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Maintaining your childhood smile

Cavities aren't just for kids. As we grow older, it's still important to take care of our teeth. Good oral health helps prevent problems like infections, nerve damage, and even tooth loss.

To keep your smile healthy, stick to the same habits you learned as a child. Brush your teeth twice a day for two minutes. Floss every day and use mouthwash. Regular dental visits, even during pregnancy, can catch problems early and help stop tooth decay.

Don't wait until you feel pain to see a dentist. By then, it may be too late to fix the problem. Taking care of your teeth now can save you money later. The U.S. spends over $113 billion each year on dental care.

Did you know?

By age 34, more than 80% of people have had at least one cavity.[1]

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Quick bites

- Baby boomers are the first generation likely to keep their natural teeth for life.[2]

- Over 40% of adults had mouth pain in the past year.[1]

- Tooth decay and gum disease are the top reasons adults lose teeth.[2]

- More than 48,000 Americans are diagnosed with oral cancer each year.[3]

- Chewing sugar-free gum with xylitol can help stop cavities.

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1. Centers for Disease Control and Prevention, "Oral Health Basics," web.
2. Centers for Disease Control and Prevention, "Adult Oral Health," web.
3. Oral Cancer Foundation, "Oral Cancer Facts," web.