

# APRIL DENTAL HEALTH

Dental health is an important part of your overall health. It can impact everything from your ability to speak, your physical appearance and your ability to show emotions. Periodontal disease, also known as gum disease, impacts nearly half of all Americans. Symptoms range from mild redness and swelling to complete destruction of the tooth's support system leading to tooth loss. Read on to learn more about oral health and best practices you can take to improve your overall dental health.

People with periodontal disease have higher risk for:

- Cardiovascular Disease
- Dementia
- Chronic Respiratory Disease
- Diabetes
- Pregnancy Complications

By age 34, more than 80 percent of people have at least one cavity




## REGULAR CHECKUPS





Only 62 percent of adults had a dental checkup in the past year. Experts recommend at least one checkup annually.



\$113 b

Americans spend \$113 billion annually on dental care



Experts recommend brushing your teeth at least twice per day and flossing teeth before bedtime



Failure to take care of your dental health accounts for more than \$6 billion in lost productivity annually because people miss work to get dental care

## UNTREATED Tooth Decay

In addition to dental pain, individuals with untreated tooth decay are at risk for trouble with speaking, eating and smiling. Individuals from low-income homes are twice as likely to have untreated tooth issues.

- Average number of individuals with untreated tooth decay
- 1 in 4 Adults
  - 1 in 5 Children ages 5 to 11
  - 1 in 7 Adolescents ages 12 to 19

## Ways to Reduce Your Risk of Gum Disease



Don't Smoke



Eat Healthy



Get Regular Dental Checkups



Brush and Floss Regularly



Seek Dental Care at the First Sign of a Problem