

# Protect Your Smile, Protect Your Health

Current or former smoker? Lost a tooth? Have diabetes? Teeth sensitive to hot or cold? You could be at higher risk for periodontal disease, tooth decay or oral cancer. Delta Dental makes it easy to measure your risk with a quick and easy online self-assessment at **[deltadental.com/mydentalscore](https://deltadental.com/mydentalscore)**.

## What's Your Score?

- If you use tobacco products or are a heavy drinker of alcohol
- If your mouth frequently feels dry
- If you have loose teeth or lost teeth not due to an accident
- If you have pain when chewing or sensitivity to hot or cold

***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 **[deltadental.com/mydentalscore](https://deltadental.com/mydentalscore)** to take a quick oral health risk assessment and help your dentist make a long-term plan for your smile's health.