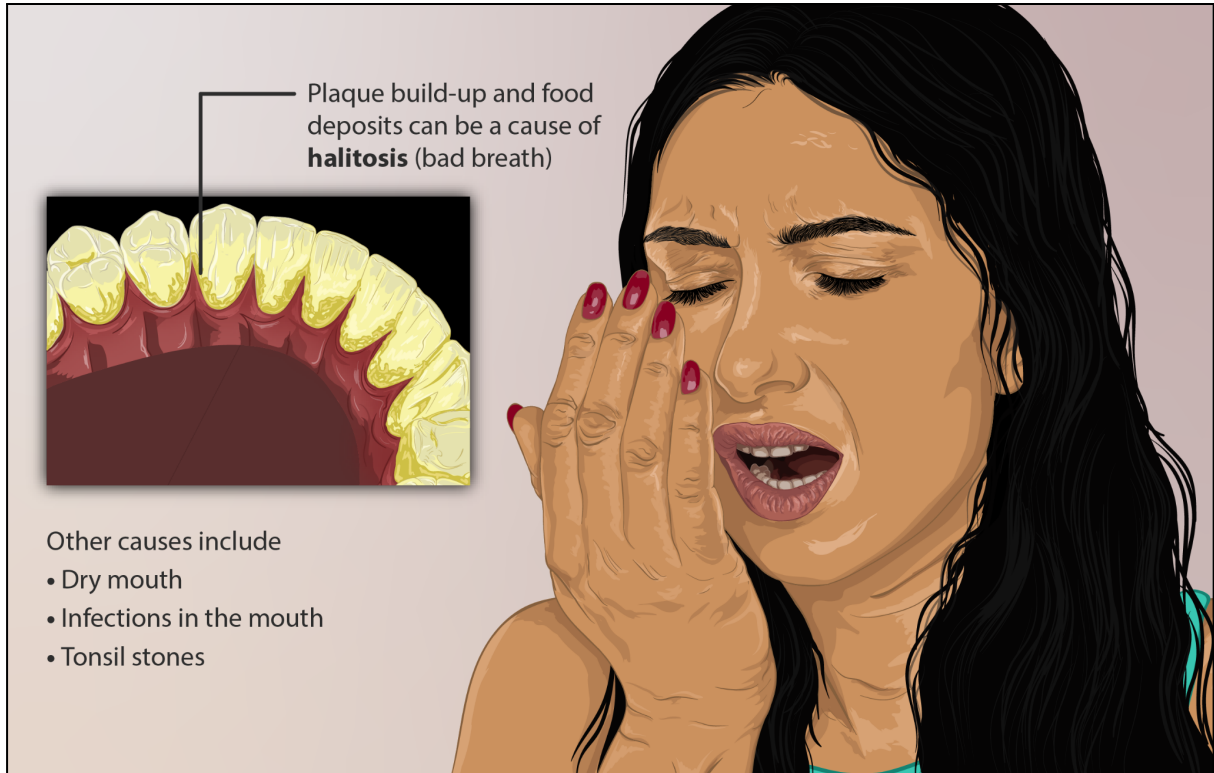
Persistent foul breath or a terrible taste in your mouth might indicate gum disease or other oral disorders, so it's critical to figure out what's causing the issue. Make an appointment with your dentist if you always have foul breath. Regular checks help your dentist spot any problems, as poor breath might indicate a medical condition. If your dentist finds your mouth in good condition, you may be sent to your primary care physician.

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