Good dental care gives your family a reason to smile

A healthy mouth leads to a healthy you!



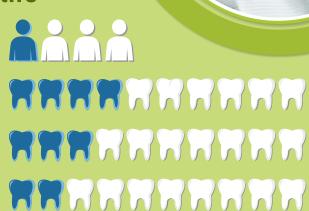
Dental health impacts your whole life

1 in 4 avoid smiling due to the condition adults of their mouth and teeth

Nearly of low income adults say their life is less 40% satisfying because of their dental health

Nearly of low income adults say the appearance of their 30% mouth and teeth affect their ability to get a job

More than of low income adults don't participate in social 20% activities because of their dental health



Dental health is important to good overall health

Lack of dental care increases your risk of serious health conditions like:





Pneumonia Heart disease



Cavities lead to infections that may create issues with eating, speaking, playing, and learning.



Want to improve your family's dental health? You're not alone.

1 in 5 children have at least one untreated cavity

Ohio's preschool-aged children have 40% more untreated cavities than children across the country

Nearly 50% of Ohio's school-aged children have tooth decay

Nearly half of adults aged 30 years or older show signs of gum disease











- Brush teeth at least twice a day
- Use a soft-bristled brush and fluoride toothpaste
- Floss daily
- Eat a healthy diet with less added sugars





For more information visit: BuckeyeHealthPlan.com/teeth