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Do Your Gums Bleed When You Brush Your Teeth? (1971)

American Dental Association

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DO YOUR GUMS BLEED WHEN YOU BRUSH YOUR TEETH?



Breath bad?
Gums tender?
Teeth loose?



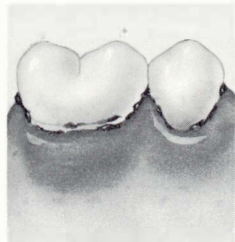
You may have GUM DISEASE (“pyorrhea”)

Many people’s gums bleed when they brush their teeth.
But this is *not normal*.

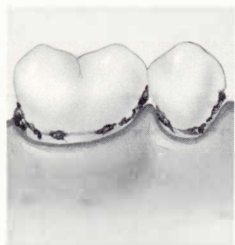
It can be the first sign of gum disease.

WHAT’S SO BAD ABOUT GUM DISEASE?

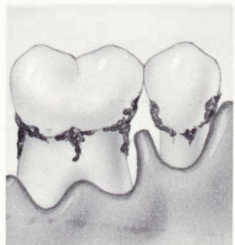
Here is what can happen:



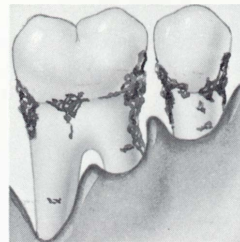
Germs attack your gums. Gums get red and puffy. Hard deposits build up around your teeth and make the disease worse.



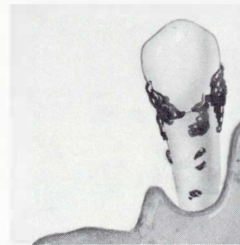
Soon the disease can make your gums move apart from your teeth.



If the disease gets very bad, germs can destroy some of your gums.



And after a while, germs can destroy the *bone* under your gums. You cannot see this bone, but you can feel it there. It holds your teeth in your jaw.



If this bone is destroyed, your teeth get loose. They must be pulled.

YOU COULD LOSE YOUR TEETH!

Then you might have to wear *false teeth* in place of your own.

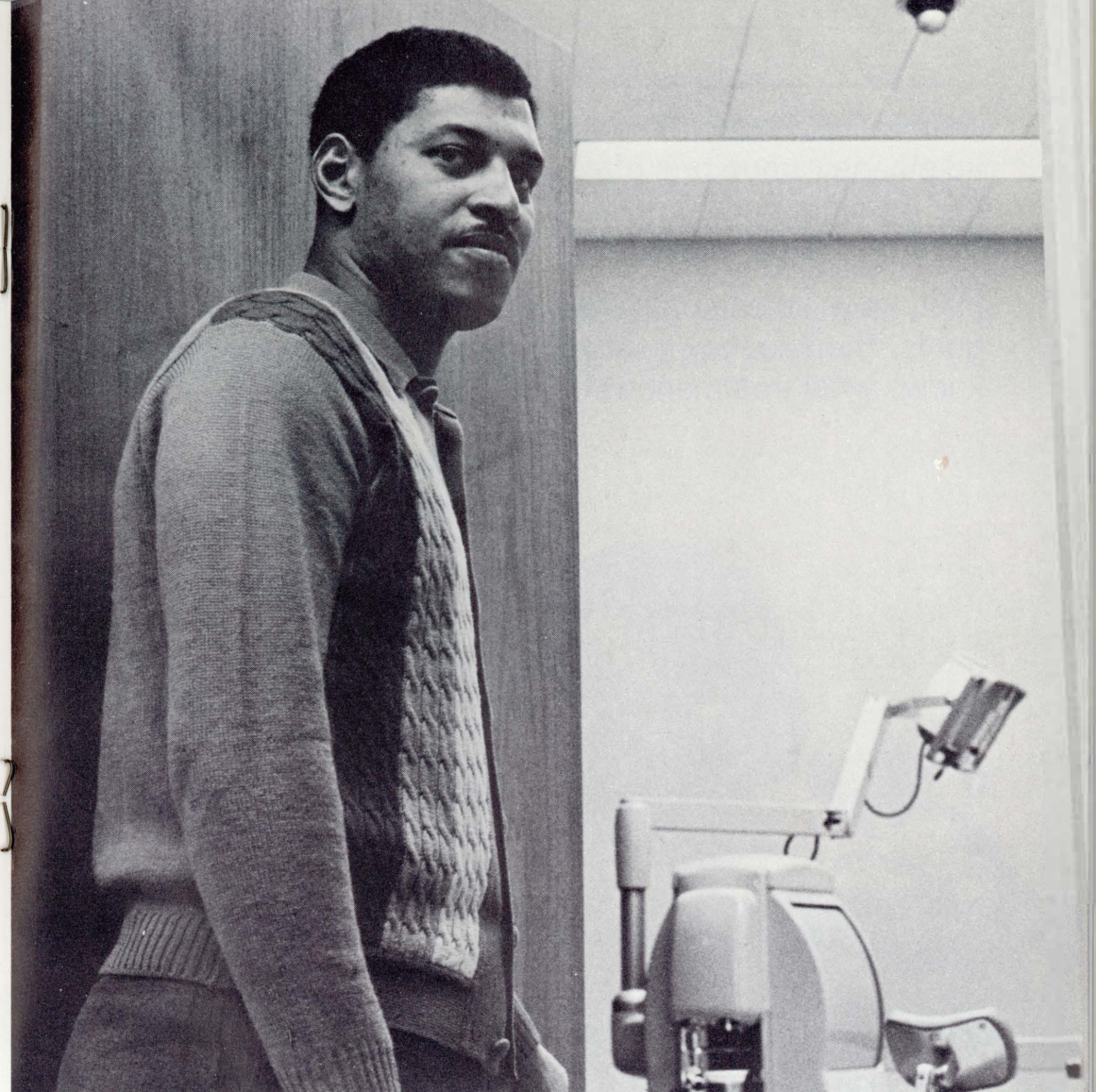
BUT YOU CAN *PREVENT* THIS!

