



[laoha.org.br/eng](http://laoha.org.br/eng)  
[cohiweb.org](http://cohiweb.org)

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**The sooner you start taking care of your oral health, less worries about periodontal disease in the future.**



**Take care of your gums:  
Healthy Mouth, healthy Body.**

# Visit your dentist for a professional cleaning every six months.



**Clean your teeth at least twice a day**



**Use toothpaste and brush recommended by your dentist**



**Use mouthwash frequently**

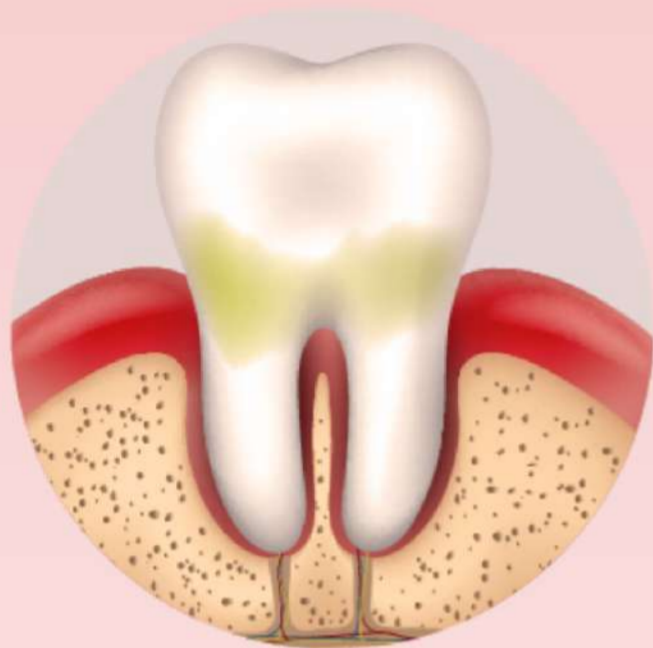


**Make use of dental floss regularly**

**Did you know that bleeding gums  
can be a sign of periodontal  
disease?**



# Symptoms of gingivitis



**Redness**



**Swelling**



**Gingival bleeding,  
or retraction in the  
gingival tissue**

**The good news  
is that it is treatable  
and straightforward.**



**Recognizing early signs  
and actions**