The Importance of Oral Health

Oral health is connected to overall health.

- Poor oral health has been linked to heart disease, diabetes, and kidney disease.
- The mouth can serve as an important early-warning detection system for more than 120 diseases.
- More than 90% of all systemic diseases are linked to oral health. Poor oral health can lead to and escalate serious overall health issues.
- Patients with even mild periodontal disease were 2X as likely to have a stroke compared to those with healthy mouths.
- Dentists and dental hygienists are powerful allies for your overall health and well-being.

Not enough people go to the dentist.

- 75% of Americans have some form of gum disease.
- Fewer than 40% of working-age adults are seeing a dentist in any given year.
- Visits to dentists among working-age adults are at an all-time low across the United States.

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.
- Untreated, often preventable oral diseases send more than 2.1 million Americans to the emergency room each year, costing the health care system $1.9 billion annually.

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

For more information on our Word of Mouth campaign and resources on the importance of oral health, visit: deltadentalco.com/wordofmouth.aspx

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

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1 “Atherosclerosis Risk in Communities Study,” University of South Carolina School of Medicine, 2017
2 “Importance of Oral Health to Overall Health,” Academy of General Dentistry, February 2017
3 “Dental Care Utilization Steady Among Working-Age Adults and Children, Up Slightly Among the Elderly,” Health Policy Institute Research, October 2016
4 Delta Dental of California’s data of commercially insured patients (January-June 2012)
5 “Emergency Department Visits for Dental Conditions – A Snapshot,” Health Policy Institute, 2014