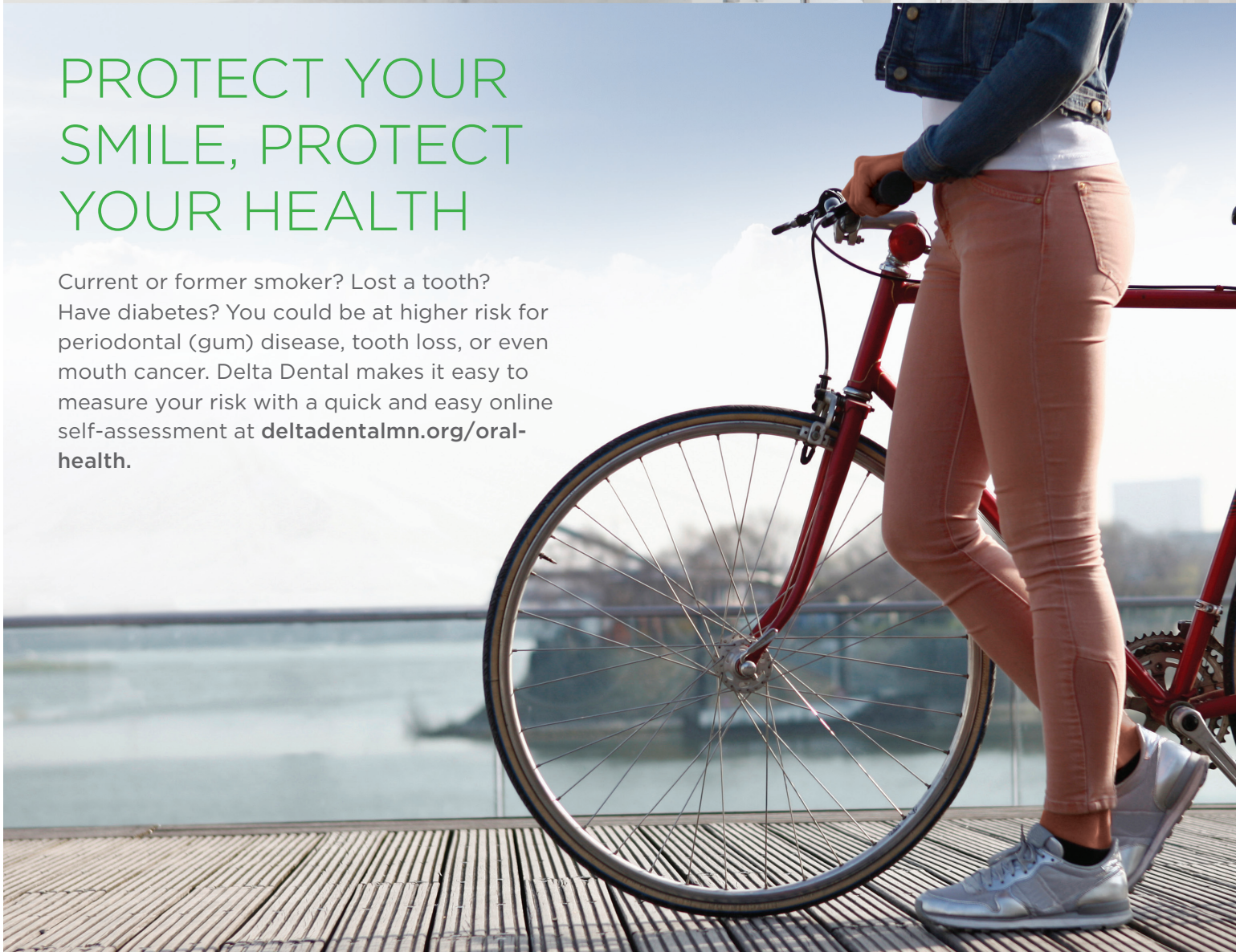


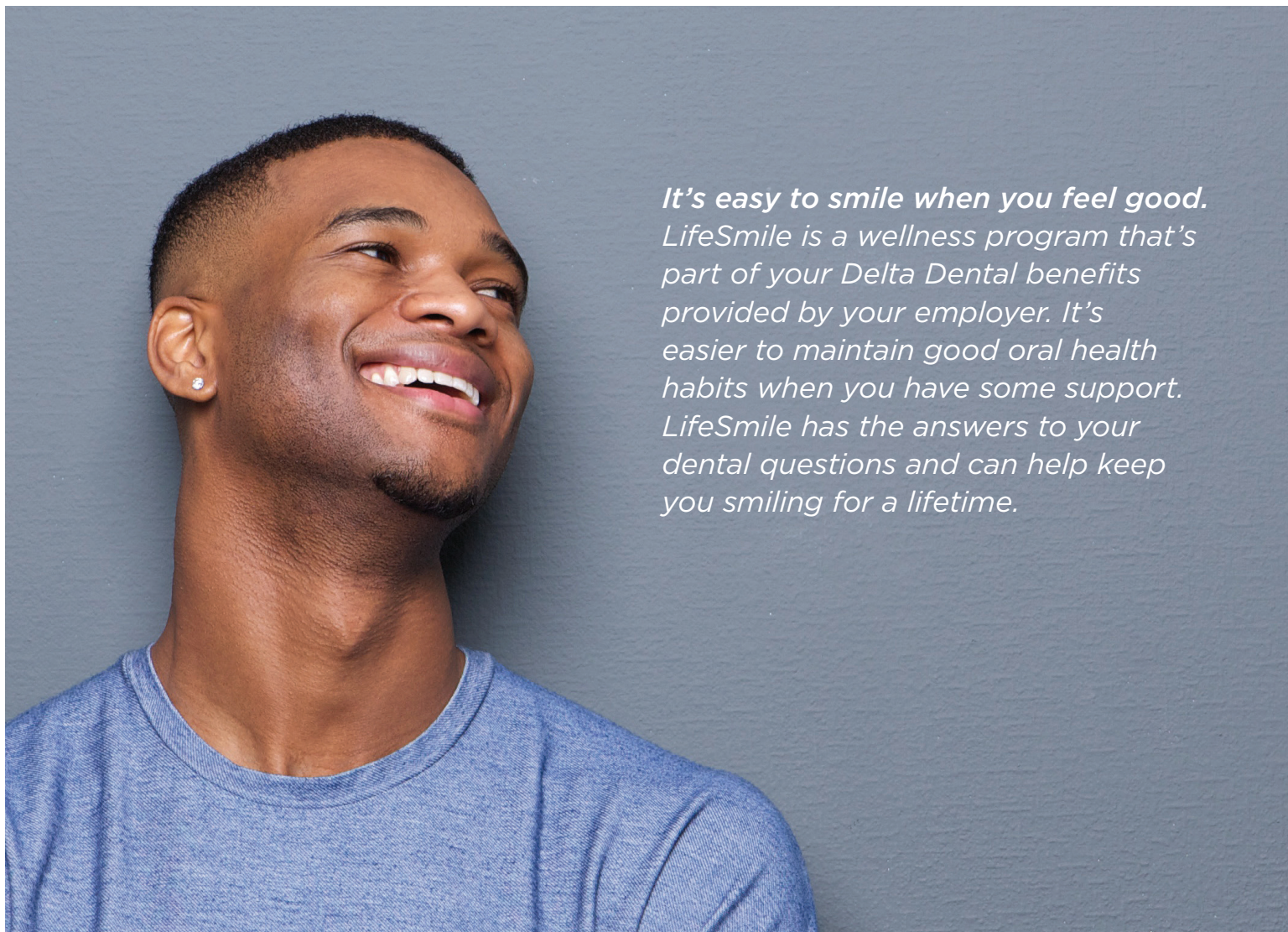


PROTECT YOUR SMILE, PROTECT YOUR HEALTH

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](https://deltadentalmn.org/oral-health).



deltadentalmn.org/oral-health



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.

Don't risk it anymore—know your score!

Visit [.deltadentalmn.org/oral-health](https://www.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.