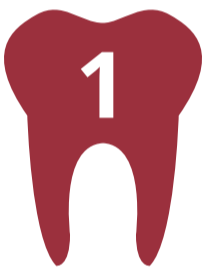




Ways To Protect Yourself From **GUM DISEASE**

Gum disease is an inflammatory disease which if left untreated, may lead to other serious health issues which is why it is important to follow a healthy oral regime.



Clean your teeth and gums properly by brushing & flossing regularly in order to avoid build up of plaque.



Visit a dentist once in every few months to spot the dental problems early & take a necessary action well on time.



Maintain a healthy diet enriched with Vitamin C to keep your gum tissue healthy.



Stop smoking as it reduces the blood supply to gums, which in turn may cause damage to gums.



Use a mouthwash to prevent build-up of bacteria in mouth.

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