



**Healthy aging  
requires a  
healthy mouth.**

**Bleeding gums**

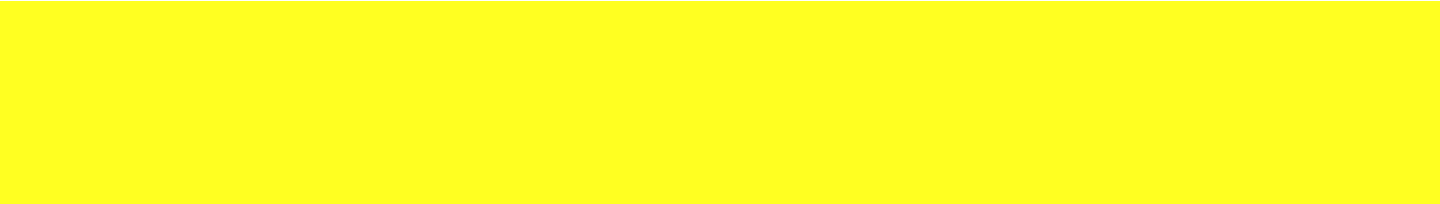
**PREVORA**  
ANTIBACTERIAL TOOTH COATING chlorhexidine diacetate



# About this guide

Oral healthcare is changing dramatically, to embrace new scientifically-proven methods and treatments which prevent disease in the mouth.

To inform our patients about these changes, your healthcare team is publishing a series of booklets about the new "science of prevention" and how it can help better oral health.



# Bleeding gums

More than half of adults experience bleeding, sore and inflamed gums from time to time. But when this condition becomes chronic or more frequent, it deserves attention by an oral health professional.

Why? As explained later in this booklet, the bacteria causing chronic oral inflammation can worsen other chronic medical conditions. Bleeding gums is not just a dental problem, it is a medical problem too.



*Bleeding and inflamed gums indicate a bacterial infection at the gum line.*

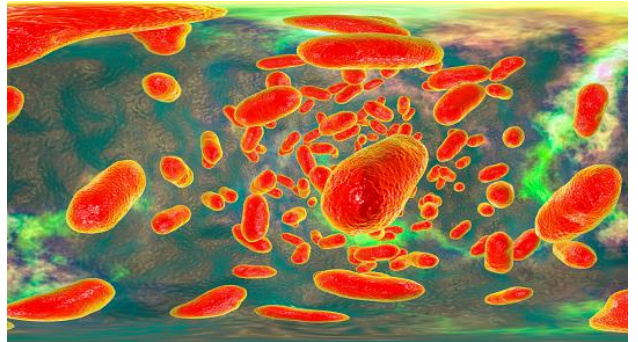
## Bacterial infections cause bleeding gums

Numerous studies have identified a handful of bacteria at the gum line which cause oral inflammation.

As the gums bleed, these bacteria are able to jump into the bloodstream and migrate to various body organs.

These bacteria are often unresponsive to brushing and flossing, or to a dental cleaning or scaling.

