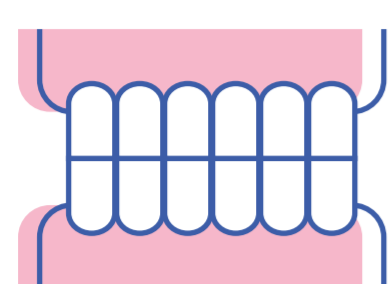


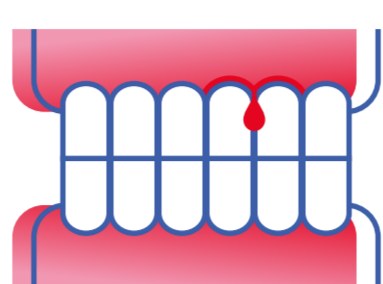
4 STEPS

TO IMPROVE YOUR GUM HEALTH



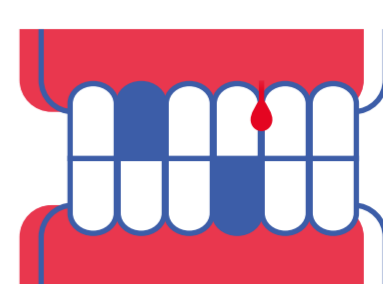
HEALTHY GUMS

Don't bleed when probed/brushed



INFLAMED GUMS (GINGIVITIS)

Bleed when probed/brushed



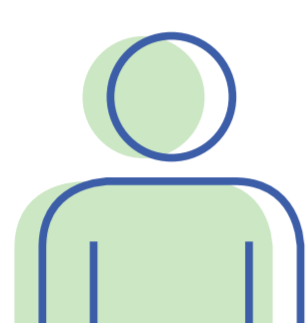
GUM DISEASE (PERIODONTITIS)

Bleeding gums + bone loss + tooth loss

IS YOUR MOUTH HEALTHY?

FOLLOW OUR GUIDE TO FIND OUT...

1. YOUR ROLE



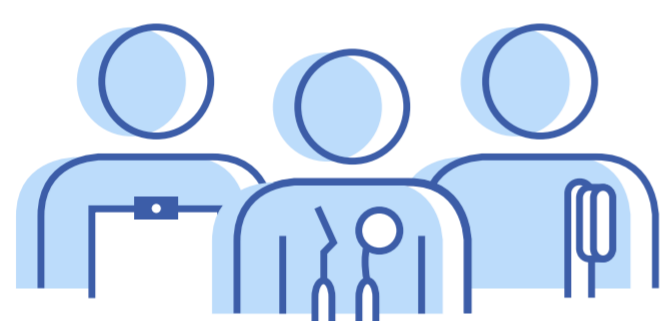
Visit your dental professional REGULARLY

- Clean between your teeth using interdental aids/brushes
- Look after your health by working with your Doctor and Dentist. Eat a healthy diet, stay active and drink alcohol responsibly
- Avoid smoking and control diabetes if you have it



VIDEO
GUM DISEASE EXPLAINED

2. DENTAL TEAM ROLES



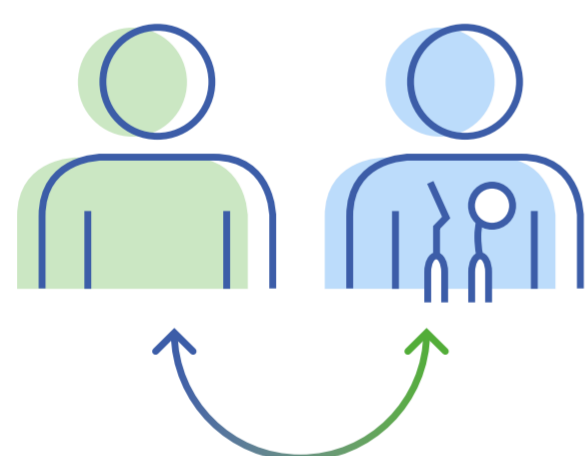
Your dental team will examine your mouth and indicate your level of GUM HEALTH

- They will show you the best way to clean around and between your teeth
- If gum problems are found you may require professional gum cleaning



VIDEO
GUM DISEASE PREVENTION & TREATMENT

3. WORKING TOGETHER



Your gum health is OUR PRIORITY

- If gum treatment does not improve your gum health, the dental team will discuss other options
- You may require medication or gum surgery or specialist referral
- Every person is different so treatment is tailored to the individual - the dental team is here to help you



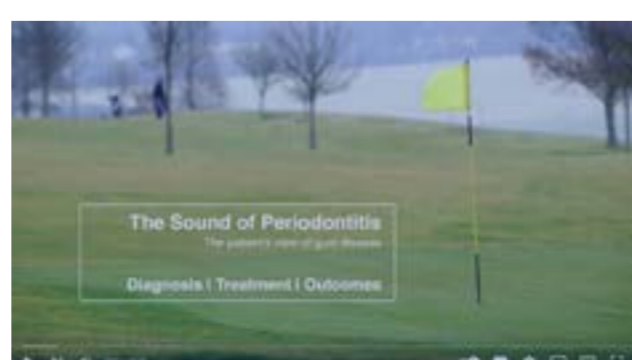
ONLINE TEST
CHECK YOUR SYMPTOMS

4. LONG TERM CARE



Long term ONGOING CARE

- The dental team will help you to look after your teeth and gums
- It is important to have regular reviews and follow their advice to maintain healthy gums



VIDEO
THE SOUND OF PERIODONTITIS