

## Dental care that WORKS!

# Did you know that good oral health can save you far more than unexpected dentist fees?

### Caring for teeth and gums can help keep you on the job.

According to the 2000 Surgeon General's Report on Oral Health in America, American workers lose more than 164 million hours of work annually due to dental disease or dental visits *alone*. And their children lose an *additional* 51 million hours of school due to dental-related illnesses -- causing more lost work time as parents care for their children's needs.

Poor oral health can have serious physical and financial consequences: it can affect your job productivity, health and well-being; not to mention your family's bottom line.

- Gum disease, for example, can cause bad breath: an embarrassing, but treatable condition that can affect your co-workers – and perhaps your opportunities to excel.
- Now that dental advances and education have reduced the effects of cavities in the U.S., gum disease is now the leading cause of tooth loss in adults!
- Dental disease may also change your smile if it results in discolored or missing teeth. These problems can often undermine a person's self-confidence.
- In addition, research indicates that poor dental health is related to an increased risk of developing complications for major illnesses such as diabetes, heart disease and stroke; and it is a factor in pre-term births.<sup>1</sup> Such complications can cost you far more than lost time and wages.



When you work with your dentist to prevent and treat dental disease before it causes expensive problems, you can help avoid the costs of urgent dental care. And that's great news for your family's budget!

### Regular dental check-ups should be "standard operating procedures."

Since dental disease may be painless in its early stages, its progress may go unnoticed. That's why regular dental checkups are so important. When detected early, many oral health problems such as gum disease can be easily treated.

Detection involves regular dental exams to check the color and firmness of the gums, how the teeth fit together and perhaps x-rays to evaluate the bone supporting the teeth. Complete dental exams like these combined with a balanced diet, excellent home care and not smoking can protect your teeth and gums – and your ability to work – for years to come.

### Don't wait until it hurts!<sup>1</sup>

- 3 of every 4 people will be affected by gum disease at some time.
- More than half of all adults currently have some form of gum disease.

## Is your oral health working for you?

*it's time to feel better*



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