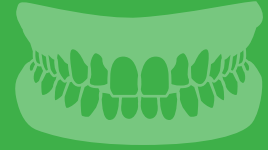# Preventive Care is Key to Keeping Gums Healthy

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 an advanced stage and is one of the most widespread diseases affecting adults. Gum disease can be prevented or easily treated if discovered early; but, left untreated, 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 may become painful or costly treatment may be required for treatment.

Maintaining Oral Health

Prevent oral health problems today and save big in the years to come. Here's How:

- Brush 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 at **DeltaDentalNE.org**

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