


# PROTECT YOUR SMILE


## Oral Health in Numbers


**92%**   
OF ADULTS IN THE  
U.S. HAVE CAVITIES.<sup>4</sup>

Men are more likely to have gum disease than women.<sup>4</sup>

**1 in 3**   
AMERICAN ADULTS did not see a dentist in 2016.<sup>1</sup>


**43%**   
OF 2-19  
YEAR OLDS  
in the U.S. have tooth decay.<sup>3</sup>

**47%**   
OF ADULTS  
have gum disease and  
that number increases  
to **70% for those 65  
and older.**<sup>5</sup>

**49,750**   
new cases of cancer of the  
mouth and throat will be  
diagnosed this year.<sup>7</sup>

Smokers are  
**6x**  
more likely than  
nonsmokers to  
develop oral cancer.<sup>6</sup>


Chewing sugarless gum for  
**20 minutes following meals**  
can help prevent tooth decay.<sup>12</sup>



**40%** OF YOUR  
TEETH  
SURFACES  
remain dirty when you don't floss.<sup>9</sup>

 **Replace your toothbrush  
every 3-4 months**, and even more often  
if you've been sick!<sup>8</sup>

Use an antiseptic mouth rinse for **30 seconds twice  
a day** to prevent plaque build up.<sup>11</sup> It only takes 72 hours for  
plaque to harden into tartar which can cause gingivitis.<sup>10</sup>



<sup>1</sup> Gallup®. One-Third of Americans Haven't Visited Dentist in Past Year. Accessed August 14, 2018. <http://www.gallup.com/poll/168716/one-third-americans-haven-visited-dentist-past-year.aspx>.

<sup>2</sup> National Institute of Dental and Craniofacial Research. Dental Caries in Adults. Accessed August 14, 2018. <http://www.nidcr.nih.gov/DataStatistics/FindDataByTopic/DentalCaries/DentalCariesAdults20to64.htm>.

<sup>3</sup> American Dental Association®. CDC: Minorities Still at Risk for Caries. Accessed August 13, 2018. <https://www.ada.org/en/publications/ada-news/2018-archive/april/cdc-minorities-still-most-at-risk-for-caries>.

<sup>4</sup> National Institute of Dental and Craniofacial Research. Periodontal (Gum) Disease: Causes, Symptoms, and Treatments. Accessed August 14, 2018. <http://www.nidcr.nih.gov/oralhealth/topics/gumdiseases/periodontalgumdisease.htm>.

<sup>5</sup> American Academy of Periodontology. CDC: Half of American Adults Have Periodontal Disease. Accessed August 14, 2018. <http://www.perio.org/consumer/cdc-study.htm>.

<sup>6</sup> Illinois Department of Public Health. Oral Cancer. Accessed August 14, 2018. <http://www.idph.state.il.us/cancer/factsheets/oralcancer.htm>.

<sup>7</sup> The Oral Cancer Foundation. Oral Cancer Facts. Accessed August 14, 2018. <http://www.oralcancerfoundation.org/facts/>.

<sup>8</sup> WebMD®. Ways You Can Prevent Plaque Buildup. Accessed August 14, 2018. <http://www.webmd.com/oral-health/healthy-teeth-14/brushing-teeth-mistakes?page=1>.

<sup>9</sup> NBC News. Forget Botox. Floss Your Teeth. Accessed August 14, 2018. [http://www.nbcnews.com/id/37692310/ns/health-skin\\_and\\_beauty/t/forget-botox-floss-your-teeth/#.VG4Awnj0zq4](http://www.nbcnews.com/id/37692310/ns/health-skin_and_beauty/t/forget-botox-floss-your-teeth/#.VG4Awnj0zq4).

<sup>10</sup> WebMD®. Gingivitis: Get Serious About Sore Gums. Accessed August 14, 2018. <http://www.webmd.com/oral-health/healthy-teeth-14/gingivitis-gum-11>.

<sup>11</sup> WebMD®. Ways You Can Prevent Plaque Buildup. Accessed August 14, 2018. <http://www.webmd.com/oral-health/healthy-teeth-14/plaque-causes>.

<sup>12</sup> Oral Health Foundation. Sugar Free Chewing Gum. Accessed August 14, 2018. <https://www.dentalhealth.org/sugar-free-chewing-gum>.