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O que causa gengiva inflamada

A inflamação da gengiva, ou gengivite, normalmente é resultado do acúmulo de placa bacteriana, mas também pode estar relacionada a outras doenças. Para esclarecer o assunto, preparamos um artigo que fala sobre as principais causas da gengivite, porque é preciso se preocupar com a gengiva inflamada e como prevenir esta doença com hábitos simples do dia a dia. Confira! As doenças gengivais são, de forma geral, causadas pela proliferação de bactérias que dão origem à placa bacteriana — uma película pegajosa que se forma continuamente nos dentes e na linha da gengiva. A placa libera toxinas prejudiciais que podem irritar a gengiva, levando à inflamação. A principal causa de inflamação da gengiva é a placa bacteriana, mas outros fatores podem contribuir para esse problema. Os principais deles são: Infecções bacterianas ou viraisInfecções fúngicasReações alérgicasTraumasDistúrbios muco-cutâneosDistúrbios hereditários Os sinais de inflamação da gengiva incluem alteração de cor (gengiva avermelhada), inchaço e dor. Além disso, é comum o sangramento na região ao escovar os dentes ou passar o fio dental, por exemplo. Outros sintomas comuns da gengiva inflamada são o mau hálito e o descolamento do tecido gengival que envolve os dentes. É preciso estar atento aos sinais, pois quando deixada sem tratamento, a gengivite pode evoluir para uma periodontite. Nesse estágio, ocorre uma grave inflamação que compromete os tecidos de sustentação do dente e pode causar mobilidade. Conforme a doença avança, a periodontite provoca a reabsorção óssea, retração da gengiva e até mesmo a perda de dentes. Apesar de a relação não ser aparente, a gengiva inflamada também pode estar associada a fatores endócrinos. Na gravidez, com o aumento na produção de hormônios como a progesterona, é comum ocorrer uma resposta inflamatória exagerada da gengiva aos irritantes locais. Outro fator que pode levar a este processo inflamatório é a falta de nutrientes. Pessoas com deficiência de vitamina C, por exemplo, tendem a desenvolver edema, sangramento e alterações do tecido gengival. Além disso, pessoas com doenças sistêmicas como o diabetes mellitus e a leucemia — ou, ainda, que usam certos medicamentos — também entram nessa lista. Os medicamentos que mais comumente levam à inflamação da gengiva são os anticonvulsivantes e anti-hipertensivos. Lembra da frase com a qual iniciamos nossa conversa? O aparecimento de sangue ao escovar os dentes ou morder uma fruta não é normal. Na verdade, ele deve ser entendido como o primeiro sinal de que pode haver uma alteração na gengiva. Se você vê sangue na pia ao escovar os dentes ocasionalmente ou todos os dias, não ignore. Isso é um dos sinais de que você precisa procurar um dentista e iniciar o tratamento mais adequado para sua condição. Mas não precisa entrar em pânico. Avalie com calma o que pode ter levado ao sangramento. Pode ter acontecido de colocar um pouco mais de força na escovação ou um pequeno incidente na hora de passar o fio dental. Por isso, a conversa com um especialista é essencial! Com a nossa saúde, não vale a pena dar espaço para a desconfiança. Assim, não precisamos esperar os sintomas de uma gengivite para começar a se cuidar. Alguns passos simples podem ser colocados em prática para preservar a sua saúde bucal: Escove seus dentes ao menos duas vezes ao dia com creme dental;Use escova de dentes com cabeça pequena e cerdas arredondadas macias, tendo cuidado com a linha de gengiva;Passe o fio dental para remover a placa bacteriana nas áreas de difícil acesso, entre os dentes;Você pode usar antisséptico bucal, desde que siga à risca todas as orientações acima. Do contrário, ele não terá o efeito esperado;Visite um dentista regularmente. Ele é quem pode ajudar a prevenir e diagnosticar problemas na sua gengiva. Se você estiver em busca de um tratamento em Florianópolis, seja na área de odontologia preventiva ou em tratamentos periodontais, pode se consultar com um dos especialistas da Redeplus Odontologia. Para isso, basta entrar em contato com nossa equipe de atendimento ou clicar aqui. Estamos à sua espera! CRO/SC 5990 - Cirurgiã-dentista formada há 24 anos pela UFPR, tem mestrado e doutorado em Odontologia pela UFSC, na área de saúde coletiva - com estágio na Universidade de Toronto, Canadá. Pela sua tese de doutorado, foi premiada no Prêmio Capes de Tese 2015, e recebeu menção honrosa na Academia Catarinense de Odontologia. , the free encyclopedia that anyone can edit. 117,922 active editors 6,998,242 articles in English Capturing a redoubt by throwing rocks In the Rhine campaign of 1796, two First Coalition armies under the overall command of Archduke Charles of Austria defeated two French Republican armies in the last campaign of the War of the First Coalition, part of the French Revolutionary Wars. The French military intended to capture Vienna and force the Holy Roman Emperor to surrender. The French Army of Sambre and Meuse commanded by Jean-Baptiste Jourdan opposed the Austrian Army of the Lower Rhine in the north. The Army of the Rhine and Moselle, led by Jean Victor Marie Moreau, fought the Austrian Army of the Upper Rhine in the south. At the Battle of Amberg on 24 August and the Battle of Würzburg on 3 September, Charles defeated Jourdan's northern army. During the winter the Austrians forced Moreau's army back to France. Despite Charles's success in the Rhineland, Austria lost the war when the French Army of Italy, commanded by Napoleon Bonaparte, advanced on Vienna, resulting in the Peace of Campo Formio. (Full article...) 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Archive Start a new article Nominate an article Nicușor Dan Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicușor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Jadwiga Rappé Bachtiar Basri Nominate an article May 25: Africa Day (1963); Independence Day in Jordan (1946) A memorial to George Floyd following his murder 1810 – The Primera Junta, the first independent government in Argentina, was established in an open cabildo in Buenos Aires, marking the end of the May Revolution. 1940 – Second World War: German troops captured Boulogne-sur-Mer, France, forcing British forces to evacuate via Dunkirk. 1955 – Joe Brown and George Band, members of the British Kangchenjunga expedition, made the first ascent of the world's third-highest mountain but deliberately did not set foot on the summit. 1967 – Having purged a group of rivals, Supreme Leader of North Korea Kim Il Sung delivered the "May 25 teaching", entrenching his son Kim Jong Il as his designated successor. 2020 – George Floyd, a black American man, was murdered (memorial pictured) during an arrest by a white police officer in Minneapolis, sparking protests in the U.S. and other countries. Mary Magdalene de' Pazzi (d. 1607)Anna Maria Rückerschöld (d. 1805)Gustav Holst (d. 1934)Cillian Murphy (b. 1976) More anniversaries: May 24 May 25 May 26 Archive By email List of days of the year About Many artworks related to the Black Lives Matter movement have been created. These works are seen as a direct tribute to those who have died or more broadly to the movement. Often the pieces are created in the streets as to be more publicly visible. This mural in Greenpoint, Brooklyn lists the names of African Americans killed by law enforcement officers in the United States, ending with George Floyd, whose murder on May 25, 2020 sparked global protests that raised the visibility of the Black Lives Matter movement. Mural credit: unknown; photographed by Rhododendrites Recently featured: Germanicus The Cocoanuts In the Loge Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. 