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## DENTAL HEALTH INFORMATION FOR PATIENTS

### BLEEDING GUMS

#### Causes

Problems in maintaining dental care is the most common cause of bleeding gums. The main cause of bleeding gums is the buildup of plaque at the gum line. This will lead to a condition called [gingivitis](#), or inflamed gums.

Plaque that is not removed will harden into tartar/calculus. This will lead to increased bleeding and a more advanced form of gum and jaw bone disease known as [periodontitis](#).

Other causes of bleeding gums include:

- Any bleeding disorders
- Brushing too hard
- Hormonal changes during pregnancy
- Ill-fitting dentures or other dental appliances
- Improper flossing
- Infection, which can be either in a tooth or the gum
- [Leukemia](#), a type of blood cancer
- [Scurvy](#), a vitamin C deficiency
- Use of blood thinners
- [Vitamin K](#) deficiency



Image showing different stages  
of gum diseases

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