PROTECT YOUR SMILE, PROTECT YOUR HEALTH

Current or former smoker? Lost a tooth? Have diabetes? You could be at higher risk for periodontal (gum) disease, tooth loss, or even mouth cancer. Delta Dental makes it easy to measure your risk with a quick and easy online self-assessment at deltadentalmn.org/oral-health.
What’s Your Score?

- If you have ever smoked tobacco or used smokeless tobacco
- If you consume alcohol excessively
- If you have lost teeth not due to an accident
- If you have pain when chewing or sensitivity to hot or cold

>Then it’s time to measure your risk for gum disease, tooth decay and mouth cancer.<

Don’t risk it anymore—know your score!
Visit .deltadentalmn.org/oral-health to take a quick oral health risk assessment and help your dentist make a long-term plan for your smile’s health.

Am I At Risk For Oral Cancer?

- Most oral cancer is preventable. However, there are certain risk factors that make you more likely than others to get it.
- A risk factor is anything that affects your chance of getting a disease.
- Some risk factors are preventable and some are not, such as your family history.
- Tobacco use is a serious risk factor. About 75 percent of all people who get oral cancer use tobacco.
- Excessive exposure to sun increases your risk for lip cancer. People who spend a long time outdoors for work or play have the greatest risk for developing lip cancer.
- Human papillomaviruses (HPV) are a group of more than 100 related viruses. Currently, 20 to 30 percent of all oral cancer is associated with an HPV infection.
- Poor dental health and poor diet can also be risk factors for developing oral cancer.