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Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca [illegible] Bosanski کوردی Ελληνικά Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [illegible] Македонски [illegible] Norsk nynorsk [illegible] Shqip Slovenščina [illegible] Retrieved from " 2 1963 January February March April May June July August September October November December This article is about the year 1963. For other uses, see 1963 (disambiguation). Calendar year Years Millennium 2nd millennium Centuries 19th century 20th century 21st century Decades 1940s 1950s 1960s 1970s 1980s Years 1960 1961 1962 1963 1964 1965 1966 vte 1963 by topic Subject Animation Archaeology Architecture Art Aviation Awards Comics Film Literature Poetry Meteorology Music Country Jazz Rail transport Radio Science Spaceflight Sports Football Television American Belgian Brazilian British Scottish Canadian Danish Irish Italian By country Afghanistan Australia Belgium Brazil Bulgaria Canada China Denmark France Germany India Ireland Iran Israel Italy Japan Kuwait Luxembourg Malaysia New Zealand Norway Pakistan Philippines Portugal Singapore South Africa South Korea Soviet Union Spain Sweden Switzerland Thailand Turkey United Kingdom United States Lists of leaders Sovereign states Sovereign state leaders Territorial governors Religious leaders Law Birth and death categories Births Deaths Establishments and disestablishments categories Establishments Disestablishments Work category Works Introductions vte 1963 in various calendarsGregorian calendar1963MCMLXIIIAb urbe condita2716Armenian calendar1412ԹՎ ՌՆԺԲAssyrian calendar6713Bahá'í calendar119–120Balinese saka calendar1884–1885Bengali calendar1369–1370Berber calendar2913British Regnal year11 Eliz. 2 – 12 Eliz. 2Buddhist calendar2507Burmese calendar1325Byzantine calendar7471–7472Chinese calendar壬寅年 (Water Tiger)4660 or 4453 — to 癸卯年 (Water Rabbit)4661 or 4454Coptic calendar1679–1680Discordian calendar3129Ethiopian calendar1955–1956Hebrew calendar5723–5724Hindu calendars - Vikram Samvat2019–2020 - Shaka Samvat1884–1885 - Kali Yuga5063–5064Holocene calendar11963Igbo calendar963–964Iranian calendar1341–1342Islamic calendar1382–1383Japanese calendarShōwa 38(昭和３８年)Javanese calendar1894–1895Juche calendar52Julian calendarGregorian minus 13 daysKorean calendar4296Minguo calendarROC 52民國52年Nanakshahi calendar495Thai solar calendar2506Tibetan calendar阳水虎年(male Water-Tiger)2089 or 1708 or 936 — to 一阴水兔年(female Water-Rabbit)2090 or 1709 or 937 Wikimedia Commons has media related to 1963. 1963 (MCMLXIII) was a common year starting on Tuesday of the Gregorian calendar, the 1963rd year of the Common Era (CE) and Anno Domini (AD) designations, the 963rd year of the 2nd millennium, the 63rd year of the 20th century, and the 4th year of the 1960s decade. Calendar year Main article: January 1963 January 1 – Bogle–Chandler case: Commonwealth Scientific and Industrial Research Organisation scientist Dr. Gilbert Bogle and Mrs. Margaret Chandler are found dead (presumed poisoned), in bushland near the Lane Cove River, Sydney, Australia.[1] January 2 – Vietnam War – Battle of Ap Bac: The Viet Cong win their first major victory.[2] January 9 – A total penumbral lunar eclipse is visible in the Americas, Europe, Africa and Asia, and is the 56th lunar eclipse of Lunar Saros 114. Gamma has a value of −1.01282. It occurs on the night between Wednesday, January 9 and Thursday, January 10, 1963. January 13 – 1963 Togolese coup d'état: A military coup in Togo results in the installation of coup leader Emmanuel Bodjollé as president.[3] January 17 – A last quarter moon occurs between the penumbral lunar eclipse and the annular solar eclipse, only 12 hours, 29 minutes after apogee. January 19 – Soviet spy Gheorghe Pintilie is removed from his position as Deputy Interior Minister of the Romanian People's Republic,[4] as a step in ensuring Romania's political independence; the Workers' Party Politburo discusses way of neutralizing "Soviet intelligence networks [...] which Gheorghe Pintilie had coordinated."[5] January 22 – France and West Germany sign the Élysée Treaty. January 25 – A large annular solar eclipse covers 99.5% of the Sun and a narrow path (at most 19.6 km (12.2 mi)). It is visible in Chile, Argentina, South Africa and Madagascar, and is the 26th solar eclipse of Solar Saros 140. Gamma has a value of -0.48984. January 26 – The Australia Day shootings rock Perth; 2 people are shot dead and 3 others injured by Eric Edgar Cooke. January 29 – French President Charles de Gaulle vetoes the United Kingdom's entry into the European Common Market. Main article: February 1963 February 5 – The European Court of Justice's ruling in Van Gend en Loos v Nederlandse Administratie der Belastingen establishes the principle of direct effect, one of the basic tenets of European Union law. February 8 – Travel, financial and commercial transactions by United States citizens to Cuba are made illegal by the John F. Kennedy Administration. February 10 – Five Japanese cities located on the northernmost part of Kyūshū are merged and become the city of Kitakyūshū, with a population of more than 1 million. February 12 – Northwest Orient Airlines Flight 705 crashes in the Florida Everglades, killing all 43 aboard. February 14 – Harold Wilson becomes leader of the opposition Labour Party in the United Kingdom;[6] in October 1964 he becomes prime minister. February 21 – The 5.6 Mw Marj earthquake affects northern Libya with a maximum Mercalli intensity of VIII (Severe), causing 290–375 deaths and 375–500 injuries. February 27 – Juan Bosch takes office as the 41st president of the Dominican Republic. Main article: March 1963 March 4 – In Paris, six people are sentenced to death for conspiring to assassinate President Charles de Gaulle. De Gaulle pardons five, but the other conspirator, Jean Bastien-Thiry, is executed by firing squad several days later. March 5 – Country music star Patsy Cline is killed in a plane crash along with country performers Cowboy Copas, Hawkshaw Hawkins, and manager Randy Hughes, during a flight from Kansas City, Missouri, back to Nashville. March 17 – Mount Agung erupts on Bali, killing approximately 1,500. March 23 – "Dansevise" by Grethe & Jørgen Ingmann (music by Otto Francker, text by Sejr Volmer-Sørensen) wins the Eurovision Song Contest 1963 (staged in London) for Denmark. March 30 – Indigenous Australians are legally allowed to drink alcohol in New South Wales.[7] Main article: April 1963 April 6 – The Kingsmen record their influential cover of "Louie Louie" in Portland, Oregon, released in June.[8] April 7 – Yugoslavia is proclaimed to be a socialist republic, and Josip Broz Tito is named President for Life. April 8 – The 35th Academy Awards ceremony is held. Lawrence of Arabia wins Best Picture. April 10 – The U.S. nuclear submarine Thresher sinks 220 mi (190 nmi; 350 km) east of Cape Cod; all 129 aboard (112 crewmen plus yard personnel) die. April 11 – Pope John XXIII issues his final encyclical, Pacem in terris, entitled On Establishing Universal Peace in Truth, Justice, Charity and Liberty,[9] the first papal encyclical addressed to "all men of good will", rather than to Roman Catholics only. April 12 – The Soviet nuclear powered submarine K-33 collides with the Finnish merchant vessel M/S Finnclipper in the Danish Straits. Although severely damaged, both vessels make it to port. April 14 – The Institute of Mental Health (Belgrade) is established. April 16 – Martin Luther King, Jr. issues his "Letter from Birmingham Jail". April 20 – In Quebec, Canada, members of the terrorist group Front de libération du Québec bomb a Canadian Army recruitment center, killing night watchman Wilfred V. O'Neill. April 21–23 – The first election of the Supreme Institution of the Bahá'í Faith (known as the Universal House of Justice, whose seat is at the Bahá'í World Centre on Mount Carmel in Haifa, Israel) is held. April 22 – Lester Bowles Pearson becomes the 14th Prime Minister of Canada. April 28 – 1963 general election is held in Italy.