



Gum Disease

PROGRESS OF GUM DISEASE

Healthy Gums

- Gums are not puffy
- No bleeding when brushing



Encourage this person to continue with what they are doing and see a dentist or dental hygienist for regular check-ups.

Gingivitis

- Gums are red and puffy
- Bleeding when brushing
- May have bad breath
- May complain of a bad taste



Encourage brushing and flossing twice daily. Recommend a dental check-up within 2-4 weeks.

Periodontitis

- Teeth starting to look longer
- Teeth may be getting loose
- Gums are red and puffy
- Possible bleeding when brushing
- May have bad breath and complain of a bad taste
- May have a dull ache



This person needs to see a dentist or dental hygienist as soon as possible.

Gum disease is the major cause of tooth loss in adults. Nearly all Canadians have at least some inflammation of the gums. Gum disease does not cause pain at the beginning. If it is left to develop, the gums and bone waste away from the teeth, causing the teeth to fall out.

For further information, please contact us. Our staff speak many languages!



Free Dental Care

Our dental services are offered to children (0-17 years), parents enrolled in selected Toronto Public Health programs and seniors (65 years and older).

To be eligible, the clients:

- must live in Toronto;
- cannot have dental insurance; and
- are not able to pay for a dentist.

Services include:

- Examinations
- Fillings
- Root canal treatment on selected teeth
- Extractions
- Partial and full dentures (a fee may be required for dentures)
- Prevention and education
- Fluoride treatment
- Cleanings
- Sealants

Toronto Public Health has several dental clinics. Our staff speak many languages and are happy to assist your clients.

If your clients are not eligible for our free services, they may qualify for dental care at a reduced cost in another facility.

To find a Toronto Public Health dental clinic visit toronto.ca/health/dental/locations.htm or call 311 for information.

