

Gum Disease



Frequently Asked Questions

What is gum disease?

Gum disease or periodontal disease, is a serious infection that if left untreated can lead to tooth loss. Periodontal disease is a chronic infection that affects the gums and bones supporting the teeth.

How can I tell if I have gum disease?

In the mildest form of the disease, *gingivitis*, or “inflammation of the gums”, gums redden, swell and bleed easily. You may also experience bad breath.

What causes gum disease?

Bacterial plaque, a sticky colourless film, that constantly grows in our mouth. If this plaque is not removed by brushing daily, it mixes with saliva and hardens. This calcified plaque is known as tartar or calculus. Once hardened it can only be removed at your dental office. If it is not removed it is the main cause of gum disease. However other factors such as smoking, genetics, and pregnancy can also affect the health of your gums.

What can I do to improve the health of my gums?

Get in the habit of brushing your teeth every morning and every night to remove plaque. To clean between you must also use dental floss daily. Regular dental check-ups and cleanings will insure that you have healthy gums. Children and young adults can visit the WRHA dental clinic at Machray School at 320 Mountain Avenue. Please call our clinic at 940-2090 for more information



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