

September is National Gum Care Month...

And The Dental Views is Working to Keep them Healthy!

California, Riverside, Sep 13, 2021 (IssueWire.com) - The Dental Views is recognizing September's National Gum Care Month by providing patients and team members alike with tips on how to keep gums healthy.

It's a little-known fact that 75% of Americans will experience gum disease at some point in their lives, the most common of which is gingivitis.

Gingivitis occurs when plaque, which contains bacteria, builds up on teeth and produces toxins that irritate the gums. Signs of gingivitis include bleeding, puffy, sore, or inflamed gums.

Managing gingivitis is important so that it doesn't progress into Periodontitis—a severe gum infection that can lead to tooth loss and other serious health complications.

The Dental Views is addressing this issue by sending out a newsletter that outlines the treatment and prevention of Gingivitis, which involves keeping teeth as free from plaque as possible.

"Good all-around oral health is the key to preventing gingivitis in the first place," says Dental View's owner and clinical director, Dr Ali Zareh, DDS. "But you can increase your protection by using an anti-gingivitis toothpaste and mouthwash."

Also recommended is using a soft-bristled toothbrush or electric toothbrush, flossing daily, and regular visits to your dentist.

Serving Southern California and Central Arizona, The Dental Views has been offering friendly, expert dental care since 2010. With twelve state-of-the-art dental offices, the practices offer a warm, inviting atmosphere along with the latest technology and dental prowess.

[The Dental Views](#) provides a full range of general and cosmetic dental services.

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