



Healthy Gums, Healthy Smile

Nearly all stages of gum disease are preventable, which is why it is important to take preventive action early. Regular brushing, flossing and visits to your dentist are the best ways to protect your teeth and gums.

Is your overall health at risk?

- Nearly half of the U.S. adult population has some form of periodontal (gum) disease.¹
- Gum disease is caused by bacteria that form plaque (a sticky film) on your teeth.
- Left untreated, these bacteria can infect the tissues surrounding and bone supporting your teeth.
- Gum disease is associated with other chronic inflammatory diseases, such as diabetes and heart disease.¹

¹ American Academy of Periodontology, "CDC: Half of American Adults Have Periodontal Disease," web.

Keeping your smile healthy is an important part of keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral and overall health and wellness, visit Delta Dental's website.