



Oral Health

Oral health means taking care of your mouth, teeth and gums. According to the Centers for Disease Control and Prevention (CDC), oral health is essential to your overall general health and well-being. Oral disease can cause pain and infections that could lead to problems with eating, speaking and learning.

DID YOU KNOW?

- The three oral conditions that most affect overall health and quality of life are:
 - Cavities.
 - Severe gum disease.
 - Severe tooth loss.
- By age eight, over half of all children (52%) have had a cavity in their primary (baby) teeth.
- Children from low-income families are twice as likely to have cavities as children from higher-income families.
- One in four adults aged 20 to 64 currently have cavities.
- Tobacco use and diabetes are two risk factors for gum disease.

TIPS FOR GOOD ORAL HEALTH

- **Brush Your Teeth:** Use fluoride toothpaste and brush at least twice a day.
- **Floss Regularly:** Clean between your teeth to remove food particles.
- **Visit the Dentist:** Regular check-ups and teeth cleanings can help catch problems early.
- **Limit Sugary Drinks and Snacks:** Too much sugar can harm your teeth.

Drinking fluorinated water and getting dental sealants (in childhood) may prevent cavities and save costs by avoiding more expensive dental care in the future.

Remember, oral health starts with simple steps. Contact your dentist if you have questions about keeping your teeth and gums healthy!



Sources:

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