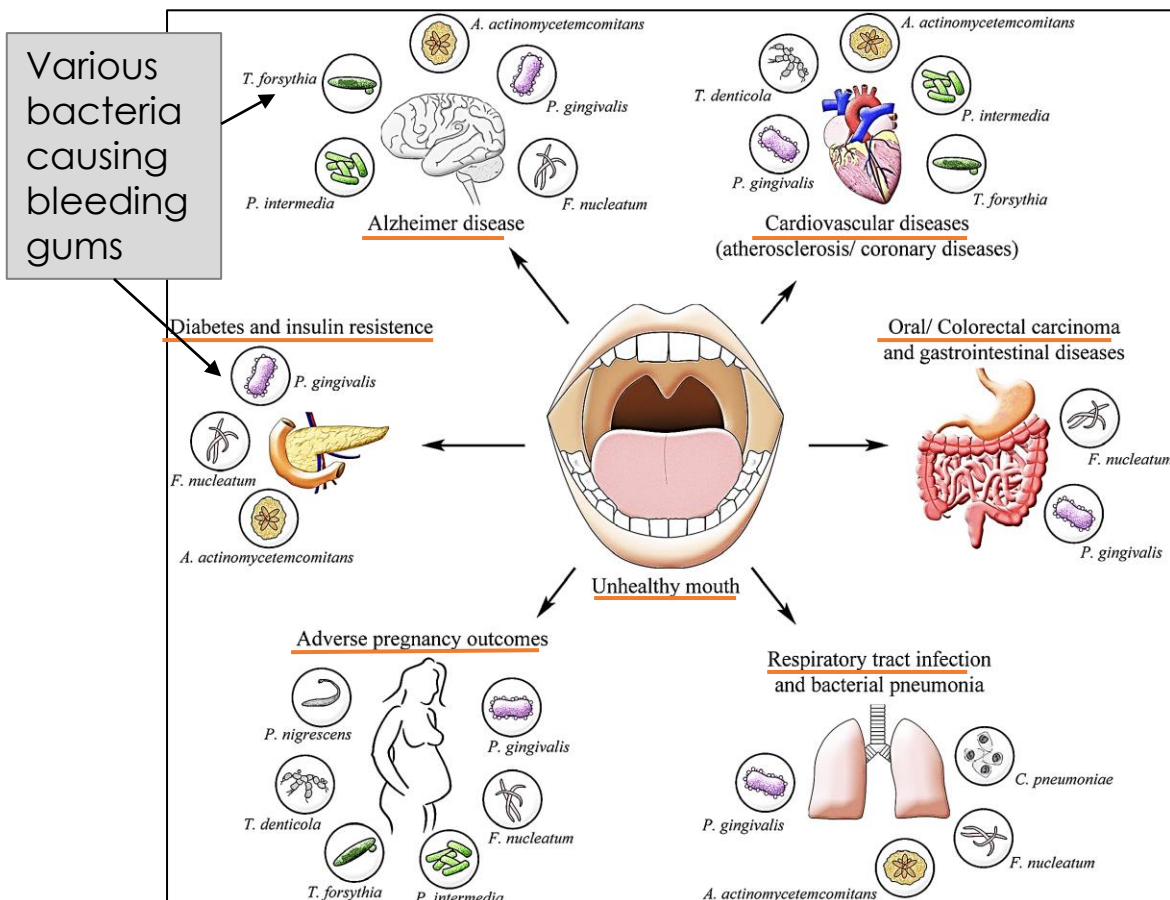
Given the medical importance of these bacteria, a comprehensive program of prevention by your oral healthcare professional is needed.



*Porphyromonas gingivalis* is one bacteria causing bleeding gums. It also causes inflammation in the the body. Studies have shown this bacteria's ability to invade the brain.

# Bleeding gums threaten your overall health

What happens in the mouth, often doesn't stay in the mouth. The bacteria causing your gums to bleed are closely associated with several medical problems including unstable diabetes, cardiovascular disease, hypertension, stroke, respiratory and inflammation conditions, mood disorders and cognitive decline.



Source: Bui FQ et al. 2019. Association between periodontal pathogens and systemic disease. Biomed J., 41, 1, 27-35

## So how are bleeding gums best treated?

First, improve your daily oral hygiene activities including brushing and flossing twice daily.

But when you bleeding gums persist, or reoccur frequently, ask you oral healthcare professional for extra help.

Scaling of your dental plaque at and under the gum line is commonly effective.

But for those teeth which continue to be inflamed or bleed after scaling, we recommend a new antiseptic tooth coating called Prevora. It is painlessly applied to your teeth and gum line in a series of short visits. Prevora helps reduce harmful bacteria at your gum line.

Prevora patients commonly go for years without cavities or gum disease. Many Prevora patients report they feel better too.



*Prevora is painlessly applied to your teeth and gum line where it rebalances oral bacteria to a healthy condition.*

# Consult with your oral healthcare professional

Science's growing understanding of the interrelationships between oral health and overall health, makes a consultation with your hygiene team ever more important.

Your hygienist observes oral inflammation and ongoing poor oral health with unique skills and competencies. Your hygienist also knows how to prevent cavities at the gum line safely, quickly, affordably and without pain.

Team up with your hygiene team to get to better oral health and better overall health.

**To find a hygienist or other healthcare professional who will advise you on Prevora, visit [PartnersinPrevention.ca](http://PartnersinPrevention.ca).**





[www.partnersinprevention.ca](http://www.partnersinprevention.ca)  
Email: [info@partnersinprevention.ca](mailto:info@partnersinprevention.ca)