[10] April 29 – Buddy Rogers becomes the first WWWF Champion. Main article: May 1963 May 1 – The Coca-Cola Company introduces its first diet drink, Tab cola. May 2 – Berthold Seliger launches near Cuxhaven a 3-stage rocket with a maximum flight altitude of more than 100 km (62 mi) (the only sounding rocket developed in Germany). May 4 – The Le Monde Theater fire in Dioirbel, Senegal, kills 64 people. May 8 – Huế Phật Đản shootings: The Army of the Republic of Vietnam opens fire on Buddhists who defy a ban on the flying of the Buddhist flag on Vesak, the birthday of Gautama Buddha, killing 9. Earlier, President Ngô Đình Diệm allowed the flying of the Vatican flag in honour of his brother, Archbishop Ngô Đình Thục, triggering the Buddhist crisis in South Vietnam. May 13 – A smallpox outbreak hits Stockholm, Sweden, lasting until July. May 14 – Kuwait becomes the 111th member of the United Nations. May 15 – Project Mercury: NASA launches Gordon Cooper on Mercury-Atlas 9, the last Mercury mission (on June 12 NASA Administrator James E. Webb tells Congress the program is complete). May 22 – A.C. Milan beats Benfica 2–1 at Wembley Stadium, London and wins the 1962–63 European Cup (football). May 23 – Fidel Castro visits the Soviet Union. May 25 – The Organisation of African Unity is established in Addis Ababa, Ethiopia. Main article: June 1963 June 3 – Huế chemical attacks: The Army of the Republic of Vietnam rains liquid chemicals on the heads of Buddhist protestors, injuring 67 people. The United States threatens to cut off aid to the regime of Ngô Đình Diệm. June 4 – President of the United States John F. Kennedy signs Executive Order 11110, authorizing the Secretary of the Treasury to continue issuing silver certificates. June 5 – The first annual National Hockey League Entry Draft is held in Montreal, Canada. Thích Quảng Đức's self-immolation June 11 – In Saigon, Buddhist monk Thích Quảng Đức commits self-immolation to protest the oppression of Buddhists by Ngô Đình Diệm's government. June 13 The cancellation of Mercury-Atlas 10 effectively ends the United States' manned spaceflight Project Mercury. The New York Commodity Exchange begins trading silver futures contracts. June 15 – The AC Cobra makes its first appearance at the 24 Hours of Le Mans. It will go on to win its class the following year. June 16 – Vostok 6 carries Soviet cosmonaut Valentina Tereshkova, the first woman into space. June 17 – In Abington School District v. Schempp, the US Supreme Court ruled that compulsory prayer and Bible-reading violated the First Amendment. June 19 – Valentina Tereshkova the first woman in space, returns to Earth, landing in the Soviet Union. June 20 Establishment of the Moscow–Washington hotline (officially, the Direct Communications Link or DCL; unofficially, the "red telephone"; and in fact a teleprinter link) is authorized by the signing of a Memorandum of Understanding in Geneva by representatives of the Soviet Union and the United States.[11][12] Swedish Air Force Colonel Stig Wennerström is arrested as a spy for the Soviet Union. War film The Great Escape (starring Steve McQueen and Richard Attenborough) is premiered in London.[13] June 21 – Pope Paul VI (Giovanni Battista Montini) succeeds Pope John XXIII as the 262nd pope. June 26 John F. Kennedy gives his "Ich bin ein Berliner" speech in West Berlin, Germany.[14] David Ben-Gurion is replaced by Levi Eshkol as prime minister of Israel. Main article: July 1963 July 1 – ZIP codes are introduced by the United States Postal Service. July 5 – Diplomatic relations between the Israeli and the Japanese governments are raised to embassy level. July 7 – Double Seven Day scuffle: Secret police loyal to Ngô Đình Nhu, brother of President Ngô Đình Diệm, attack American journalists including Peter Arnett and David Halberstam at a demonstration during the Buddhist crisis in South Vietnam. July 11 – South Africa: police raid Liliesleaf Farm to the north of Johannesburg, arresting a group of African National Congress leaders. July 19 – American test pilot Joe Walker, flying the X-15, reaches an altitude of 65.8 miles (105.9 kilometers), making it a sub-orbital spaceflight by recognized international standards. July 26 An earthquake in Skopje, Yugoslavia (present-day North Macedonia) leaves 1,800 dead. NASA launches Syncom 2, the world's first geostationary (synchronous) satellite. July 30 – The Soviet newspaper Izvestia reports that British diplomat and double agent Kim Philby has been given asylum in Moscow. Main article: August 1963 August 28: March on Washington for Jobs and Freedom August 5 – The United States, United Kingdom and Soviet Union sign the Partial Nuclear Test Ban Treaty.[15] August 8 – The Great Train Robbery takes place in Buckinghamshire, England. August 14 – A huge and devastating forest fire hits the region around Paraná State, Brazil. According to government documents, two million hectares (4.94 million acres) are lost to burning and 110 persons perished.[16] August 15 – Trois Glorieuses: President Fulbert Youlou is overthrown in the Republic of Congo after a three-day uprising in the capital, Brazzaville. August 21 – Xá Lợi Pagoda raids: The Army of the Republic of Vietnam Special Forces loyal to Ngô Đình Nhu, brother of President Ngô Đình Diệm, vandalise Buddhist pagodas across South Vietnam, arresting thousands and leaving an estimated hundreds dead. In the wake of the raids, the Kennedy administration by Cable 243 orders the United States Embassy, Saigon to explore alternative leadership in the country, opening the way towards a coup against Diệm. August 22 – American test pilot Joe Walker again achieves a sub-orbital spaceflight according to international standards, this time by piloting the X-15 to an altitude of 67.0 miles (107.8 kilometers). August 24 – First games played in the Bundesliga, the primary professional Association football league in West Germany, replacing the Oberliga.[17] August 28 – Martin Luther King Jr. delivers his "I Have a Dream" speech on the steps of the Lincoln Memorial to an audience of at least 250,000, during the March on Washington for Jobs and Freedom. It is, at that point, the single largest protest in American history. August 30 – The Moscow–Washington hotline (a direct teleprinter link) is inaugurated by U.S. President John F. Kennedy.[18] Main article: September 1963 September 1 – Establishment of language areas and facilities in Belgium comes into effect. This will become the foundation for further state reform in Belgium. September 6 – The Centre for International Intellectual Property Studies (CEIPI) is founded. September 10 – Sicilian Mafia boss Bernardo Provenzano is indicted for murder (he is captured 43 years later, on April 11, 2006). September 15 – American civil rights movement: The 16th Street Baptist Church bombing, in Birmingham, Alabama, kills 4 and injures 22. September 16 – Malaysia is formed through the merging of the Federation of Malaya and the British crown colony of Singapore, North Borneo (renamed Sabah) and Sarawak. September 18 – Rioters burn down the British Embassy in Jakarta, to protest the formation of Malaysia. September 19 – Iota Phi Theta fraternity is founded at Morgan State College in Baltimore, Maryland September 23 – King Fahd University of Petroleum and Minerals is established by a Saudi Royal Decree as the College of Petroleum and Minerals. September 24 – The United States Senate ratifies the Partial Nuclear Test Ban Treaty. September 25 – In the Dominican Republic, Juan Bosch is deposed by a coup d'état led by the military with civilian support. September 29 – The second period of the Second Vatican Council in Rome opens. Main article: October 1963 October 1 – U.S. President John F. Kennedy toasts Emperor Haile Selassie at a luncheon in Rockville, Maryland. October 2 Nigeria becomes a republic; The 1st Republican Constitution is established. The Presidential Commission on the Status of Women in the United States issues its final reports to President Kennedy. October 3 – 1963 Honduran coup d'état: A violent coup in Honduras pre-empts the October 13 election, ends a period of reform under President Ramón Villeda Morales and begins two decades of military rule under General Oswaldo López Arellano. October 4 – Hurricane Flora, one of the worst Atlantic storms in history, hits Hispaniola and Cuba, killing nearly 7,000 people. October 7 – Buddhist crisis: Amid worsening relations, outspoken South Vietnamese First Lady Madame Ngo Dinh Nhu arrives in the US for a speaking tour, continuing a flurry of attacks on the Kennedy administration.[19] October 9 – In northeast Italy, over 2,000 people are killed when a large landslide behind the Vajont Dam causes a giant wave of water to overtop it. October 10 – Partial Nuclear Test Ban Treaty, signed on August 5, takes effect.[15] October 14 – A revolution starts in Radfan, South Yemen, against British colonial rule. October 16 – Ludwig Erhard replaces Konrad Adenauer as Chancellor of West Germany.[20] October 19 – Alec Douglas-Home succeeds Harold Macmillan as Prime Minister of the United Kingdom.[21] October 24 – Fire at the Soviet Union's Baikonur Cosmodrome in an R-9 Desna underground missile silo; seven people are killed.