

THE IMPORTANCE OF ORAL HEALTH



Your oral health is linked to your overall health.
Poor oral health can lead to and escalate serious overall health issues.

More than
90%
of all systemic
diseases are linked to oral health.¹

Patients with even mild periodontal disease were twice as likely to have a stroke compared to those with healthy mouths.²

¹ "Importance of Oral Health to Overall Health," Academy of General Dentistry, February 2017

² Atherosclerosis Risk in Communities Study, University of South Carolina School of Medicine, 2017



Not enough people go to the dentist.
Visits to dentists among working-age adults are at an all-time low across the United States.⁴

Fewer than
40%
of working-age adults are seeing
a dentist in any given year.

⁴ "Dental Care Utilization Steady Among Working-Age Adults and Children, Up Slightly Among the Elderly," Health Policy Institute Research, October 2016



Oral health is critically important.
Your dentist and your dental hygienist can be powerful allies for your overall health and well-being.

The mouth can serve as an important early-warning detection system for more than

120
diseases.³

³ Importance of Oral Health to Overall Health," Academy of General Dentistry, February 2017



**Poor oral health comes at a cost—
to your wallet and to your health.**

An untreated cavity can cost you more than

\$6,000

over the course of your lifetime.⁵

The number of emergency room visits for dental issues in the United States nearly doubled between 2000 and 2014, costing the health care system more than \$1.6 billion annually.⁶

⁵ Delta Dental of California's data of commercially insured patients (January-June 2012)

⁶ "Dental-related emergency department visits on the increase in the United States," Health Policy Resources Center Research Brief, May 2013

The good news is cavities and periodontal disease are nearly 100 percent preventable. By taking care of your oral health and visiting a dentist regularly, you can help avoid serious and costly health problems.

A growing coalition of leading organizations are joining together in this effort to educate Coloradans on the importance of oral health.

