

# Gingivitis

Gingivitis is an infection that is an early sign of gum disease. It occurs when plaque builds up between the teeth and gums. Plaque is a layer that sticks to your teeth from food, germs and mucus. Over time this build up can lead to infection of the gums.

The gums often do not hurt with gingivitis, but treatment is very important. Gingivitis is more common in people who do not brush or floss their teeth often. If it is not treated, the infection will happen again and may cause serious gum disease or tooth loss.

## Signs

- Red and swollen gums
- Gums that bleed easily
- Gums that look bumpy or are pulled away from the teeth
- Bad breath

## Your Care

See your dentist if you have any signs. Your dentist will clean and remove plaque from your teeth.

To prevent gingivitis, brush and floss your teeth at least two times each day to remove plaque before it builds up. See your dentist every 6 months to have your teeth checked and cleaned.

**Talk to your dentist, doctor or nurse if you have any questions or concerns.**

# Yirid

Yiridku waa jeermis ah calaamad hore ee cudur cirrid. Wuxuu yimaadaa marka huuro ay ku buuxsanto inta u dhexeysa ilkaha iyo cirridka. Huuradu waa lakab ilkahaaga ku dhega oo ka yimaada cuntada, jeermiska iyo dheecaanka. Waqti ka dib ayaa korodhkaan wuxuu noqon karayaa jeermis cirridka ku dhaca.

Cirridku badanaa kuma dhaawacmo yiridka, laakiin daaweyn ayaa muhiim ah. Yiridku wuxuu ku badan yahay dadka aan cadayan ama aan xadhig isaga nadiifin ilkaha dhexdooda. Haddii aan la daaweynin, jeermisku mar kale ayuu imaanayaa waxaana laga yaabaa in uu keeno cudur cirrid oo daran ama ilkaha oo kaa dhaca.

## Calaamadaha

- Cirridka oo guduuta oo barara
- Cirridka oo si fudud dhiig uga yimaado
- Cirridka oo wax bararsan u ekaada ama gadaal uga durka ilkaha
- Neefta qofka oo urta

## Daryeelkaaga

Takhtarkaaga ilkaha u tag haddii aad wax calaamadahaan ah isku aragto. Takhtarkaaga ilkuhu wuxuu nadiifin doonaa isla markaana ilkahaaga ka saari doonaa huurada.

Si yiridka looga hortago, cadayo oo ilkaha dhexdooda dun isaga nadiifi ugu yaraan labo goor maalin kasta si huurada meesha uga saarto inta aysan ku kordhin. Takhtarkaaga ilkaha u tag 6-dii bilood ee kastaba mar si ilkaha lagaaga hubiyo oo lagaaga nadiifiyo.

**La hadal takhtarkaaga ilkaha, takhtarka ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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