



PROTECT YOUR SMILE, PROTECT YOUR HEALTH

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

What's Your Score?

- If you have ever smoked tobacco or used smokeless tobacco
- If you consume alcohol excessively
- If you have lost teeth not due to an accident
- If you have pain when chewing or sensitivity to hot or cold
- If you have diabetes

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** to take a quick oral health risk assessment and help your dentist make a long-term plan for your smile's health.

Am I At Risk For Oral Cancer?

- Most oral cancer is preventable. However, there are certain risk factors that make you more likely than others to get it.
- A risk factor is anything that affects your chance of getting a disease.
- Some risk factors are preventable and some are not, such as your family history.
- Tobacco use is a serious risk factor. About 75 percent of all people who get oral cancer use tobacco.
- Exposure to sun increases your risk for lip cancer. People who spend a long time outdoors for work or play have the greatest risk for developing lip cancer.
- Human Papilloma Virus (HPV) is also a major risk factor for developing oral cancer.

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