
Solucionario Capitulo 31 - Paul E. Tippens

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References Category:Mathematics books Category:Physics educationArea Dentists Open Up About Mouths, Sharing Thoughts on Motivation, Plan for Growth The Effects of Nutritional Deficiency on Periodontal (Gum) Health by Dr. Theodore Blankenship In many cases, neglect of proper nutrition and good dental hygiene can lead to an early onset of gum disease. Reducing the chances of having gum disease in the first place is easy, and avoiding it should be a focus for your family. The maintenance of healthy teeth and gums can be achieved through a variety of simple steps that can be implemented on a daily basis. The following is a list of steps to help fight gum disease and keep your mouth in tip-top shape. Clean your teeth at least twice a day with fluoride toothpaste, and use a water-based mouthwash. Rinse your mouth and tongue after meals, and after brushing and flossing your teeth. Practice good oral hygiene by gently brushing and scraping the area behind the teeth to remove food and plaque. Floss regularly. If you are a smoker, quit. Don't overload your mouth with foods that can cause plaque to build up, or stain teeth. It is important to have your teeth cleaned and scaled at least twice a year, but it is important not to rinse and scrub the teeth after meals. As dentist in Spearfish, South Dakota, I often hear my patients suffering from gingivitis. In this article, I'll discuss what causes gum disease and how to avoid it. What is Gingivitis? Gingivitis is an infection or inflammation of the gums. There are three types: Acantholytic Gingivitis — The inflammation is caused by a build-up of fluids (acidity) or, less often, by bacteria. Chronic Gingivitis — The inflammation is caused by a build-up of bacteria. Chronic inflammatory periodontal disease (CID) — This is usually caused by bacteria, and is also known as "dry" gingivitis. It is usually more serious and can cause more damage if it is not treated. Chronic gingivitis can increase the risk of other problems, such as tooth decay and bone loss. It is also a major risk factor for

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