Causes and treatment of gingivitis Gingivitis means inflammation of the gums, or gingiva.These bacteria might help protect the mouth from the colonization of harmful microorganisms, but dental plaque can also cause tooth decay, and periodontal problems such as gingivitis and chronic periodontitis, a gum infection.Types There are two main categories of gingival diseases: Dental plaque-induced gingival disease: This can be caused by plaque, systemic factors, medications, or malnutrition.Other causes and risk factors Changes in hormones: This may occur during puberty, menopause, the menstrual cycle, and pregnancy.Gingivitis often resolves with good oral hygiene, such as longer and more frequent brushing, and flossing.Non-plaque induced gingival lesions: This can be caused by a specific bacterium, virus, or fungus.When plaque is not removed adequately, it can harden into calculus, or tartar, at the base of the teeth, near the gums.Dilantin, an anticonvulsant, and some anti-angina medications can cause abnormal growth of gum tissue.It commonly occurs because a film of plaque, or bacteria, accumulates on the teeth.Gingivitis is a non-destructive type of periodontal disease, but untreated gingivitis can progress to periodontitis.Signs of gingivitis include red and puffy gums, that bleed easily when the person brushes their teeth.It might also be caused by genetic factors, systemic conditions (including allergic reactions and certain illnesses), wounds, or reactions to foreign bodies, such as dentures.The plaque triggers an immune response, which, in turn, can eventually lead to the destruction of gingival, or gum, tissue.Plaque and tartar eventually irritate the gums, causing gum inflammation around the base of the teeth.Some diseases: Cancer, diabetes, and HIV are linked to a higher risk of gingivitis.Causes The most common cause of gingivitis is the accumulation of bacterial plaque between and around the teeth.Dental plaque is a biofilm that accumulates naturally on the teeth.Drugs: Oral health may be affected by some medications, especially if saliva flow is reduced.Smoking: Regular smokers more commonly develop gingivitis, compared with non-smokers.It is usually formed by colonizing bacteria that are trying to stick to the smooth surface of a tooth.Poor diet: A vitamin-C deficiency, for example, is .linked to gum disease

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