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Ask Yourself (1967)

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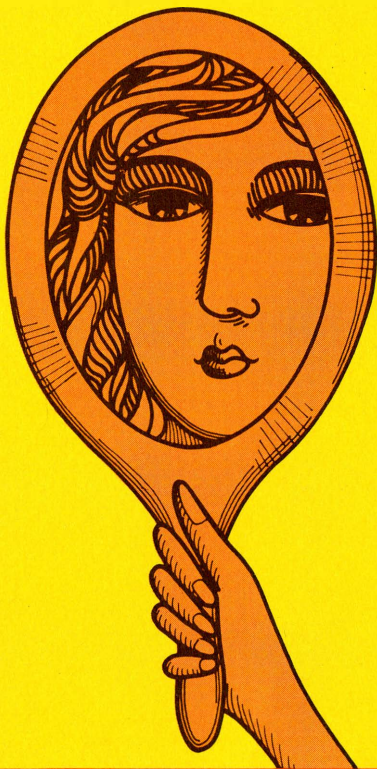
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ask yourself . . .



Are your gums red and swollen? Do they bleed when you brush your teeth or even when you just touch your gums?

Many people think that bleeding gums are normal or unimportant. They are mistaken. If you have gingivitis (gum disease), you should see your dentist immediately. He can treat the disease. He will also give you directions for the care of your gums at home. It is important that you follow the directions exactly.

One cause of gingivitis is calculus, a hard, crustlike material that is deposited on the teeth. Cleaning your teeth properly after eating helps keep calculus from forming. Toothbrushing cannot remove calculus once it has formed. Only a dentist or a dental hygienist, using special instruments, can remove it.

Having your teeth cleaned periodically

in a dental office is one way of preventing gingivitis. If you see your dentist regularly, he can also correct other conditions in your mouth that might irritate your gums.

If you have gingivitis and it is not treated, a more serious disease, periodontitis (pyorrhea), may develop. Periodontitis is a progressive disease. If it is not treated, you may lose some or all of your teeth. This disease results in the destruction of the bone supporting the teeth and other tooth protective tissues. It is the chief cause of loss of teeth after age 35.

Such tooth loss is unnecessary. If you see your dentist regularly, he will take measures to help prevent gingivitis from developing. If it should develop, he will give you advice about caring for your gums and teeth at home, treat the disease and prevent serious damage to your teeth, bones and gums.

*Look at your teeth and gums
when you brush them.
What do you see?*



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