[22] October 30 – The car manufacturing firm Lamborghini is founded in Italy. October 31 – 1963 Indiana State Fairgrounds Coliseum gas explosion: 81 die in a gas explosion during a Holiday on Ice show at the Indiana State Fairgrounds Coliseum in Indianapolis, United States. Main article: November 1963 November 1 – Arecibo Observatory, a radio telescope, officially begins operation in Puerto Rico. November 2 – 1963 South Vietnamese coup: Arrest and assassination of Ngo Dinh Diem, the South Vietnamese President. November 6 – 1963 South Vietnamese coup: Coup leader General Dương Văn Minh takes over as leader of South Vietnam. November 7 11 German miners are rescued from a collapsed mine after 14 days in what becomes known as the "Wunder von Lengede" ("miracle of Lengede"). The star-studded movie It's a Mad, Mad, Mad, Mad World premieres in Los Angeles. November 8 – Finnair aircraft OH-LCA crashes before landing at Mariehamn Airport on Åland. November 9 – Two disasters in Japan: Miike coal mine explosion: A coal mine explosion kills 458 and sends 839 carbon monoxide poisoning victims to the hospital. Tsurumi rail accident: A triple train disaster in Yokohama kills 161. November 10 – Malcolm X makes an historic speech in Detroit, Michigan ("Message to the Grass Roots"). November 14 – A volcanic eruption under the sea near Iceland creates a new island, Surtsey. November 22: Assassination of John F. Kennedy November 22 – Assassination of John F. Kennedy: In a motorcade in Dallas, Texas, U.S. President John F. Kennedy is fatally shot by Lee Harvey Oswald, and Governor of Texas John Connally is seriously wounded at 12:30 CST. Upon Kennedy's death, Vice President Lyndon B. Johnson becomes the 36th president of the United States. A few hours later, President Johnson is sworn in aboard Air Force One, as Kennedy's body is flown back to Washington, D.C. Stores and businesses shut down for the next four days, in tribute. November 23 The Golden Age Nursing Home fire kills 63 elderly people near Fitchville, Ohio, United States. The long-running sci-fi television series Doctor Who premieres on BBC TV in the United Kingdom. November 24 Lee Harvey Oswald, assassin of John F. Kennedy, is shot dead by Jack Ruby in Dallas, an event seen on live national television. Vietnam War: New U.S. President Lyndon B. Johnson confirms that the United States intends to continue supporting South Vietnam militarily and economically. November 25 – State funeral of John F. Kennedy: President Kennedy is buried at Arlington National Cemetery. Schools around the nation cancel classes that day; millions watch the funeral on live international television. Lee Harvey Oswald's funeral takes place on the same day.[23] November 29 U.S. President Lyndon B. Johnson establishes the Warren Commission to investigate the assassination of John F. Kennedy. Trans-Canada Air Lines Flight 831, a Douglas DC-8 crashes into a wooded hillside after taking-off from Dorval International Airport near Montreal, killing all 118 on board, the worst air disaster for many years in Canada's history. Foundation stone for Mirzapur Cadet College is laid in East Pakistan (present-day Bangladesh). November 30 – 1963 Australian federal election: Robert Menzies' Liberal/Country Coalition Government is re-elected with an increased majority to an unprecedented eighth term in office, defeating the Labor Party led by Arthur Calwell. (This would be the final lower house election won by Menzies, who would retire from office during the term as the longest-serving Prime Minister in Australian history; he would be replaced by Harold Holt.) Main article: December 1963 December 3 – The Warren Commission begins its investigation into the assassination of US President John F. Kennedy. December 4 – The second period of the Second Vatican Council closes. December 5 – The Seliger Forschungs-und-Entwicklungsgesellschaft mbH demonstrates rockets for military use to military representatives of non-NATO-countries near Cuxhaven. Although these rockets land via parachute at the end of their flight and no allied laws are violated, the Soviet Union protests this action. December 7 – The first instant replay system to use videotape instead of film is used by Tony Verna, a CBS-TV director, during a live televised sporting event, the Army–Navy Game of college football played in Philadelphia, United States. December 8 – A lightning strike causes the crash of Pan Am Flight 214 near Elkton, Maryland, United States, killing 81 people. December 10 Zanzibar gains independence from the United Kingdom, as a constitutional monarchy under Sultan Jamshid bin Abdullah. Chuck Yeager narrowly escapes death while testing an NF-104A rocket-augmented aerospace trainer when his aircraft goes out of control at 108,700 feet (nearly 21 miles up) and crashes. He parachutes to safety at 8,500 feet after vainly battling to gain control of the powerless, rapidly falling craft. In this incident he becomes the first pilot to make an emergency ejection in the full pressure suit needed for high altitude flights. December 12 – Kenya gains independence from the United Kingdom, with Jomo Kenyatta as prime minister. December 20 – The Frankfurt Auschwitz Trials begin. December 21 – Cyprus Emergency: Inter-communal fighting erupts between Greek and Turkish Cypriots. December 22 – The cruise ship TSMS Lakonia burns 180 miles (290 km) north of Madeira, with the loss of 128 lives. December 25 – İsmet İnönü of the Republican People's Party (CHP) forms the new government of Turkey (28th government, coalition partners; independents, İnönü has served ten times as a prime minister, this is his last government). December 31 – Federation of Rhodesia and Nyasaland dissolves. David H. Frisch and J.H. Smith prove that the radioactive decay of mesons is slowed by their motion (see Einstein's special relativity and general relativity). The TAT-3 transatlantic communications cable goes into operation. Ivan Sutherland writes the revolutionary Sketchpad program and runs it on the Lincoln TX-2 computer at Massachusetts Institute of Technology. Slavery in Dubai is abolished. Construction of Moscow's Ostankino Tower begins. The IEEE Computer Society is founded. The Urdu keyboard is standardised by the Central Language Board in Pakistan. Harvey Ball invents the ubiquitous smiley face symbol. The classic Porsche 911 is first produced. The Reformed Druids of North America is founded. Hergé's The Castafiore Emerald is published. Marvel releases their Superhero assembly team The Avengers. James May José Mourinho January 4 Dave Foley, Canadian actor and comedian Till Lindemann, German singer (Rammstein)[24] January 5 – Jiang Wen, Chinese actor, film director and screenwriter January 6 – Paul Kipkoech, Kenyan long-distance runner (d. 1995)[25] January 10 – Kira Ivanova, Soviet Russian figure skater (d. 2001) January 11 Tracy Caulkins, American swimmer Petra Schneider, East German swimmer January 14 – Steven Soderbergh, American film director[26] January 15 – Bruce Schneier, American cryptographer, cyber security expert and writer[27] January 16 Simon Johnson, English-born economist[28] James May, English motoring journalist and television show host[29] January 17 – Kai Hansen, German power metal guitarist and singer January 18 – Efraín Alegre, Paraguayan politician January 21 – Hakeem Olajuwon, Nigerian basketball player[30] January 23 – Gail O'Grady, American actress[31] January 25 – Fernando Haddad, Brazilian academic and politician January 26 José Mourinho, Portuguese football manager[32] Andrew Ridgeley, English pop musician[33] Michael Jordan Larry the Cable Guy Seal William Baldwin February 2 – Eva Cassidy, American vocalist (d. 1996) February 3 – Gretel Killeen, Australian journalist February 4 – Pirmin Zurbriggen, Swiss alpine skier February 6 David Capel, English cricketer (d. 2020) Cláudia Ohana, Brazilian actress and singer February 9 – Brian Greene, American physicist. February 12 – John Michael Higgins, American actor and voice actor[34] February 14 Enrico Colantoni, Canadian actor and director Alex Perry, Australian fashion designer February 15 – Shoucheng Zhang, Chinese-American physicist (d. 2018) February 16 – Claudio Amendola, Italian actor, television presenter and director February 17 Jinggoy Estrada, Filipino politician, actor and film producer Michael Jordan, American basketball player[35] Larry the Cable Guy, American actor and comedian February 18 – Rob Andrew, English rugby union player February 