

CARING FOR  
YOUR GUMS



**CORSODYL**



GlaxoSmithKline  
Consumer Healthcare

# CARING FOR YOUR GUMS

## What is gum disease?

Gum disease describes swelling, soreness or infection of the gum tissue. There are two main forms of gum disease:

### Gingivitis

Gingivitis is the mildest form of gum disease. Your gums become red and swollen and may also bleed easily when you brush your teeth. There is usually little or no pain. With improved oral hygiene this condition is reversible.

### Periodontitis

Untreated gingivitis may lead to periodontitis. As plaque spreads and grows below the gum line the tissues and bone that support your teeth are broken down by plaque bacteria and destroyed. Your gums may become separated from your teeth to form pockets, which can become infected. Eventually teeth may become loose and have to be removed. The damage caused by this condition cannot be reversed. However with improved oral hygiene and treatment by your dentist or hygienist the condition may be stabilised.



## What causes gum disease?

The main cause of gum disease is dental plaque. Plaque is the sticky layer that collects on the surface of your teeth and gums and contains bacteria. This plaque can become hardened and form into a surface layer of tartar (calculus). The bacteria in the tartar continue to attack the tissues that support the root of your tooth.

## How can I tell if I have gum disease?

If you have gingivitis:

- Your gums will be red in colour rather than the usual healthy pink.
- They will also tend to be slightly puffy or swollen.
- Inflamed gums also bleed, usually when you brush your teeth or bite into something hard such as an apple.
- In severe cases your gums may bleed of their own accord.

If you think you have any of these symptoms, don't ignore them, ask your dentist.

## Who can get gum disease?

90% of the population are estimated to suffer at some point in their life to a greater or lesser degree. Gingivitis can affect anyone of any age, although it is less likely in younger children. Some groups are more at risk, such as pregnant women, due to hormonal changes.



## How can I prevent gum disease?

The best way to avoid or alleviate gum disease is to practice good oral hygiene.

Brush your teeth thoroughly twice a day for at least two minutes. Use a total care toothpaste, designed to help keep gums healthy and containing fluoride to protect against decay.

Use floss or interdental brushes at least once a day to clean between your teeth and remove plaque, in particular from around the gum margin.

After brushing, rinse your mouth with a fluoride mouthrinse, to reach the areas that may be missed by brushing.

## How can I treat gum problems if they occur?

Your dentist or hygienist will help treat your gum problems by making sure that your teeth are thoroughly clean.

Your dentist may recommend treatment using a chlorhexidine digluconate based mouthwash, such as **CORSODYL** Mint Mouthwash.

**CORSODYL** mouthwash contains an antibacterial ingredient that attacks and helps kill the plaque bacteria which are causing your gum irritation. In addition, **CORSODYL** forms a coating on your teeth, which lasts for up to 12 hours to help prevent new plaque forming on your teeth and causing further irritation. Ask your dentist or hygienist for further information on treating your gum problems.



Always read the label  
Contains chlorhexidine digluconate

## Sensitive teeth and gingivitis

Gingivitis and receding gums can cause the neck of your tooth to become exposed, an area which is sensitive to hot and cold. If you find that you feel pain when eating or drinking hot or cold food and drinks then you may be suffering from sensitive teeth. Ask your dentist or hygienist for advice on treating the condition.

Twice daily brushing with a sensitive toothpaste, such as **SENSODYNE** Total Care F, can help stop the pain of sensitive teeth. And because it's total care it can help keep gums healthy and protect against tooth decay.



Always read the label

# CORSODYL



GlaxoSmithKline  
Consumer Healthcare

### Will my oral health be affected by pregnancy?

Around 50% of all pregnant women experience dental problems at some point during their pregnancy. The most common condition is pregnancy gingivitis.

Changing hormone levels can make your gums more susceptible to plaque attack. Gingivitis causes the gums to become red and swollen and also bleed easily and they may also become sore.

### Five questions to ask your dentist about gum disease

1. How would I know if I have gum disease?
2. My gums bleed when I brush my teeth. Is this gum disease?
3. What has caused my gum disease?
4. How can I treat gum disease?
5. Can gum disease lead to sensitive teeth?



Ask your dentist or hygienist about gum disease



GlaxoSmithKline  
Consumer Healthcare

CORSODYL and SENSODYNE are registered trade marks of the GlaxoSmithKline group of companies.