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 decay or even oral 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
• If you have diabetes

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.

• 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 Papilloma Virus (HPV) is also a major risk factor for developing oral cancer.

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