

HEALTH IS ACTIONSM

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OUR
BEHAVIORAL
HEALTH
ISSUE

• GENDER DIFFERENCES • AGELESS AGING • FAMILY GENETICS
• APHRODISIACS

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Ask the doctor:

Why do my gums bleed when I brush or floss my teeth?

Generally, gums should not bleed when you are brushing or flossing. Bleeding can indicate gum disease, which is a bacterial infection of the gums, bone and fiber connecting the teeth to the jaw bone.

In its most serious stage, gum disease can destroy the jaw bone and soft tissue, which can lead to tooth loss.

Research suggests that gum disease:

- Can make diabetes worse.
- Contributes to the development of high blood pressure.
- Increases the risk for bacterial endocarditis, which is potentially fatal in people with heart murmurs or heart valve defects.
- Can worsen lung disease, sinus infections and brain abscesses.
- Increases risk factors for preterm, low birth weight babies.

Gum disease is transmissible. Bacteria can be transmitted by kissing, blowing on someone's food or eating and drinking after another person.

In its earliest stages, gum disease can be reversed. However, professional evaluation is important every six to nine months.

Beautiful smiles are important, but good oral health gets to the heart of the matter.



Gregg Raymond, D.D.S.

**For more information, call
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