Did you know that one in two Americans over 30 has gum disease?¹ Inflammation of the gum tissues is the leading cause of tooth loss in adults, and your risk of gum disease increases as you age.

**Look for these warning signs**
- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or separating from each other

**Stop gum disease in its tracks**
- Brush for two to three minutes, twice a day, with fluoridated toothpaste.
- Floss every day.
- Eat right. Make sure your diet includes plenty of vitamin C, an essential building block for healthy gums, and avoid starch and sugar, which promote plaque.