

Celebrate Gum Care Month: Simple Steps to Keep Gums Healthy and Strong from Fielden Family Dentistry

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HIGH POINT, NC, UNITED STATES, October 1, 2024 /EINPresswire.com/ -- As September marks National Gum Care Month, the focus shifts to raising awareness about the importance of healthy gums. While many concentrate on keeping teeth clean and cavity-free, gum health is just as essential for maintaining oral and body well-being. Gums provide critical support to teeth and act as a barrier against harmful bacteria entering the bloodstream. Surprisingly, gum disease is a common issue, affecting nearly half of Americans over 30.

Gum disease, also known as periodontitis, begins with excess bacteria along the gumline. If left untreated, this bacteria can erode soft tissue, leading to tooth decay, bone loss, and significant health issues. Recognizing the signs of gum disease early and maintaining consistent oral hygiene practices is vital for prevention.

Key Signs of Gum Disease

Identifying the early warning signs of gum disease is crucial for timely intervention. Some of the most common indicators to watch for include:

- Bleeding gums, especially after brushing or flossing
- Persistent bad breath



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- Red, swollen, or tender gums
- Pain during chewing
- Tooth Sensitivity
- Gaps (black triangles) between teeth
- Changes in bite alignment

It may be time to seek a dental exam if these symptoms are present. Early intervention can prevent serious health concerns and ensure a smoother treatment process.

Daily Habits for Maintaining Healthy Gums

Maintaining gum health goes beyond preventing disease—it supports overall wellness. Simple daily habits can make a significant difference in keeping gums healthy.

Twice a Day

Brushing twice daily with a soft-bristled toothbrush and fluoride-infused toothpaste helps remove harmful bacteria along the gumline. This gentle technique ensures proper cleaning without damaging sensitive tissues.

Floss Regularly

Flossing is essential for removing plaque and debris from between teeth, where toothbrushes cannot reach. Regular flossing helps reduce bacteria buildup and protects gums from potential infections.

Use Antibacterial Mouthwash

An antibacterial mouthwash can protect against oral bacteria contributing to gum disease. Incorporating mouthwash into an oral hygiene routine can help safeguard gum health.

Maintain a Balanced Diet

A nutrient-rich diet of fiber, lean proteins, fruits, and vegetables supports oral health. Limiting sugary and acidic foods can prevent bacterial buildup and help protect gums.

Avoid Tobacco

Tobacco use significantly increases the risk of gum disease. By impairing the immune system and promoting plaque buildup, smoking or chewing tobacco can lead to severe gum complications.

Schedule Regular Dental Cleanings

Professional cleanings are necessary to remove plaque and tartar buildup that cannot be addressed through at-home care alone. Routine cleanings help maintain gum health and prevent gum disease from advancing.

The Importance of Preventive Care

Preventive dental care is critical to avoiding severe oral health issues. Regular dental exams and cleanings help ensure gums and teeth remain optimal, catching potential problems before they escalate. Gum health plays a vital role in overall well-being, making it essential to stay proactive with dental care.

During Gum Care Month, consider making an exam part of the health routine. [Finding a trusted dental provider](#), such as Fielden Family Dentistry in High Point, NC, offers peace of mind and ensures gums stay healthy long-term.

About Fielden Family Dentistry

[Fielden Family Dentistry is a full-service](#) general family dentistry practice in High Point, NC. Founded in 1980 by Dr. Harry R. (Frosty) Culp, the practice has built a long-standing reputation for providing top-quality dental care with a personal touch. Fielden Family Dentistry believes in putting people first. The practice focuses on comfort, education, and long-term patient relationships. Each team member dedicates themselves to ensuring that patients receive the respect, care, and treatment they deserve. With decades of experience, [Fielden Family Dentistry takes pride](#) in the longevity and quality of their services, ensuring every patient leaves with a smile.

For more information or to schedule an appointment, visit Fielden Family Dentistry today.

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