

# Healthy Smiles All Year Long

Oral health is a foundation for overall wellness. Regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are the best way to catch problems early. And if problems do occur, they'll be easier to treat.



## See Your Dentist Right Away If:

- Gums bleed often or appear red or swollen
- Teeth are loose or separating
- You see red or white patches on gums, tongue or lips
- Mouth or jaw pain persists
- Mouth sores don't heal in two weeks
- You have problems swallowing or chewing



*Keeping your smile healthy is the first step in keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark [deltadentalmn.org/oral-health](https://deltadentalmn.org/oral-health).*

## What's Your Score?

**Is your oral health at risk?** Take a quick online assessment that you can share with your dentist to help identify risk indicators and make a plan for protecting your smile.

Take the Online Assessment