

Brush, floss and see your dentist

Gum disease from poor oral hygiene can impact other body parts

Run time - :26

ANCHOR LEDE: Want to avoid dentures? Then listen to experts about gum disease, one of the most common oral hygiene issues. Tim Ditman of OSF HealthCare has more.

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OSF dentist Kent Splaingard says if you have red or white gums, swollen gums, soreness, bleeding or debris on your teeth, make an appointment.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Kent Splaingard, OSF HealthCare dentist**

**"You also see the social and economic problems with the people who can't chew properly. The poor nutrition they may be getting." (:10)**

Treatment includes cleaning and medication.

For OSF HealthCare, I'm Tim Ditman.

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ANCHOR TAG: And prevention of gum disease? That's what the experts have told you since you were young. Brush, floss and see your dentist regularly.