Here is how.

GO TO THE DENTIST AS SOON AS YOU CAN

if you have any signs of gum disease.

You cannot cure it by yourself.



WHAT THE DENTIST WILL DO—

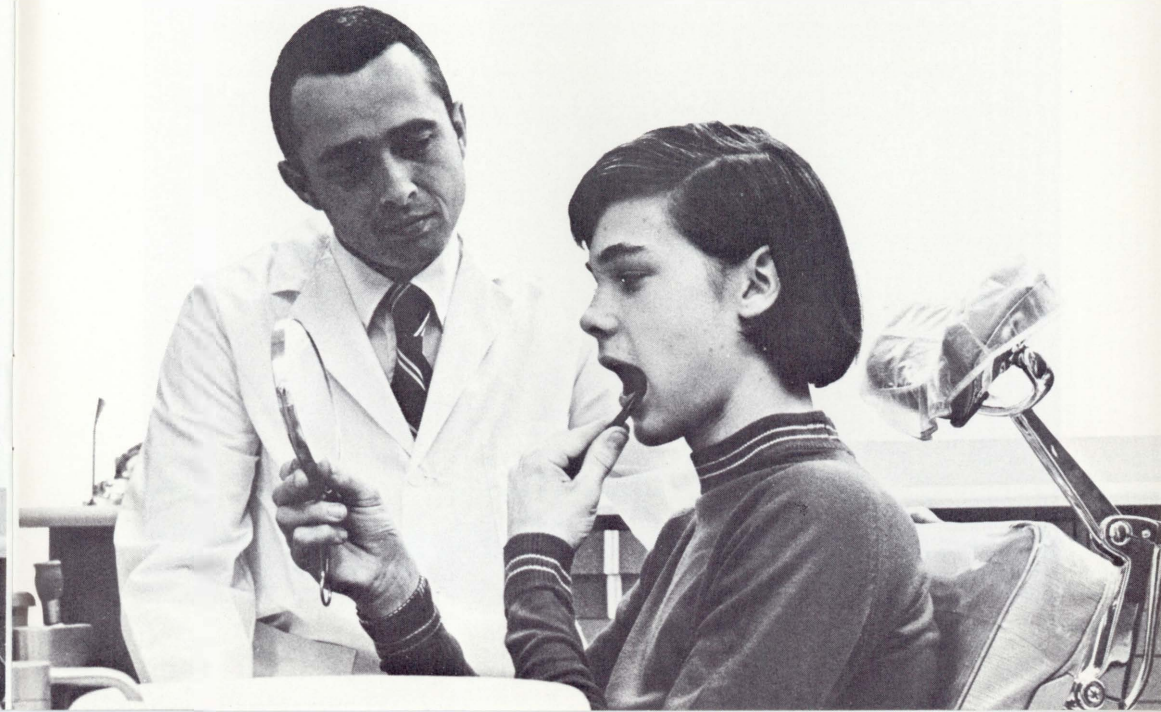
The dentist can help you *stop* gum disease. How he does this will depend on how bad your gum problem is.

First, he will clean off hard deposits from your teeth and gums. Then he may treat your gums in other ways too. He knows what treatment will help you most.



Also, the dentist will teach you how to brush your teeth well. Then you can keep your teeth and gums very *clean*. This will help you stop gum disease and keep it from coming back.

Treating gum disease may take more than one visit to the dentist. But it is worth it to **SAVE YOUR TEETH!**



DON'T WAIT!

The *sooner* you see the dentist, the *easier* your cure will be.

DON'T THINK IT'S TOO LATE.

Usually, the dentist can help you even if you have had gum disease for a while.

VISIT THE DENTIST AS SOON AS YOU CAN TO SAVE YOUR TEETH!

KEEP YOUR OWN TEETH!

Prevent gum disease before it starts—

BRUSH YOUR TEETH AND GUMS AT LEAST ONCE EACH DAY.

Thorough brushing cuts down on germs, bits of food, and hard deposits on your teeth and gums. These things can cause gum disease. So be sure you brush your *gums* too.

SEE THE DENTIST.

He will clean off any hard deposits on your teeth and gums. And he will check your gums. Then he can treat any problems *before* they get very bad.

ISN'T THAT BETTER THAN WEARING FALSE TEETH?



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