AT LEAST **8 OUT OF 10 ADULTS** SHOW SIGNS OF **GUM DISEASE**

CORSODYL DAILY

Healthy gums shouldn't bleed, so if you see any blood when you brush or floss, this could be a sign of gum disease.

IT'S TIME TO FIND OUT MORE ABOUT GUM DISEASE

Caused by plaque bacteria, a sticky film that constantly builds up around, on and in between your teeth and if not removed can lead to irritated, bleeding gums when brushing or flossing.

As plaque breaks down pieces of food in your mouth, it may release an unpleasant smelling gas leading to bad breath.

A build-up of plaque can cause irritated gums, which may appear red and swollen.

Tooth loss can be caused by one of the severe forms of gum disease, called periodontitis. It can occur when symptoms such as bleeding gums are left untreated, which is why it is vital to treat symptoms early so you don't let things get this far.

HOW TO KEEP GUMS HEALTHY

1 **Brush your teeth and use a fluoride mouthwash twice a day, every day with a specialist gum health range like CORSODYL.**

2 **Use a manual or electric toothbrush with a small head and soft round bristles,** paying particular attention to the gum line.

3 **Floss or use interdental brushes** to remove plaque from hard to reach areas, like in between your teeth or at the back of your mouth.

4 **Ask your dentist or hygienist** for advice around treatment for persistent gum problems.

CORSODYL TOOTHPASTE

A daily regime to maintain healthy gums.

- **4x more effective than regular toothpastes at removing the main cause of bleeding gums***
- **8 specially designed benefits for healthier gums and stronger teeth.**
- **Corsodyl's** best tasting toothpaste.

Practice stamp:

Ask your dentist or hygienist about gum health