

# 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.**

# 牙龈炎

牙龈炎是一种感染，是牙周病的早期症状。当牙齿和牙龈间的牙斑积聚时牙龈炎就发生了。牙斑是牙齿上的附着层，来自食物、细菌和粘液。此积聚物渐渐可导致牙龈感染。

牙龈有牙龈炎通常不疼，但治疗却很重要。牙龈炎在不经常刷牙或用牙线的人当中更普遍。如不治疗，感染会再次发生并可能引起严重的牙周病或掉牙。

## 症状

- 牙龈发红并肿胀
- 牙龈易流血
- 牙龈看起来不平或远离牙齿
- 口臭

## 你的医疗

如有任何症状请看牙医。你的牙医会清洁你的牙齿并将牙斑除掉。

为防止牙龈炎，每天至少刷牙并用牙线两次，以便在牙斑积聚之前就将其除去。每 6 个月看一次牙医，检查并清洁你的牙齿。

如有任何疑问或关注事宜，请告知你的牙医、医生或护士。

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