

Apa yang menyebabkan Penyakit Gusi?

Plak ialah lapisan bakteria melekit dan tidak berwarna yang terbentuk pada gigi anda. Jika anda tidak membersihkan plak daripada gigi anda setiap hari dengan cara memberus dan flos yang betul, bakteria ini akan merengsakan gusi anda dan menyebabkan gingivitis.

Lama-kelamaan, plak akan beralih ke bawah permukaan gusi dan toksin (racun) akan memusnahkan tisu gusi dan tulang. Ini adalah penyakit gusi lanjutan yang dikenali sebagai periodontitis.

Bagaimana saya tahu jika saya mempunyai Masalah Gusi?

Hanya doktor gigi anda dapat memastikan samada anda mempunyai penyakit gusi, inilah salah satu sebab mengapa pemeriksaan kerap adalah penting.

Jika anda perasan gusi anda sensitif atau berdarah, gigi beralih tempat, atau semakin longgar, anda perlu berjumpa dengan doktor gigi anda.

ANDA MUNGKIN MENGALAMI GINGIVITIS JIKA...

- Anda mempunyai gusi merah, bengkak atau lembut
- Gusi anda berdarah apabila anda memberus gigi anda

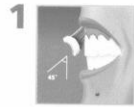
ANDA MUNGKIN MENGALAMI PERIODONTITIS JIKA...

- Gusi anda terpisah daripada gigi anda
- Nanah muncul di antara gusi dan gigi anda
- Gigi anda tidak sendat
- Gigi anda longgar atau beralih
- Anda mendapat nafas anda berbau atau rasa mulut anda kurang selesa

Apakah tindakan yang boleh diambil untuk menghalang Masalah Gusi?

Berus gigi

Selama 2 minit dua kali sehari setiap kali selepas makan



Letak berus gigi 45 darjah pada gusi.



Berus permukaan luar dan dalam secara bulatan.



Berus permukaan gigi dalam dengan gerakan kecil, ke atas dan ke bawah dengan menggunakan hujung berus.



Untuk membersihkan permukaan mengunyah, berus dengan gerakan mundur-mandir.

Gunakan ubat gigi antibakteria

seperti Colgate Total untuk perlindungan 12 Jam... untuk gigi dan gusi.



Flos gigi anda sekali sehari

Gunakan flos gigi di celah-celah gigi untuk menanggalkan sisa makanan dan plak.



Kumur seperti yang disyorkan

Untuk nafas segar dan perlindungan ekstra, kumur dengan ubat kumur berfluorida.



Kerap berjumpa doktor gigi anda

untuk pemeriksaan gigi, pembersihan dan rawatan.

GUM CARE

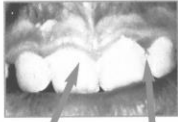
Colgate



**Symptoms
Treatments
Preventions**

What causes Gum Disease?

Plaque is the sticky, colourless film of bacteria that constantly forms on your teeth. If you don't clean plaque from your teeth daily with proper brushing and flossing, this bacteria irritates your gums and causes gingivitis.

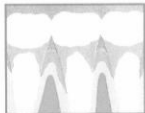


Heavy plaque Bleeding gums

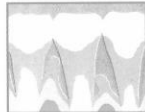
In time, plaque can move beneath the gumline and the toxins (poisons) in it can destroy gum tissues and supporting bone. This is the more advanced stage of gum disease called periodontitis.



Healthy gum tissue and bone keep teeth firmly planted.



Bacteria in plaque irritates gums and gingivitis develops.



Unremoved plaque builds up and causes gums to separate from the teeth, forming pockets. Then, plaque moving beneath the gumline causes more irritation and gum separation. Eventually, the tooth roots can become exposed. Unless professionally treated, the cycle continues and the supporting bone is destroyed. Teeth may become loose, fall out or need to be removed.

How do I know if I have it?

Only your dentist can tell you if you have gum disease. That's one reason why regular check-ups are so critical. If you notice sensitive or bleeding gums, teeth that are shifting position, or a change in the way your teeth fit together, you should see your dentist.

YOU MAY HAVE GINGIVITIS IF...

- You have red, swollen or tender gums
- Your gums bleed when you brush your teeth

YOU MAY HAVE PERIODONTITIS IF...

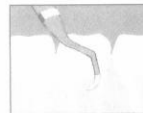
- Your gums have separated from your teeth
- Pus appears between your teeth and gums
- There is any change in the way your teeth fit together
- Your teeth are loose or shifting
- You notice bad breath or a bad taste in your mouth

How is it treated?

Gingivitis can often be successfully reversed by proper daily brushing and flossing to remove plaque. In the early stages of periodontitis, your dentist can treat the disease through cleaning and "scaling" to remove plaque beneath the gumline. To help healing, tooth roots may also be "planed," or smoothed. More advanced stages of periodontitis may require surgery to help save the teeth.



Scaling



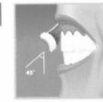
Planing

What can I do to prevent Gum Problems?

Brush teeth

for 2 minutes twice daily after every meal

1



Place brush at 45° angle to the gum.

2



Brush outer and inner surfaces with a circular motion.

3



Brush inner surfaces with small, up and down motions using the tip of the brush.

4



For chewing surfaces, use a firm back and forth motion.

Use an antibacterial toothpaste

such as Colgate Total for 12 Hour protection for teeth and gums.



Floss teeth once daily

Slide the floss gently up and down in-between teeth to remove food particles and plaque.



Rinse as recommended

Where plaque removal proves difficult, your dentist may recommend the use of a mouthrinse with Chlorhexidine to help prevent plaque build-up.



Visit the dentist regularly

for dental check-ups, cleaning and treatment.