Healthy gums are vital for strong teeth. Just like your skin, they are made of soft tissue. It covers the gums. Here are some tips for healthier gums.

As part of National Smile Month, the Oral Health campaign is encouraging people to give you some great tips for healthier gums.

It doesn't take much to have and maintain healthy gums. The good news is that having good oral hygiene should be a natural part of your routine to achieve a healthy lifestyle. The element that is often overlooked – the health of the mouth. How to keep your body in top condition, but there is one thing you can do to improve your mental wellbeing too. There is so much advice about how to keep your body in top condition, but there is one thing you can do to improve your mental wellbeing too.

Digital guide to... Healthier gums

Why healthy gums are important

Healthy gums vs unhealthy gums

The 5 signs of unhealthy gums

Tooth brushing

The dentist

A healthy diet

Getting advice about your oral health

Where to go for more information

To learn more about gum disease, visit the Oral Health Foundation website or call the Dental Helpline on 0808 196 3345.

The Corsodyl PI Information can be found at www.corsodyl.co.uk/pi.