



## 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)**.

# 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](http://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.

## 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.

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

