



# News Notes

• www.LVBCH.com •

VOLUME 16 | ISSUE 1 | SPRING/SUMMER 2020 | GUEST ARTICLE

## UNITED CONCORDIA® DENTAL

### Gingivitis: 5 Tips to Reverse It Early (February 2020)

Gingivitis, or mild gum disease, may show up as red, sore, swollen gums and bad breath. Kicking it to the curb is a must to prevent it from progressing to periodontitis, a severe infection that can lead to receding gums and tooth loss.



#### 1. Get regular exams and cleanings

Take advantage of your dental plan's covered preventive care. During your visit, the dental hygienist will clean your teeth to remove gingivitis-causing bacteria and plaque. Your dentist will recommend how often you need to visit based on your personal situation.

#### 2. Brush and floss often

The American Dental Association (ADA) recommends brushing for two minutes twice a day and flossing every day to help fight gum disease and tooth decay. Use a soft-bristle toothbrush and replace it every three to four months.

#### 3. Use antibacterial mouthwash

Rinsing with antibacterial mouthwash for 30 seconds twice a day (after brushing and flossing) can help kill bacteria, keep breath fresh and deter gingivitis. Look for mouthwash that's specifically designed for treating gingivitis.

#### 4. Chew sugarless gum

The ADA suggests chewing sugarless gum for 20 minutes after meals to help reduce tooth decay and neutralize acids produced by mouth bacteria. Look for sugarless gum with the ADA seal, which contains non-cavity causing sweeteners like Xylitol.

#### 5. Reduce sugar and refined carb intake

Steer clear of sugary foods and drinks, refined carbohydrates (especially white bread) and sticky foods like candies and dried fruit. Such foods can stick to your teeth, and the sugar in them leads to plaque buildup. Instead of soda, drink water, and eat high-fiber foods (like fruits, veggies, dried beans, whole grains, nuts and seeds) for your source of carbohydrates.

Treatment for severe gum disease may require surgery and be quite costly. That's why reversing gingivitis before it becomes problematic is crucial for a healthier, pain-free smile.

60 West Broad St. • Suite 306 • Bethlehem, PA 18018 • P: 610-317-0130

Our affiliation with these national organizations is a value-added benefit for our members.

