



Pearly Whites

Take care of your teeth, gums, health -- and smile!

Gum Disease

If you have been told you have gum disease, also called periodontal disease, you are not alone. An estimated 80 percent of adults currently have some form of the disease.

Gum disease develops when bacteria form a sticky, colorless plaque that is allowed to build up along and under the gum line. The plaque causes the gums to become red, swollen and bleed easily. This mild form of gum disease is called gingivitis. It can be reversed by daily brushing and flossing, and regular cleaning by a dentist.

Plaque that is not removed each day can harden and form bacteria-harboring tartar that brushing doesn't clean. Only a professional cleaning at your dentist's office can remove tartar.

If gingivitis is not treated, the plaque and inflammation will spread. Teeth may eventually become loose and have to be removed.

Brushing and flossing can help you save your teeth for a lifetime of good eating. Take care of your teeth and gums to protect your health - and your smile!

Source: The National Institute of Dental and Craniofacial Research (www.nidcr.nih.gov/)
For more information or to find a dentist, contact your local dentist society.

Dental Health Tips

Taking good care of your teeth and gums every day will help keep your smile healthy.

- ~ Brush your teeth well twice a day.
- ~ Clean between your teeth every day with floss or interdental cleaners.
- ~ Visit your dentist regularly.
- ~ Avoid using tobacco products.
- ~ Enjoy a variety of foods (including dairy products, fruits, vegetables, whole grains and protein foods) every day.
- ~ The Kansas Food Assistance Program provides money to eligible people of all ages. The money is put onto an electronic debit card, known as the Vision card, and is for the purchase of a variety of groceries that can help keep your pearly whites healthy and beautiful.

For information about food assistance for senior adults, call the Kansas SRS Service Center, toll free, at 888-369-4777
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