

# 4 Common Causes of Gum Disease



## 1 - Bacteria & Plaque

Bacteria in the mouth creates a sticky film over the teeth. Good hygiene practices help remove the bacteria and the plaque they cause. When plaque is not removed, it develops into a rock-like substance called tartar. This can only be removed by a dental professional.



## 2 - Smoking & Tobacco

If you're a smoker or use tobacco, you face a higher risk of developing gum disease. Additionally, tobacco use can lead to stained teeth, bad breath, and an increased risk of oral cancers.



## 3 - Certain Medications

Some medications that are taken for other health conditions can increase a person's risk of developing gum disease.



## 4 - Medical Conditions

Certain medical conditions can impact the health of your gums. For instance, diabetics face an increased risk of gum disease due to the inflammatory chemicals present in their bodies.

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