19 – Seal, English soul singer February 20 Charles Barkley, American basketball player[36] Jon Christensen (politician), American politician and member of the US House of Representatives from 1995 to 1999 February 21 – William Baldwin, American actor, producer and writer[37] February 22 – Vijay Singh, Fijian golfer February 25 – Merab Katsitadze, retired Georgian professional football player February 27 – Virginie Boutaud, Brazilian singer and actress (Metrô, Virginie & Fruto Proibido) Thomas Anders Anthony Albanese Rick Rubin Quentin Tarantino March 1 Thomas Anders, German singer Aydan Şener, Turkish actress, model and beauty pageant[38] March 2 Anthony Albanese, 31st Prime Minister of Australia Tuff Hedeman, American PRCA World Champion Bull Rider[39] March 3 – Martín Fiz, Spanish long-distance runner March 4 – Jason Newsted, American bassist March 8 – Juan Gilberto Funes, Argentine footballer (d. 1992) March 9 – Jean-Marc Vallée, Canadian filmmaker and screenwriter (d. 2021) March 10 Rick Rubin, American music producer Anna Maria Corazza Bildt, Italian politician March 11 Azem Hajdari, Albanian student leader (d. 1998) Alex Kingston, English actress David LaChapelle, American photographer[40] March 12 Farahnaz Pahlavi, Iranian princess Jake Weber, British actor Joaquim Cruz, Brazilian runner March 13 – Fito Páez, Argentine rock musician March 14 – Bruce Reid, Australian cricketer March 15 – Bret Michaels, American rock singer (Poison) March 16 – Kevin Smith, New Zealand actor (d. 2002) March 17 – Alex Fong, Hong Kong actor March 18 – Vanessa Williams, American beauty queen, actress and singer March 20 Kathy Ireland, American actress and model David Thewlis, British actor March 21 – Ronald Koeman, Dutch football player and manager March 22 Marty Natalegawa, Indonesian diplomat Ana Fidelia Quirot, Cuban middle-distance runner[41] Martín Vizcarra, Peruvian engineer and politician, 67th President of Peru March 23 – Jose Miguel Gonzalez Martin del Campo, Spanish football player March 25 – Auxillia Mnangagwa, Zimbabwean politician and First Lady of Zimbabwe March 27 Dave Koz, American jazz musician[42] Quentin Tarantino, American actor, director, writer and producer Xuxa, Brazilian television personality March 28 – Bernice King, American activist, lawyer and minister March 30 – Panagiotis Tsalouchidis, Greek footballer March 31 – Stephen Tataw, Cameroonian footballer (d. 2020) Graham Norton Garry Kasparov Eric McCormack Conan O'Brien Jet Li April 3 – Sarah Woodward, English actress April 4 Siraj Raisani, Pakistani politician (d. 2018) Dale Hawerchuk, Canadian ice hockey player (d. 2020) Graham Norton, Irish comedian and talk show host Frank Yallop, Canadian soccer player and coach April 6 – Rafael Correa, President of Ecuador April 8 – Dean Norris, American actor April 9 Marc Jacobs, American fashion designer Erdal Tosun, Turkish actor (d. 2016) April 10 Jean-Luc Bourgeaux, French politician Angela Hohmann, German politician Doris Leuthard, Swiss politician and lawyer April 11 – Mavis Agbandje-McKenna, Nigerian-born British biophysicist and virologist (d. 2021) April 13 – Garry Kasparov, Russian chess player[43] April 15 Beata Szydło, Prime Minister of Poland[44] Diosdado Cabello, Venezuelan politician April 16 – Jimmy Osmond, American pop singer[45] April 18 Universo 2000, Mexican professional wrestler (d. 2018) Mike Mangini, American drummer Eric McCormack, Canadian actor Conan O'Brien, American television entertainer and talk show host[46] April 21 – Roy Dupuis, Canadian actor April 22 – Blanca Fernández Ochoa, Spanish ski racer (d. 2019) April 23 – Mohammad Ali Ramazani Dastak, Iranian politician (d. 2020) April 24 – Tõnu Trubetsky, Estonian punk rock musician April 26 – Jet Li, Chinese martial artist and actor[47] April 27– Russ

Andrew Cunningham, British admiral (b. 1883) June 17 Alan Brooke, 1st Viscount Alanbrooke, British Field Marshal (b. 1883) John Cowper Powys, British novelist (b. 1872)[106] June 18 – Pedro Armendáriz, Mexican actor (b. 1912) June 24 – Maria Guadalupe Garcia Zavala, Mexican Roman Catholic religious professed and saint (b. 1878) June 27 – John Maurice Clark, American economist (b. 1884) June 28 – Frank Baker, American baseball player (Philadelphia Athletics) and a member of the MLB Hall of Fame (b. 1886) July 1 – Sultan Abdullah bin Khalifa of Zanzibar (b. 1910) July 4 – Bernard Freyberg, 1st Baron Freyberg, British army general and Governor-General of New Zealand (b. 1889) July 6 – George, Duke of Mecklenburg, head of the House of Mecklenburg-Strelitz (b. 1899) July 7 – Frank P. Lahm, American aviator (b. 1877)[107] July 10 – Ezz El-Dine Zulficar, Egyptian filmmaker (b. 1919)[108] July 22 – Albertus Soegijapranata, Indonesian Jesuit priest (b. 1896) July 27 – Garrett Morgan, American inventor (b. 1877) W. E. B. Du Bois Georges Braque August 1 – Theodore Roethke, American poet (b. 1908)[109] August 4 – Tom Keene, American actor (b. 1896) August 9 – Patrick Bouvier Kennedy, infant son of president John F. Kennedy (b. 1963) August 10 – Estes Kefauver, American politician (b. 1903) August 11 Clem Bevans, American actor (b. 1880) Tanxu, Chinese Buddhist monk (b. 1875)[110] August 14 – Clifford Odets, American dramatist (b. 1906)[111] August 15, Eddie Lee Mays (executed) (b. 1929) August 17 – Richard Barthelmess, American actor (b. 1895) August 22 – William Morris, 1st Viscount Nuffield, British businessman and philanthropist (b. 1877) August 23 Mary Gordon, Scottish actress (b. 1882)[112] Larry Keating, American actor (b. 1899) August 24 – James Kirkwood, Sr., American film director (b. 1875) August 27 W. E. B. Du Bois, American civil rights activist (b. 1868)[113] Inayatullah Khan Mashriqi, Indian founder of the Khaksar Movement (b. 1888) August 30 – Guy Burgess, British spy, one of the Cambridge Five (b. 1911) August 31 – Georges Braque, French painter (b. 1882) Edwin Linkomies September 2 – Tikiri Bandara Panabokke II, Ceylonese colonial-era legislator, lawyer and diplomat (b. 1883) September 4 – Robert Schuman, French statesman, a founding father of the European Union (b. 1886) September 9 – Edwin Linkomies, 25th Prime Minister of Finland (b. 1894) September 11 Suzanne Duchamp, French painter (b. 1889) Richard Oswald, Austrian director, producer and screenwriter (b. 1880) September 15 – Oliver Wallace, English film composer (b. 1887)[114] September 17 – Eduard Spranger, German philosopher and psychologist (b. 1882) September 19 – Sir David Low, New Zealand cartoonist (b. 1891) September 22 – Bernadette Cattanéo, French trade unionist and communist activist (b. 1899) September 25 Alexander Sakharoff, Russian dancer and choreographer (b. 1886) Kurt Zeitzler, German Army officer (b. 1895) Gustaf Gründgens Édith Piaf Jean Cocteau October 4 – Lloyd Fredendall, American general (b. 1883) October 7 – Gustaf Gründgens, German actor (b. 1899) October 8 – Grace Darmond, Canadian-born American actress (b. 1893)[115] October 9 – Friedrich, Hereditary Prince of Anhalt (b. 1938) October 10 – Édith Piaf, French singer and actress (b. 1915)[116] October 11 – Jean Cocteau, French fiction writer and film director (b. 1889)[117] October 15 – Alan Goodrich Kirk, American admiral (b. 1888) October 21 – Jean Decoux, French admiral, Governor-General of French Indochina (1940–1945) (b. 1884) October 24 Karl Bühler, German psychologist and linguist (b. 1879) Beverly Wills, American actress (b. 1933) October 25 Björn Þórðarson, 9th Prime Minister of Iceland (b. 1879) Karl von Terzaghi, Austrian civil engineer and "father of soil mechanics" (b. 1883) October 29 – Adolphe Menjou, American actor (b. 1890) October 30 Hugh O'Flaherty, Irish Catholic priest (b. 1898)[118] Domhnall Ua Buachalla, Irish politician (b. 1866) October 31 – Henry Daniell, English actor (b. 1894) Ngô Đình Diệm Ngô Đình Nhu John F. Kennedy Lee Harvey Oswald November 1 Hồ Tấn Quyền, South Vietnamese Navy officer (assassinated) (b. 1927) Lê Quang Tung, South Vietnamese Army officer (assassinated) (b. 1923) Elsa Maxwell, American gossip columnist and hostess (b. 1883) November 2 Ngô Đình Diệm, South Vietnamese politician, 1st President of the Republic of Vietnam (South Vietnam) (assassinated) (b. 1901) Ngô Đình Nhu, South Vietnamese politician, State Counsellor of South Vietnam (assassinated) (b. 1910) November 4 – Pascual Ortiz Rubio, Mexican politician, substitute President of