



# Keeping Gums Healthy

Gum disease is one of the most widespread diseases affecting adults.

Gum disease, also known as periodontal disease, is a chronic bacterial infection that affects the gums and bone that support your teeth. Gum disease is fairly painless until an advanced stage and is one of the most widespread diseases affecting adults. Gum disease can be prevented or easily treated if discovered early; but, left untreated, can lead to tissue, bone and tooth loss.

Numerous studies also suggest that gum disease may be associated with more serious health problems such as diabetes, heart disease and stroke.

Prevent oral health problems today and save big in the years to come.

## Here's How:



**Brush** for 2 minutes,  
twice daily



**Floss** your teeth  
every day



**Drink** water with  
fluoride



**Eat** healthy foods



**See** your dentist  
regularly



**Utilize**  
preventive care

**Learn more about how your oral health  
connects to your overall health at:  
[DeltaDentalMN.org](http://DeltaDentalMN.org)**

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