

No time to go to the dentist?

164 million work hours and 52 million school hours are lost each year due to dental issues.¹ Prevention saves time and your smile!



Oral Health & Overall Health

HEART — Those with gum disease are almost twice as likely to suffer from heart disease.²

BRAIN — Harmful bacteria in the mouth may increase the chance of stroke.²

LUNGS — Poor oral health may worsen respiratory illnesses.²

KIDNEYS — Poor oral care may increase diseases kidneys must fight off.²

PANCREAS — Gum disease may disrupt blood sugars, which can increase heart and lung diseases.²

FAST FACTS

Flossing daily helps reduce bacteria and gingivitis more than brushing alone.³

Tooth decay is the most chronic disease in children and adults and is largely preventable.⁴

Survey results show that visiting the dentist at least once a year encourages a more positive outlook on life.⁵



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 **DELTA DENTAL®**

¹www.nidcr.nih.gov/datastatistics/surgeongeneral/report/executivesummary.htm, ²www.perio.org, ³www.perio.org/consumer/flossing08, ⁴www.nidcr.nih.gov/research/data-statistics/dental-caries, ⁵Morpace, Inc. conducted the Delta Dental Oral Health and Well-Being Survey on behalf of Delta Dental with 1,003 consumers across the United States.