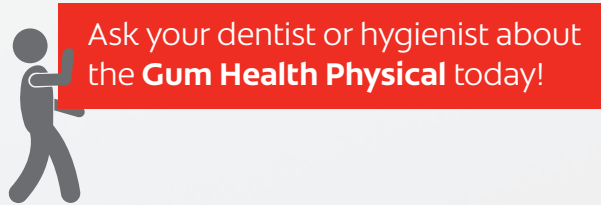


How Can I Prevent Gum Disease?

Along with regular brushing and flossing to eliminate plaque, being aware of the state of your gum health is one of the best ways to decrease the chance of gum disease.

With the **Gum Health Physical**, you can take home a **personalized report** that you can use to improve your oral health.



7 out of 10 Canadian adults will suffer from **gum disease** in their lifetime¹



Could You Be



GUM HEALTH PHYSICAL

Brought to you by **Colgate Total**[®]

Reference: 1. Canadian Dental Association (CDA), www.cda-adc.ca/en/oral_health/faqs/gum_diseases_faqs.asp. Accessed 06/20/19.

Ask your dentist or hygienist today about the **Gum Health Physical**, a tool designed to help you improve your gum health.

What is Gum Disease?

Gum disease is an inflammation of the gums, caused by bacteria in plaque, that can lead to the deterioration of tissues and bone that support your teeth.

Here are the stages of gum disease:



Gingivitis
At this early stage, gum disease can be reversed.



Periodontitis
At this stage, there is irreversible damage.

Advanced Periodontitis
At this stage of gum disease your teeth can shift or loosen - or even need to be removed.




How Do I Know If I Have Gum Disease?

Signs of early gum disease include:

- Gum redness, or puffiness
- Bleeding while brushing, flossing, or eating hard food
- Receding gums that make teeth appear longer
- Persistent bad breath, even after tongue cleaning or using mouth rinse



Maintaining healthy gums is an important part of your oral health.



Ask your dentist or hygienist about receiving a **Gum Health Physical**.

Ask About the Gum Health Physical Today

The Gum Health Physical is a tool used by your dentist or hygienist to help you understand what parts of your mouth need extra attention.



Colgate GHP Steps to Help Improve Your Gum Health

Your Dental Professional Maryellen Recommends:

TREATMENT DONE IN THE DENTAL OFFICE TODAY:

- Periodontal exam
- Scaling and Polishing

RISK FACTORS:

- Plaque control

NEXT VISIT:

- 6 Months

HOME CARE RECOMMENDATIONS:

- Use Colgate Total[®] toothpaste, brushing twice daily
- Use Colgate Total[®] Toothbrush, soft, compact head manual toothbrush; change every 3 months
- Floss daily

PERSONALIZED INSTRUCTIONS:

Brush carefully along the gum line to make sure plaque is removed. Pay particular attention to your upper molars and the lower front teeth.

For oral care instructions, visit the Oral Care Center at Colgate.ca
The information and recommendations contained in this report are made by your dental professional and not Colgate-Palmolive.

An example GHP report

When you leave, your dentist or hygienist will give you a **personalized report** you can use to improve your oral health at home.