Mexico 1930–1932 (b. 1877)[119] November 5 – Luis Cernuda, Spanish poet (b. 1902) November 12 José María Gatica, Argentine boxer (b. 1925) John R. Hodge, United States Army general (b. 1893) November 15 – Fritz Reiner, Hungarian conductor (b. 1888) November 19 – Carmen Amaya, Spanish dancer (b. 1918) November 21 – Robert Stroud, American prisoner, known as the "Birdman of Alcatraz" (b. 1890) November 22 Wilhelm Beiglböck, German Nazi physician at Dachau concentration camp (b. 1905) Aldous Huxley, English-born novelist (Brave New World) (b. 1894)[120] John F. Kennedy, American politician, 35th President of the United States (assassinated) (b. 1917)[121] C. S. Lewis, Irish-born British critic, novelist (The Chronicles of Narnia) and Christian apologist (b. 1898)[122] J. D. Tippit, American police officer (b. 1924) November 23 – John Baumgarten, American businessman and politician (b. 1902) November 24 Clelia Lollini, Italian physician (b. 1890)[123] Lee Harvey Oswald, American assassin of President John F. Kennedy (murdered) (b. 1939)[124] November 26 – Amelita Galli-Curci, Italian opera singer (b. 1882) November 28 – Karyn Kupcinet, American actress (b. 1941) November 29 – Ernesto Lecuona, Cuban composer (b. 1896) November 30 Phil Baker, American comedian and radio personality (b. 1896) Cyril Newall, 1st Baron Newall, British Air Marshal and State servant, 6th Governor-General of New Zealand (b. 1886) Theodor Heuss Dinah Washington December 2 Sabu Dastagir, Indian-American actor (b. 1924) Thomas Hicks, American runner (b. 1875) December 5 – Karl Amadeus Hartmann, German composer (b. 1905) December 10 – K. M. Panikkar, Indian scholar, diplomat and journalist (b. 1895) December 12 Theodor Heuss, German politician, 5th President of Germany (b. 1884) Yasujirō Ozu, Japanese filmmaker (b. 1903) December 14 Hubert Pierlot, Belgian lawyer and jurist, 32nd Prime Minister of Belgium, leader of the Belgian government in exile (b. 1883) Dinah Washington, American jazz/blues singer (b. 1924) December 15 – Rikidōzan, Korean-born Japanese professional wrestler (b. 1924) December 21 – Sir Jack Hobbs, English cricketer (b. 1882) December 25 – Tristan Tzara, French poet (b. 1896)[125] December 26 – Gorgeous George, American professional wrestler (b. 1915) December 28 Paul Hindemith, German composer (b. 1895)[125] A. J. Liebling, American journalist (b. 1904) Physics – Eugene Wigner, Maria Goeppert-Mayer and J. Hans D. Jensen Chemistry – Karl Ziegler and Giulio Natta Physiology or Medicine – Sir John Carew Eccles, Alan Lloyd Hodgkin and Andrew Huxley Literature – Giorgos Seferis Peace – International Committee of the Red Cross, League of Red Cross Societies ^ "Dr Bogle and Mrs Chandler mystery". National Film and Sound Archive of Australia. Retrieved September 7, 2021. ^ "Foreign Relations of the United States, 1961–1963, Volume III". Office of the Historian. Retrieved September 11, 2021. ^ Virginia Thompson (1972). West Africa's Council of the Entente. Cornell University Press. p. 86. ^ Demetriade, Mihai (2015). "Istoricul Serviciului de contrainformații penitenciare (1949–1967)". Caietele CNSAS. VIII (2): 38. ^ Banu, Florian (2016). "Relațiile Securității cu serviciile omologe din țările membre ale Pactului de la Varșovia". In Banu, Florian; Țăranu, Liviu (eds.). Securitatea (1948–1989). Monografie. Editura Cetatea de Scaun. p. 335. ISBN 978-606-537-357-0. ^ "Dallas: JFK is shot dead". 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An 1835 illustration of power loom weaving, as part of the Industrial Revolution Millennia 2nd millennium Centuries 18th century 19th century 20th century Timelines 18th century 19th century 20th century State leaders 18th century 19th century 20th century Decades 1800s 1810s 1820s 1830s 1840s 1850s 1860s 1870s 1880s 1890s Categories: Births – Deaths Establishments – Disestablishments vte The 19th century began on 1 January 1801 (represented by the Roman numerals MDCCCI), and ended on 31 December 1900 (MCM). It was the 9th century of the 2nd millennium. It was characterized by vast social upheaval. Slavery was abolished in much of Europe and the Americas. The First Industrial Revolution, though it began in the late 18th century, expanded beyond its British homeland for the first time during the 19th century, particularly remaking the economies and societies of the Low Countries, France, the Rhineland, Northern Italy, and the Northeastern United States. A few decades later, the Second Industrial Revolution led to ever more massive urbanization and much higher levels of productivity, profit, and prosperity, a pattern that continued into the 20th century. The Catholic Church, in response to the growing influence and power of modernism, secularism and materialism, formed the First Vatican Council in the late 19th century to deal with such problems and confirm certain Catholic doctrines as dogma. Religious missionaries were sent from the Americas and Europe to Asia, Africa and the Middle East. In the Middle East, it was an era of change and reform. The Islamic gunpowder empires fell into decline and European imperialism brought much of South Asia, Southeast Asia, and almost all of Africa under colonial rule. Reformers were opposed at every turn by conservatives who strove to maintain the centuries-old Islamic laws and social order.[1] The 19th century also saw the collapse of the large Spanish, Portuguese, French and Mughal empires, which paved the way for the growing influence of the British, French, German, Russian, Austro-Hungarian, Italian, and Japanese empires along with the United States. Following the defeat of France in the Napoleonic Wars, it marked the end of France's status as the world superpower. Britain took France's status as the world superpower, the British and Russian empires expanded considerably, becoming two of the world's leading powers. Russia expanded its territory to the Caucasus and Central Asia. The Ottoman Empire underwent a period of Westernization and reform known as the Tanzimat, vastly increasing its control over core territories in the Middle East. However, it remained in decline and became known as the sick man of Europe, losing territory in the Balkans and North Africa. The remaining powers in the Indian subcontinent, such as the Maratha and Sikh empires, suffered a massive decline, and their dissatisfaction with the British East India Company's rule led to the Indian Rebellion of 1857 and the company's dissolution. India was later ruled directly by the British Crown through the establishment of the British Raj. During the post-Napoleonic era (after 1815), Britain enforced what became known as the Pax Britannica, which ushered in unprecedented globalization on a massive scale. Britain's overseas possessions grew rapidly in the first half of the century, especially with the expansion of vast territories in Canada, Australia, India, and in the last two decades of the century in Africa. By the end of the 19th century, the British controlled a fifth of the world's land and a quarter of the world's population. By the end of the century, Britain, France, Germany, and the United States had colonized almost all of Oceania. In East Asia, China under the Qing dynasty endured its century of humiliation by foreign powers that lasted until the first half of the 20th century. The last surviving man and woman, respectively, verified to have been born in the 19th century were Jiroemon Kimura (1897–2013) and Nabi Tajima (1900–2018), both Japanese. Official portrait of Queen Victoria, 1859 The first electronics appeared in the 19th century, with the introduction of the electric relay in 1835, the telegraph and its Morse code protocol in 1837, the first telephone call in 1876,[2] and the first functional light bulb in 1878.[3] The 19th century was an era of rapidly accelerating scientific discovery and invention, with significant developments in the fields of mathematics, physics, chemistry, biology, electricity, and metallurgy that laid the groundwork for the technological advances of the 20th century.[4] The Industrial Revolution began in Great Britain and spread to continental Europe, North America, and Japan.[5] The Victorian era was notorious for the employment of young children in factories and mines, as well as strict social norms regarding modesty and gender roles.