

## What Is Gingivitis?

Gingivitis is the mildest form of periodontal disease, though it should still be taken very seriously. It causes the gums to become red, swollen, and bleed easily. There is often little or no discomfort at this stage. However, if left untreated, the chronic inflammation of gingivitis could cause the supporting bone around your teeth to recede or be lost, which leads to periodontal disease. Periodontal disease can lead to tooth mobility and loss.

Gingivitis is often caused by inadequate oral hygiene. The great news is that gingivitis is reversible with professional treatment and good oral home care! Your dental team will provide you with treatment recommendations to treat your gingivitis and keep it from returning.

Factors that may contribute to gingivitis include, diabetes, smoking, aging, genetic predisposition, systemic diseases and conditions, stress, inadequate nutrition, puberty, hormonal fluctuations, pregnancy, substance abuse, HIV infection, and certain medication use.



*If you have any further questions, feel free to contact the office via email or phone call and we'll be happy to provide you with additional guidance or recommendations.*