



DO YOU SMILE AT DAD JOKES?

Take dental care seriously with tips especially for men.

Do you know what one of the most common factors associated with infrequent dental checkups is? Simply being male. It's true. In fact, women are more proactive than men in maintaining their teeth and gums.* Changing this statistic doesn't have to be hard. It's just a matter of men taking better care of their mouth, visiting the dentist regularly and taking proper precautions. And we're here to help with some simple tips that apply especially to a man's everyday life.

Taking medication?

Certain heart, blood pressure and antidepressant medications may reduce the amount of saliva in your mouth, increasing the risk for cavities.** Here are some tips to help restore moisture to your dry mouth:

- › Drink plenty of water
- › Use sugar-free candy or gum to stimulate saliva flow
- › Replace moisture with artificial saliva and oral rinses
- › Breathe through your nose - not your mouth

* "It's Man Vs. Woman On Oral Health" ADA via Colgate, Accessed August 2019 from <http://www.colgate.com/en/us/oc/oral-health/conditions/gum-disease/article/ada-05-its-man-vs-woman-on-oral-health>

** National Institute of Dental and Craniofacial Research. "Dry Mouth", NIH Publication No. 16-3174, July 2018. from <https://www.nidcr.nih.gov/health-info/dry-mouth/more-info>

Playing sports?

Participating in sports may increase the risk for injury to your mouth and teeth. Wear a mouth guard for protection, especially in contact sports.

Using tobacco?

Smoking and/or chewing tobacco increases your risk for oral cancer. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, facial and oral disfigurement after surgery, and even death. Your dentist can examine your mouth for signs of oral cancer or precancerous conditions. He or she can also point you to resources to help you quit.

Going for an interview or promotion?

Don't underestimate the power of a great smile to make a brighter first impression and help you stand out against your competition. Healthy teeth and gums can go a long way!

Together, all the way.®



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