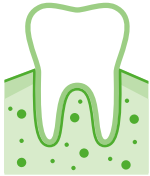


# Keeping Gums Healthy



## What is gum disease?



Gum disease is one of the most widespread diseases affecting adults. Gum disease, also known as periodontal disease, is a chronic bacterial infection that affects the gums and bone that support your teeth. Gum disease is fairly painless until it is in an advanced stage. Gum disease can be prevented or easily treated if discovered early; left untreated, it can lead to tissue, bone and tooth loss.

Numerous studies also suggest that gum disease may be associated with more serious health problems such as diabetes, heart disease and stroke. Preventive care can help detect early signs of gum disease often before it becomes painful or costly.

## Maintaining oral health

Poor oral health costs time and money. You can help prevent oral health problems. Here's how:



Brush for 2 minutes, twice daily



Eat healthy foods



Floss your teeth every day



See your dentist regularly



Drink water with fluoride



Utilize preventive care

Learn more about how your oral health connects to your overall health at:  
[DeltaDentalMN.org](http://DeltaDentalMN.org)