[6] Japan embarked on a program of rapid modernization following the Meiji Restoration, before defeating China, under the Qing dynasty, in the First Sino-Japanese War. Advances in medicine and the understanding of human anatomy and disease prevention took place in the 19th century, and were partly responsible for rapidly accelerating population growth in the Western world. Europe's population doubled during the 19th century, from approximately 200 million to more than 400 million.[7] The introduction of railroads provided the first major advancement in land transportation for centuries, changing the way people lived and obtained goods, and fuelling major urbanization movements in countries across the globe. Numerous cities worldwide surpassed populations of a million or more during this century. London became the world's largest city and capital of the British Empire. Its population increased from 1 million in 1800 to 6.7 million a century later. The last remaining undiscovered landmasses of Earth, including vast expanses of interior Africa and Asia, were explored during this century, and with the exception of the extreme zones of the Arctic and Antarctic, accurate and detailed maps of the globe were available by the 1890s. Liberalism became the pre-eminent reform movement in Europe.[8] Arab slave traders and their captives along the Ruvuma River, 19th century Slavery was greatly reduced around the world. Following a successful slave revolt in Haiti, Britain and France stepped up the battle against the Barbary pirates and succeeded in stopping their enslavement of Europeans. The UK's Slavery Abolition Act 1833 charged the British Royal Navy with ending the global slave trade.[9] The first colonial empire in the century to abolish slavery was the British, who did so in 1834. America's Thirteenth Amendment following their Civil War abolished slavery there in 1865, and in Brazil slavery was abolished in 1888 (see abolitionism). Similarly, serfdom was abolished in Russia in 1861. The 19th century was remarkable in the widespread formation of new settlement foundations which were particularly prevalent across North America and Australia, with a significant proportion of the two continents' largest cities being founded at some point in the century. Chicago in the United States and Melbourne in Australia were non-existent in the earliest decades but grew to become the 2nd largest cities in the United States and British Empire respectively by the end of the century. In the 19th century, approximately 70 million people left Europe, with most migrating to the United States.[10] The 19th century also saw the rapid creation, development, and codification of many sports, particularly in Britain and the United States. Association football, rugby union, baseball, and many other sports were developed during the 19th century, while the British Empire facilitated the rapid spread of sports such as cricket to many different parts of the world. Also, women's fashion was a very sensitive topic during this time, as women showing their ankles was viewed to be scandalous. The boundaries set by the Congress of Vienna, 1815 It also marks the fall of the Ottoman rule of the Balkans which led to the creation of Serbia, Bulgaria, Montenegro, and Romania as a result of the second Russo-Turkish War, which in itself followed the great Crimean War. Map of the world from 1897. The British Empire (marked in pink) was the superpower of the 19th century. Industrial Revolution European imperialism British Regency, Victorian era (UK, British Empire) Bourbon Restoration, July Monarchy, French Second Republic, Second French Empire, French Third Republic (France) Risorgimento (Italy) Belle Époque (Europe) Edo period, Meiji period (Japan) Qing dynasty (China) Nguyen dynasty (Vietnam) Joseon dynasty (Korea) Zulu Kingdom (South Africa) Tanzimat, First Constitutional Era (Ottoman Empire) Russian Empire Manifest destiny, Antebellum era, Reconstruction era, American frontier, Gilded Age (United States) Main article: Napoleonic Wars For a chronological guide, see Timeline of the Napoleonic era. Napoleon's retreat from Russia in 1812. The war is turning decisively against the French Empire. The Napoleonic Wars were a series of major conflicts from 1803 to 1815 pitting the French Empire and its allies, led by Napoleon I, against a fluctuating array of European powers formed into various coalitions, financed and usually led by the United Kingdom. The wars stemmed from the unresolved disputes associated with the French Revolution and its resultant conflict. In the aftermath of the French Revolution, Napoleon Bonaparte gained power in France in 1799. In 1804, he crowned himself Emperor of the French. In 1805, the French victory over an Austrian-Russian army at the Battle of Austerlitz ended the War of the Third Coalition. As a result of the Treaty of Pressburg, the Holy Roman Empire was dissolved. Later efforts were less successful. In the Peninsular War, France unsuccessfully attempted to establish Joseph Bonaparte as King of Spain. In 1812, the French invasion of Russia had massive French casualties, and was a turning point in the Napoleonic Wars.Napoleon Bonaparte, Emperor of the First French EmpireIn 1814, after defeat in the War of the Sixth Coalition, Napoleon abdicated and was exiled to Elba. Later that year, he escaped exile and began the Hundred Days before finally being defeated at the Battle of Waterloo and exiled to Saint Helena, an island in the South Atlantic Ocean. After Napoleon's defeat, the Congress of Vienna was held to determine new national borders. The Concert of Europe attempted to preserve this settlement was established to preserve these borders, with limited impact. Main article: Spanish American wars of independence The Chilean Declaration of Independence, 18 February 1818 Mexico and the majority of the countries in Central America and South America obtained independence from colonial overlords during the 19th century. In 1804, Haiti gained independence from France. In Mexico, the Mexican War of Independence was a decade-long conflict that ended in Mexican independence in 1821. Due to the Napoleonic Wars, the royal family of Portugal relocated to Brazil from 1808 to 1821, leading to Brazil having a separate monarchy from Portugal. The Federal Republic of Central America gained independence from Spain in 1821 and from Mexico in 1823. After several rebellions, by 1841 the federation had dissolved into the independent countries of Guatemala, El Salvador, Honduras, Nicaragua, and Costa Rica.[11] In 1830, the post-colonial nation of Gran Colombia dissolved and the nations of Colombia (including modern-day Panama), Ecuador, and Venezuela took its place. Main article: Revolutions of 1848 Liberal and nationalist pressure led to the European revolutions of 1848. The Revolutions of 1848 were a series of political upheavals throughout Europe in 1848. The revolutions were essentially democratic and liberal in nature, with the aim of removing the old monarchical structures and creating independent nation states. The first revolution began in January in Sicily.[clarification needed] Revolutions then spread across Europe after a separate revolution began in France in February. Over 50 countries were affected, but with no coordination or cooperation among their respective revolutionaries. According to Evans and von Strandmann (2000), some of the major contributing factors were widespread dissatisfaction with political leadership, demands for more participation in government and democracy, demands for freedom of the press, other demands made by the working class, the upsurge of nationalism, and the regrouping of established government forces.[12] Main articles: Abolitionism and American Civil War Politician and philanthropist William Wilberforce (1759–1833) was a leader of the movement to abolish the slave trade. The abolitionism movement achieved success in the 19th century. The Atlantic slave trade was abolished in the United States in 1808, and by the end of the century, almost every government had banned slavery. The Slavery Abolition Act 1833 banned slavery throughout the British Empire, and the Lei Áurea abolished slavery in Brazil in 1888. Abolitionism in the United States continued until the end of the American Civil War. Frederick Douglass and Harriet Tubman were two of many American abolitionists who helped win the fight against slavery. Douglass was an articulate orator and incisive antislavery writer, while Tubman worked with a network of antislavery activists and safe houses known as the Underground Railroad. The American Civil War took place from 1861 to 1865. Eleven southern states seceded from the United States, largely over concerns related to slavery. In 1863, President Abraham Lincoln issued the Emancipation Proclamation. Lincoln issued a preliminary[13] on September 22, 1862, warning that in all states still in rebellion (Confederacy) on January 1, 1863, he would declare their slaves "then, thenceforward, and forever free."