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Gingivitis (gingivitis) is a disease caused by a bacterial infection that causes the gums to swell from inflammation. The main cause of this condition is poor oral hygiene. People who rarely brush their teeth, often eat sugary and sour foods, never usually check their teeth to the doctor, the most at risk of gingivitis. Many people often do not know that they have this disease because the symptoms are not so obvious. However, gingivitis should not be left untreated. How common is this condition? Gingivitis is a common oral disease. This condition can be experienced by anyone, regardless of gender. However, people who do not maintain the health of their teeth and mouth are the most at risk. Raw gingivitis can develop even worse. This gum problem can cause periodontitis, which is a serious gum infection that damages the tissues of the supporting bones of the teeth. Periodontitis can cause outdated teeth and various other serious problems. You can avoid the risk of this disease by preventing existing risk factors. Please contact your dentist for more information. Inflammation of the gums usually does not directly cause pain. As a result, many people do not know that they are experiencing this condition. However, there are several signs and symptoms of inflammatory gum disease that you may know early on, among them: the gums are reddish, swollen, and feel soft when touching your tongue or hands. Gum down or shrink. Gums sagging, shifting, or even losing. Gums bleed easily when you brush your teeth or use flossing Sometimes it looks reddish on the bristles of the brush or dental floss. The color of the gums is from fresh pink to black and red. Bad breath that doesn't disappear, or bad taste in the mouth. Intense and acute pain when opening your mouth to chew, bite, or even speak. There may be signs and symptoms not mentioned above. If you have concerns about certain symptoms, please feel free to consult your dentist directly. Only a dentist can recognize and determine how severe your gum disease is. When can I see a doctor? If you are aware of experiencing one or more of the above gingivitis symptoms, please contact your dentist immediately. Remember that the symptoms of gingivitis often go unnoticed. So, the sooner you go to the doctor, the better the chances of recovery. And not only that. The sooner you go to the dentist, you can also avoid the risk of serious gum damage such as periodontitis. Usually dentists recommend regular check-ups lead to more serious problems. As explained slightly above, the most common cause of gingivitis is poor oral hygiene, which encourages A quote from the Mayo Clinic, it can also cause inflammation of gum tissue. The main cause of this inflammation is the accumulation of plaque. The plaque itself is a sticky layer of bacteria formed from the deposits of food waste on the surface of the teeth. Plaques that remain constantly accumulating over a long period of time will harden the formation of tartar below the gum line. Well, it's these tartars that cause gum inflammation. Over time, your gums will swell and bleed easily. Dental tooth decay can also occur. If left untreated immediately, gingivitis can develop into periodontitis, which causes teeth to date or remove. Here are the stages from plaque formation to gum inflammation: the plaque is something sticky and invisible. Most of them are formed from bacteria mixed with residues in the mouth. If not cleaned properly, the tartar is quickly shaped. Then, the tartar turns into a tartar as it sticks and hardens below the gum line into a tartar. This also makes plaque more difficult to remove and becomes a treat for bacteria and irritation occurs. After that, if you do not clean it immediately, catch a doctor, there may be inflammation of the gums. This is because more plaque is also left behind, inflammation occurs. The gums can also become swollen as well as bleeding. If left untreated immediately, there will be tooth decay to periodontitis. There are many risk factors that can cause you to experience gingivitis, among them: 1. The genetic history of the American Academy of Periodontology says that up to 30 percent of gum cases are caused by genetics. So if your grandparents, parents and siblings have gum inflammation, you run the risk of experiencing it too. People with a history of gum inflammation are six times more at risk of experiencing various forms of gum disease. 2. The older you get, the greater the risk of gingivitis. 3. Poor dental and oral hygiene If you rarely brush your teeth, floss, and check with your dentist, you are at high risk of gingivitis. 4. Dry mouth dry mouth can affect the health of the gums, which makes the gums more prone to inflammation and swelling. 5. Free or damaged dental fillings Damaged teeth may increase the risk of gingivitis-causing infections as well as other dental injuries. 6. Vitamin Deficiency Intake People who are deficient in vitamin C are more likely to experience dental and oral problems, including gingivitis. 7. The Centers for Disease Control and Prevention (CDC) has shown that smokers are twice as likely to have gum disease than people who do not smoke. 8. Hormonal changes are the hormonal changes women face pregnancy, monthly menstruation and menopause can improve the circulation of gums. This makes gums easier to experience inflammation, swelling, and bleeding. 9. Some medications Taking certain medications such as birth control pills, steroids, anticonvulsants (drug seizure), chemotherapy, blood thinners, and calcium channel blockers may increase the risk of gingivitis. 