

# ORAL HEALTH

## BY THE NUMBERS

The average American will spend over **38 days brushing their teeth** in a lifetime.

People who drink 3 or more sodas per day have **62% more tooth decay**, fillings, and tooth loss than those who do not.

If you do not floss, you are not cleaning **40% of your tooth surfaces**.

What promotes good oral health?\*



Brushing teeth twice a day with a fluoride toothpaste



Limiting the amount of sugar we eat and drink



Going to the dentist for regular check ups

Commercial floss was first manufactured in **America in 1882**.

Over **78% of Americans** have had at least one cavity by the age of 17.

More than **300 types of bacteria** make up dental plaque.

There are **10 to 12 teaspoons of sugar** in a single can of soda.

The first toothbrushes were made of tree twigs. Today, toothbrushes come in all shapes, sizes, and colors.

It is recommended that everyone **take 2 minutes to brush** their teeth at least 2 times a day.

Eating a balanced diet can help reduce the risk of cavities & tooth decay.

Smoking, drinking, alcohol, poor diet, bacteria, gum disease, and medical conditions can cause bad breath.



It is recommended that you **see your dentist twice per year**.

Call your local health center today to schedule your dental appointment!

For more information about dental care or to find out how we can help you maintain your oral health, talk to your provider during your next appointment or log onto [www.RHMPI.com](http://www.RHMPI.com) today!