

MARCH 26

**HEALTHY GUMS,
HEALTHY LIFE
UNDERSTANDING
GUM DISEASE AND
HOW TO PREVENT
IT**



Welcome to the March 2026 issue of the CareGuard Oral Health Bulletin.

Healthy gums are the foundation of a healthy smile. Yet millions of Americans experience some form of gum disease, often without realizing it.

The good news is that gum disease is largely preventable through daily oral hygiene, regular dental care, and early intervention.

This month's bulletin explains how to recognize early signs of gum disease and what simple steps can help protect your oral health.

WHAT IS GUM DISEASE?

Gum disease is an infection and inflammation of the tissues that support your teeth.

It usually develops gradually as dental plaque accumulates along the gumline.

Without proper oral hygiene, plaque can harden into tartar, allowing bacteria to irritate the gums.

In its early stage, gum disease is called gingivitis. If left untreated, it may progress to periodontitis, a more serious condition that can damage the bone supporting the teeth.

Early prevention and treatment can help stop this progression.



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EARLY WARNING SIGNS

Many people do not notice gum disease until it becomes more advanced.

Common warning signs include:

- Red or swollen gums
- Bleeding while brushing or flossing
- Persistent bad breath
- Gum tenderness
- Receding gums
- Loose teeth (advanced stages)

If you notice these symptoms, schedule a dental examination as soon as possible.



WHY HEALTHY GUMS MATTER



Healthy gums do more than support your teeth.

Research has identified associations between gum disease and several chronic health conditions, including:

- Diabetes
- Cardiovascular disease
- Pregnancy complications
- Chronic inflammation

Maintaining healthy gums supports both oral health and overall well-being.

PREVENTION STARTS AT HOME

Simple daily habits can greatly reduce the risk of gum disease.

- ✓ **Brush twice a day with fluoride toothpaste.**
 - ✓ **Clean between your teeth daily using dental floss or interdental brushes.**
 - ✓ **Drink plenty of water.**
 - ✓ **Avoid tobacco products.**
 - ✓ **Eat a balanced diet rich in fruits and vegetables.**
 - ✓ **Schedule regular professional dental cleanings and examinations.**
- Daily consistency is one of the most effective ways to maintain healthy gums.**

PREVENTION CHECKLIST

Every Day

- Brush for two minutes, twice daily.
- Floss once daily.
- Drink water throughout the day.
- Every Few Months
- Replace your toothbrush every 3–4 months.
- Regularly
- Visit a dental professional for preventive care.
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Myth vs. Fact

Myth

"If my gums bleed when I brush, I should stop brushing."

Fact

Bleeding gums are often an early sign of inflammation. Continue gentle brushing and flossing, and consult a dental professional if bleeding persists.

- ☐ **FLOSS EVERY DAY FOR THE ENTIRE MONTH**
- ☐ **BRUSH TWICE DAILY USING FLUORIDE TOOTHPASTE**
- ☐ **DRINK MORE WATER INSTEAD OF SUGARY BEVERAGES**
- ☐ **SCHEDULE A PREVENTIVE DENTAL EXAMINATION IF YOU HAVE NOT HAD ONE IN THE PAST YEAR**
- ☐ **SHARE ONE ORAL HEALTH TIP WITH A FRIEND OR FAMILY MEMBER**

Small daily habits can make a lasting difference in protecting your smile.

