

GUM BLEEDING

You should be seriously concerned when you have bleeding gums. It is a precursor to gingivitis or it can be a symptom of gingivitis (inflammation of the gum tissues). Bleeding and gingivitis re connected with further health problems:

What Causes Gum Bleeding:

Improper oral hygiene

Hormonal changes in women

Cancer and chemotherapy

Remedies:

- Avoid food with sharp edges like peanuts, potato chips or tacos
- Use soft bristle brushes and brush carefully to avoid hitting the gums with the toothbrush
- Do not use tobacco products
- Be careful about extremely hot or cold foods and drinks
- Use chemical-free herbal toothpaste; it works just after using it for few times
- Place a bag of chamomile, sage or black tea in warm water and apply it to the gums
- Sprinkle white concentrated stevia powder on top of the toothbrush. Gently massage the gums in circular motion
- Gargle with stevia (1/2 glass warm water with 1/4 tsp of stevia) to alleviate painful gums, sore throat and mouth sores.

If gum bleeding is not treated in time, it will create several other infections and conditions including tooth loss, jaw abscess, trench mouth, just to name a few. Be sure to schedule a visit with Dr. Fotek to address your gum health!



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