

Oral Health Quick Facts

- 75% of the U.S. population has some form of periodontal (gum) disease.
- 50% of Americans do not receive regular oral health care.
- Americans spend upwards of \$2 billion a year on dental products – toothpaste, mouthwash and dental floss.
- Dental caries is the major cause of tooth loss in children; periodontal disease is the major cause of tooth loss in adults.
- Toothbrushes should be replaced every two to three months and immediately after illnesses, like a cold or flu
- Tongue and lip piercing can cause blood poisoning, prolonged or permanent drooling, damaged sense of taste, toxic shock syndrome, permanent damage to tooth enamel and oral tissue, and transmission of infections such as hepatitis B and HIV.
- The biggest oral health problem for infants is early tooth decay, known as baby bottle tooth decay or early childhood caries. This results when babies routinely fall asleep with bottles filled with sugary liquids such as milk, formula and juice – anything other than plain water.
- Chewing gum can help eliminate food particles caught between teeth after a meal and also helps prevent plaque build up by stimulating saliva production.
- Women tend to floss more than men, people over the age of 50 floss more than children and young adults.
- Sodium fluoride, delivered in slow release form, slows the bone-thinning process of osteoporosis and stimulates bone-rebuilding efforts.



Source:

- American Dental Hygienists' Association, www.adha.org

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