

Bleeding gums—article3

Synonyms: pyorrhea, gum disease, gingivitis, periodontitis, anug (acute necrotizing ulcerative gingivitis),trench mouth

Meta description: Problems of the mouth that result in bleeding, pus, swelling and fetid odor can often be linked to poor gingival health. These diseases can affect overall body health. Learn how to address these issues in this article.

Headline: Bleeding gums are a bacterial infection, which if left untreated can lead to overall body problems.

Article DEK: The three things necessary for decay; sugar, bacteria and time are also the prerequisites for periodontal disease. Learning how to reduce sugar, clean your teeth properly and in a timely fashion can help eliminate the germs that cause bleeding gums and bone loss.

When people eat food, there is always food remnants that get stuck between the teeth. Sometimes people use a toothpick to remove that big piece of chicken but the small remnants of food that are left are food for the bacteria we all have in our mouths. These bacteria eat the food and produce acid as a byproduct of their metabolism. It is this acid that leads to bone loss, puffy gums and bleeding.

The stages of gum disease can be described as gingivitis and early, moderate and severe periodontitis. Initially bleeding gums is called gingivitis. It is a reversible disease that is indicative of poor oral hygiene. In most instances, people think that brushing alone can prevent gum disease. This is incorrect as flossing is required to get the food and bacteria out from between the teeth.

If a person has bleeding gums and they are cleaned properly and maintained by flossing and good oral care, this gingivitis will go away. It is like having a sliver under your fingernail. When the sliver is removed (plaque and food) then the area will heal.

When gum tissues bleed they are bluish in color and the number of anaerobic bacteria increase. Flossing brings oxygen into the area and kills these bacteria. As well, mechanical flossing scrapes off the bacteria and reintroduces oxygen into this environment, which also kills the germs that lead to bleeding gums.

When bleeding gums aren't addressed, this leaves the acid under the gum for a prolonged period of time. Acid in contact with bone causes bone loss. With the skin at the same height or "higher" because it is puffy and lower bone you have a pocket. This pocket houses more anaerobic bacteria, fungus, yeast and leads to more bone loss and even more profuse bleeding of the gums.

To treat these conditions you must see your dentist for a thorough periodontal evaluation where they use a periodontal probe (dental ruler) to check the bone levels for a more accurate diagnosis. Then deep cleanings can be done to debride the area and remove bacteria and calculus. The use of scaling and root planing to clean these areas is really important to remove the irritants that lead to continued puffy gums. In some instances periodontal surgery is done to reduce these deep periodontal pockets. This surgery can be done in a standard fashion or with a periodontal laser procedure. Often times mouthrinses or chemotherapeutics are used to help decrease these pathogenic bacteria.

Lastly, if people wait too long teeth become mobile and may need to be extracted and replaced with dental implants. Summary: see your dentist if your bleeding gums don't get better for a thorough gum screening.