Maintaining Your Childhood Smile

Cavities aren't just for kids, and as we age into adulthood it's important to maintain good oral health to ward off preventable dental problems.

Untreated dental disease can lead to serious health problems such as infection, damage to a bone or nerve, and tooth loss. To keep your smiles healthy and happy, adults should continue with the same routine they grew up with. Brush twice a day for two minutes, floss daily and rinse with mouthwash. Routine dental checks (even while pregnant) can catch hidden oral emergencies early and reduce your risk for tooth decay. If you wait to see a dentist until pain has already started, it's likely too late to treat decay.

Despite improvements in oral health care, the U.S. spends more than $113 billion annually on costs related to dental care.[1] Keep your wallet—and your mouth—healthy by taking care of your teeth.

Did you know?

By age 34, more than 80 percent of people have had at least one cavity.[1]

Quick bites

- The baby boomer generation will be the first majority to maintain its natural teeth over a lifetime.[2]
- More than 40 percent of adults have felt pain in their mouth in the last year.[1]
- Tooth decay and gum disease are the most common causes of tooth loss among adults.[2]
- More than 48,000 Americans are diagnosed each year with oral cancer, which is largely preventable.[3]
- Chewing sugar-free gum containing xylitol can help prevent cavities.

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Visit us online for more information on oral and overall health!

1 Centers for Disease Control and Prevention, "Oral Health Basics," web. **2** Centers for Disease Control and Prevention, "Adult Oral Health," web. **3** Oral Cancer Foundation, "Oral Cancer Facts," web.

Healthy Smile, Happy Life

Delta Dental of Arkansas, Indiana, Kentucky, Michigan, New Mexico, North Carolina, Ohio, and Tennessee

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