[14] He did so.[15] The Thirteenth Amendment to the Constitution,[16] ratified in 1865, officially abolished slavery in the entire country. Five days after Robert E. Lee surrendered at Appomattox Courthouse, Virginia, Lincoln was assassinated by actor and Confederate sympathizer John Wilkes Booth. Main article: Decline and modernization of the Ottoman Empire Ibrahim Pasha of Egypt, leader of the Egyptian Army in the Egyptian–Ottoman War (1831–1833)[17] In 1817, the Principality of Serbia became suzerain from the Ottoman Empire, and in 1867, it passed a constitution that defined its independence from the Ottoman Empire. In 1830, Greece became the first country to break away from the Ottoman Empire after the Greek War of Independence. In 1831, the Bosnian Uprising against Ottoman rule occurred. In 1831, The First Egyptian–Ottoman War (1831–1833) occurred, between the Ottoman Empire and Egypt brought about by Muhammad Ali Pasha's demand to the Sublime Porte for control of Greater Syria, as reward for aiding the Sultan during the Greek War of Independence. As a result, Egyptian forces temporarily gained control of Syria, advancing as far north as Kütahya.[18] In 1876, Bulgarians instigated the April Uprising against Ottoman rule. Following the Russo-Turkish War, the Treaty of Berlin recognized the formal independence of the Serbia, Montenegro, and Romania. Bulgaria became autonomous. Main article: Taiping Rebellion A scene of the Taiping Rebellion The Taiping Rebellion was the bloodiest conflict of the 19th century, leading to the deaths of around 20–30 million people. Its leader, Hong Xiuquan, declared himself the younger brother of Jesus Christ and developed a new Chinese religion known as the God Worshipping Society. After proclaiming the establishment of the Taiping Heavenly Kingdom in 1851, the Taiping army conquered a large part of China, capturing Nanjing in 1853. In 1864, after the death of Hong Xiuquan, Qing forces recaptured Nanjing and ended the rebellion.[19] Main article: Meiji Restoration During the Edo period, Japan largely pursued an isolationist foreign policy. In 1853, United States Navy Commodore Matthew C. Perry threatened the Japanese capital Edo with gunships, demanding that they agree to open trade. This led to the opening of trade relations between Japan and foreign countries, with the policy of Sakoku formally ended in 1854. By 1872, the Japanese government under Emperor Meiji had eliminated the daimyō system and established a strong central government. Further reforms included the abolition of the samurai class, rapid industrialization and modernization of government, closely following European models.[20] Main articles: Western imperialism in Asia and Scramble for Africa Arrival of Marshal Randon in Algiers, French Algeria in 1857 The Maratha Confederacy and the East India Company sign the Treaty of Bassein in 1802. 1803: United States more than doubles in size when it buys out France's territorial claims in North America

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Higiene Bucal Deficiente ou Excessiva Tanto a falta quanto o excesso de higiene podem causar gengiva inflamada. Escovar os dentes com muita força ou usar escovas de cerdas duras pode machucar a gengiva, provocando inflamação e até retração gengival. ➡ Dicas para evitar o problema:✔ Use escovas de cerdas macias para evitar agressões.✔ Evite pressionar a escova com força – movimentos suaves são mais eficazes.✔ Não exagere no enxaguante bucal com álcool, pois pode ressecar a gengiva. Se sua gengiva sangra ao escovar os dentes, veja como evitar esse problema neste artigo completo. A gengiva inflamada pode se manifestar de várias formas. Se você notar dois ou mais desses sintomas, é importante buscar tratamento antes que o problema se agrave. ✔ Vermelhidão – Gengiva com tom avermelhado ao invés do rosa saudável.✔ Inchaço – Sensação de volume aumentado na gengiva.✔ Sangramento – Ao escovar os dentes ou passar fio dental.✔ Sensibilidade – Desconforto ao comer ou beber alimentos frios/quentes.✔ Mau hálito persistente – Pode indicar a presença de bactérias na gengiva. Se sua gengiva está inflamada, o ideal é agir rapidamente para evitar que o problema se agrave e evolua para gengivite ou periodontite. A boa notícia é que, na maioria dos casos, a inflamação pode ser controlada com hábitos simples e cuidados adequados. Aqui estão as melhores formas de tratar a gengiva inflamada e restaurar a saúde bucal. Um dos principais motivos para a inflamação gengival é o acúmulo de placa bacteriana e tártaro. Melhorar a rotina de higiene bucal é o primeiro passo para resolver o problema. ✔ Use uma escova de dentes de cerdas macias, que limpa sem agredir a gengiva.✔ Evite escovar com muita força, pois isso pode piorar a inflamação.✔ Passe fio dental corretamente todos os dias para remover a placa entre os dentes.✔ Use um enxaguante bucal sem álcool, como o Listerine Zero Álcool. 2. Remédios Caseiros para Aliviar a Inflamação Algumas soluções naturais podem ajudar a reduzir a inflamação da gengiva e aliviar o desconforto. No entanto, esses métodos devem ser usados como complemento, e não substituem a higiene bucal correta ou a consulta ao dentista. ✔ Água morna com sal: Faz bochechos para reduzir o inchaço e matar bactérias.✔ Chá de camomila e cravo-da-índia: Possuem ação calmante e anti-inflamatória.✔ Óleo de coco ou óleo de melaleuca: Possuem propriedades antibacterianas naturais. Quer saber mais sobre tratamentos caseiros? Veja neste artigo completo sobre remédios para gengiva inflamada. Fonte externa: A Mayo Clinic explica mais sobre tratamentos gengivais aqui. Se a inflamação gengival persistir por mais de uma semana, mesmo com a higiene adequada, é essencial procurar um dentista. Algumas opções de tratamento profissional incluem: ✔ Raspagem gengival profissional – Remove o tártaro acumulado abaixo da gengiva.✔ Uso de antibióticos tópicos ou orais – Indicado em casos de infecção mais severa.✔ Acompanhamento odontológico regular – Consultas periódicas para evitar recorrências. Se o seu problema já avançou para gengivite, veja como tratar neste artigo sobre gengivite. Fonte externa: Veja mais sobre os tratamentos para gengivite na Associação Brasileira de Odontologia (ABO). A prevenção é sempre o melhor caminho para evitar problemas bucais e manter um sorriso saudável. Algumas mudanças na rotina podem impedir que a gengiva fique inflamada novamente. ✔ Escove os dentes pelo menos duas vezes ao dia, com creme dental fluoretado.✔ Use fio dental diariamente para remover restos de comida entre os dentes.✔ Evite o tabagismo e o consumo excessivo de álcool, pois prejudicam a gengiva.✔ Inclua alimentos ricos em vitamina C e K na dieta para fortalecer a gengiva.✔ Realize visitas regulares ao dentista, pelo menos a cada 6 meses. Fonte externa: Veja mais sobre nutrição para a saúde bucal no site da Harvard T.H. Chan School of Public Health. Não. A gengiva pode inflamar temporariamente devido a irritações como escovação agressiva ou uso incorreto do fio dental. Se a inflamação persistir, pode evoluir para gengivite. Se for um caso leve, a inflamação pode desaparecer em alguns dias com uma boa higiene bucal. Se durar mais de uma semana, procure um dentista. Se os sintomas persistirem, um dentista pode recomendar limpeza profissional, antibióticos tópicos ou ajustes na rotina de higiene bucal. Alimentos ricos em vitamina C (laranja, morango, brócolis) e vitamina K (espinafre, couve, abacate) ajudam a manter a gengiva saudável. Sim, especialmente os sem álcool, que ajudam a controlar bactérias sem ressecar a gengiva. Se a inflamação durar mais de 7 dias, se houver sangramento frequente, pus ou dor intensa, um dentista deve ser consultado.

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