

Gum Strengthening - the Research

by Ann Generlich, Purity Laboratories

There was a time when we chose toothpaste simply because we liked the taste. **Not any more!**

Gum disease is the most common dental problem that will occur in almost over 50% of the adult population age 35+, with 9 out of 10 people developing gum disease at some point in their lives. "According to the U.S. Office of the Surgeon General, among adults aged 35 to 44, 48% have gingivitis and 22% have destructive gum disease" (source: U.S. Department of Health).

An infection of the tissues surrounding and supporting the teeth is one of the major causes of tooth loss in adults and because it progresses painlessly you may not even realise you have gum disease until you really have a problem. Gum disease is caused by plaque, a sticky film of bacteria that constantly forms on the teeth and adheres to your gums and plaque that is not removed can harden into calculus (tartar). Your gums have an essential role in protecting the tissues which support the teeth. If brushing is irregular or incorrectly performed, accumulation of bacterial plaque may give rise to inflammation of the gums. The gums can become red, swollen and bleed easily and you may not even notice it - this is known as gingivitis. Its recurrence may eventually lead to loosening of the teeth. If you practise good dental hygiene, your gums should remain healthy - whatever your age. If you are suffering from receding gums, see your dentist immediately for advice, rather than relying on toothpaste.

With proper care the disease can still be eliminated at this stage by brushing and flossing. However, left unchecked, the disease can progress to the point where teeth can become loose, fall out or have to be removed by a dentist. As plaque and tartar continue to build up, the gums begin to recede (pull away) from the teeth and pockets form between the teeth and gums. If gums recede further, they might destroy more bone and the periodontal ligament. Teeth - even healthy teeth - may become loose and need to be extracted. Gums tend only to shrink away from the teeth if you have been brushing too hard, if you smoke - or because of a build-up of plaque and scale if you have not been cleaning your teeth properly. Gum disease or a dirty mouth are more often the cause of bad breath.