

Gingivitis

Overview

You may have heard the adage “To keep your teeth, take care of your gums.” That's good advice.

Gingivitis is one of the most common forms of gum (periodontal) disease. About 80 percent of American adults have some form of gum disease. Gingivitis affects the tissues that surround and support your teeth.

The cause is bacteria that irritate your gums, leading to swelling and bleeding. Bacteria on your teeth along with minerals in your saliva form tartar (calculus), providing an environment for additional bacteria to accumulate and irritate your gums. Left unchecked, gingivitis can lead to a more serious form of gum disease called periodontitis. This long-term infection can eventually result in loss of your teeth.

Thorough daily brushing, regular flossing and frequent professional cleaning reduce your chances of developing serious gingivitis.

Signs and symptoms

Gum disease generally doesn't hurt. You may have it for years before you feel discomfort. Don't wait until you feel the pain. Look for these telltale signs of gingivitis:

- Tender, swollen or bleeding gums, particularly when you brush your teeth
- A change in your gums' color from pink to dusky red

Causes

Gingivitis is caused by plaque, a sticky, colorless film of bacteria that coats your teeth. If allowed to harden (calcify), the film turns into white-colored tartar (calculus) that darkens with time. If plaque and tartar build up, they can irritate the gingiva, the part of your gum around the base of your teeth. This buildup creates pockets of bacteria between your gums and your teeth, and can result in gums that become inflamed and bleed easily.

Benefit of SGS Therapy:

- Makes & Generates Stronger & healthy gums.
- Removes bacteria from gums
- Stops bleeding and removes inflammation in affected area of gums.

Suggested Products:

SH&WK: OmegaSat: 1 soft gel 2 Times after meal

Minerjal: 7 drops 4 times in 200 ml drinking water

Alproxyl: 1 tab 3 times after meal



Gingivitis may cause your gums to become dusky red, swollen and tender, and they may bleed more easily.

