



## 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 [deltadental.com/mydentalscore](https://deltadental.com/mydentalscore).





*It's easy to smile when you feel good. LifeSmile is a wellness program that's part of your Delta Dental benefits provided by your employer. It's easier to maintain good oral health habits when you have some support. LifeSmile has the answers to your dental questions and can help keep you smiling for a lifetime.*

## 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.*

## Is Your Healthy Smile At Risk?

By knowing your risks, you can detect problems earlier and have better treatment options. Here are some factors that increase your risk of infection, disease and even cancer.

## What are the Risk Factors for Oral Cancer?

- Do you smoke? Smokers are four times as likely as nonsmokers to develop periodontal (gum) disease.
- Do you use smokeless tobacco? Using tobacco in any form increases the risk of oral and throat cancer.
- Do you drink often? Excessive alcohol consumption can increase your risk of oral cancer.
- Do you work or play outside daily in direct sun? Overexposure to UV rays can increase risk of lip cancer.
- Are you experiencing hormonal changes? Pregnancy and menopause can cause inflamed gums.
- Do you have diabetes, anemia, or cancer? People with these conditions are at higher risk for gum infections.

**What's your score?** If you're concerned about your risks, or if you want to learn more about preventing oral disease, visit [deltadental.com/mydentalscore](https://deltadental.com/mydentalscore) to take a quick risk assessment and find out how healthy your smile really is.