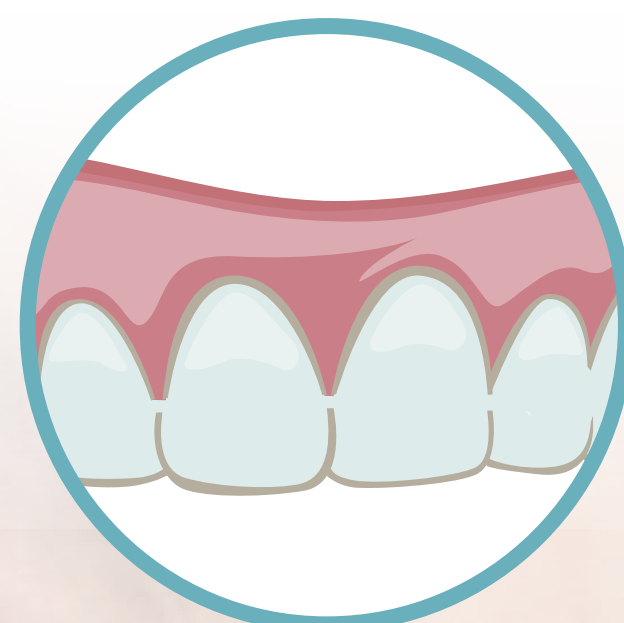


Causes of gum disease

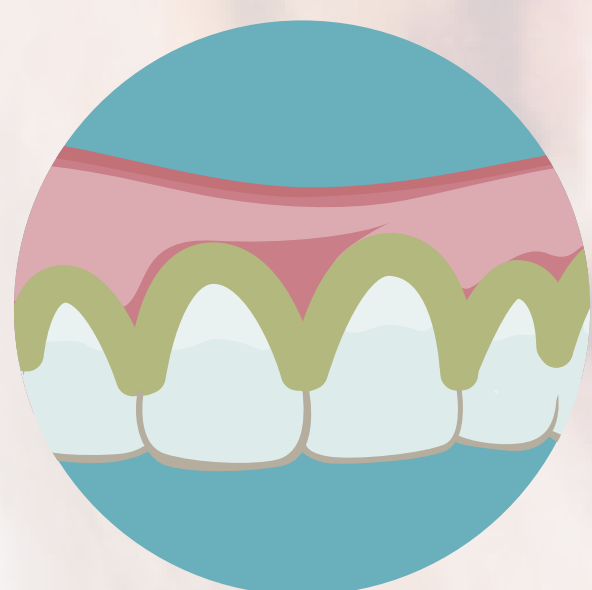
Healthy gums are pink and clean, holding our teeth firmly in place. They **never bleed or become swollen**.

Healthy gums are essential for the correct functioning of the mouth and enable us to eat and speak properly. They are also important to our smile and allow us to express ourselves socially with self-confidence.



Gum disease not only threatens all this, it can also lead to other health problems.

What triggers gum disease is:



DENTAL PLAQUE
accumulates because of
poor oral hygiene

Risk factors are:



**Diabetes
& prediabetes**



Smoking



**Obesity
& unhealthy diet**



Some medications



**Pregnancy
hormones**



Stress

12 May, Gum Health Day 2020 - an EFP global initiative

**SAY NO
TO BLEEDING GUMS**



 **EFP**
European Federation
of Periodontology

gumhealthday.efp.org

#GumHealthDay