

ATTENTION, MEN!

# Don't neglect your oral health!

Studies have shown that men often take their oral health for granted. This puts them more at risk for gum disease and other life-threatening medical conditions like heart disease, diabetes, and stroke.



## The statistics:

- The average man is less likely to visit a dentist (61% of men compared with 67% of women), according to the Centers for Disease Control and Prevention.
- The average man is more likely to develop gum disease (11% of men compared with 6% of women), according to the National Institute of Dental and Craniofacial Research.
- Men are about 40% less likely to brush their teeth after every meal, according to the Academy of General Dentistry.

**NEGLECTING YOUR ORAL CARE CAN BE DETRIMENTAL TO OVERALL HEALTH.**



## The tips:

- Consistently brush your teeth twice per day and floss once per day.
- Wear a mouth guard when you play sports to prevent trauma or damage to your teeth.
- Don't smoke or chew tobacco products to reduce the risks of gum disease and oral cancer.
- Stay up-to-date on your dentist appointments every 6 months.

 **DELTA DENTAL®**

[www.deltadentalinc.com](http://www.deltadentalinc.com)