10. Some diseases of people who have a history of certain diseases, such as diabetes, cancer and HIV/AIDS, are at high risk of gingivitis because their immune system is usually weak. It's worth noting how it will be difficult for their body to fight infection-causing bacteria. The information provided does not replace medical advice. ALWAYS consult your doctor. How to diagnose gingivitis? Gingivitis or gingivitis can be diagnosed with a dentist's examination. During the examination, the dentist will check the gums to see if there is any inflammation, asking for your overall medical history. The doctor will also measure the depth of the gum pocket. The depth of the gum sac ideally ranges from 1-3 millimeters. If necessary, the dentist can also conduct an X-ray examination to see if there is a fracture or fracture of the tooth bone. What are the treatments for gingivitis? Some of the most common treatments for gingivitis include: Painkillers. If the pain is so intense that it makes it difficult for you to chew and bite your food, your doctor may prescribe painkillers such as asbuprofen and paracetamol. Both drugs are effective at relieving the sensation of nyut-nutan around the gums. Mouthwash. An antiseptic mouthwash containing chlorhexidine can be used to fight infection-causing bacteria in the mouth. Use mouthwash as recommended by your doctor. Misuse can actually worsen the condition of the gums. Antibiotics. The doctor may also prescribe antibiotics to prevent the infection from getting worse. Antibiotics work by inhibiting the growth of bacteria that cause infection. Pay attention to the dosage and how to use it to avoid the condition getting worse or cured for a long time. The dentist's dental procedure may also recommend non-surgical procedures for cleaning the teeth so as not to irritate the gums further. Here are some treatments for brushing your teeth that dentists can do: Scale. The procedure is performed with a special tool called an ultrasonic scale to clean plaques and resins in the gum line. Scaling is ideally done every 6 months. However, in some cases, a person needs more frequent tarpaulin cleaning. Root planning. Unlike scaling, this procedure is performed by patients who already have bags, Periodontitis. This procedure helps smooth out the roots of your teeth so that your gums can stick tightly back into your teeth. If you want to clear plaque and resins that are minimal in pain and bleeding, lasers are the best solution. Please contact your dentist for more information. Surgery In serious cases, flap surgery can be performed to remove plaque and resin from gum bags. Your doctor may also perform a bone and tissue transplant if your tooth decay is severe. The best way to prevent gingivitis is to maintain dental and oral hygiene. This advice applies not only to adults, but also to children. The sooner you get used to keeping your teeth and mouth clean, the better. Here are a few simple steps to get used to keeping your teeth and mouth clean every day. Careful toothbrush in mild cases of inflammatory gum disease can usually be treated with more careful brushing. Brush your teeth at least twice a day (morning and night) with the right technique. Brush your teeth slowly in circular motions from top to bottom. Do it the same for each section for 20 seconds. All the surfaces of the tooth should be brushed, nothing to miss, so no residue touches. Finally, rinse your mouth with clean water. Choosing a tool should also be appropriate. Use a fluffy brush with a small tip of the head to reach the deepest part of the mouth. Also make sure that the algae brush you use is handy when held. As for the choice of toothpaste containing fluoride. Fluoride is effective for strengthening and protecting teeth from damage. Flossing To be completely clean, be sure to do flossing. Flossing is a method of brushing teeth using strands to remove food waste stuck between the teeth and below the gum line. If you consistently brush your teeth and floss, the gums will stay awake in the best condition. Maintain toothbrush and flossing habits throughout your life to avoid problems in your mouth. Stopping smoking cigarettes is the biggest risk factor for gingivitis and gum disease. Even experts note that people who smoke are seven times more at risk of gum disease than non-smokers. So from now on you should try to quit smoking. In addition to preventing gingivitis, quitting smoking can also improve your body's overall health. Eating foods that are nutritious Proper Nutrition can help your immune system more effectively fight gingivitis-causing bacteria. Avoid eating foods and drinks that have too much sugar. It is recommended to eat fruits and vegetables and other foods containing vitamins C and E. This is because both types of these vitamins can help your body repair damaged tissue. Avoid stress In fact, stress can also affect the health of your teeth and mouth. When you are stressed, then your immune system will have a harder time fighting infection-causing bacteria. You will also be more susceptible to gingivitis and other gum disease. Regular check-ups at the dentist Other things that are equally important to prevent gingivitis are the usual registrations to the dentist. Regular checkups can make it easier for your doctor to monitor your dental and oral health thoroughly. If your doctor finds problems with your gums or teeth at any time, it will be quicker to provide appropriate treatment. Visit your dentist regularly every 6-12 months. However, if there are certain risk factors that make you more susceptible to gingivitis, you may have to consult more often. If you have any questions, see your doctor for the best solution to your problem. 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