



Oral health fun facts



1. Tooth enamel is the hardest substance in the human body.



2. People who smoke are 2-7 times more likely to develop gum disease than non-smokers.



3. There are over 700 different types of bacteria in your mouth alone.



4. Replacing a toothbrush after illnesses helps prevent the potential for re-infection.



5. Chewing sugar-free gum can actually be good for your oral health. It helps to clean your mouth and fight off cavities.



6. Right-handed people tend to chew food on the right side of their mouth while left-handed people tend to chew their food on the left side of their mouth.



7. Americans buy more than 14 million gallons of toothpaste every year.



The Power of Smile™

Learn more about how your oral health connects to your overall health at:
Blog.DeltaDentalMN.org