

Did You Know?

Tooth decay is the reason 25% of adults over age 60 have lost all of their teeth.

Oral Health 2010, Centers for Disease Control and Prevention



Good Oral Health Supports Your Overall Health

Your mouth is a window to your body's health — oral health and overall health are more connected than you might realize. Diseases and conditions that may be linked to oral health include cardiovascular disease, pregnancy, diabetes and osteoporosis.¹ So making a commitment to ongoing dental maintenance is very important. Regular dental checkups not only detect teeth and gum problems, but they can help prevent other issues before they become serious, costly health problems.

What Experts Say You Can Do to Maintain Your Oral Health

- Have dental checkups twice a year — there are parts of your mouth only your dentist can see clearly to identify trouble spots.
- Brush your teeth at least twice a day.
- Drink fluoridated water and use fluoride toothpaste to protect against tooth decay.
- Replace your toothbrush at least every three months, or when the bristles become worn.
- Floss regularly to remove food particles that can get trapped between teeth — preferably after every meal or snack.
- Avoid snacks that are full of sugars and starches.
- Avoid tobacco to reduce your risk for gum disease, oral cancer, and oral fungal infection.
- Ask your dentist to apply dental sealants to your school-aged children's teeth.

Pam's Story: The Link Between Dental Problems and Serious Health Risks²

While Pam was growing up, her parents made sure she saw a dentist twice a year. But, once she was on her own, she got out of the habit — mainly because of the costs. When Pam went to work for an employer who offered dental benefits, she made an appointment right away. Along with her cleaning and checkup, she received some important information about the link between dental health and some serious health conditions. Her dentist explained that a poorly maintained mouth could harbor dangerous bacteria that can cause problems in other areas of her body.¹ So by including dental coverage in their benefits package, her employer was helping her ensure not only a brighter smile, but also a healthier life.

For more information, visit
americangeneral.com/employeebenefits.

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¹ Oral health: A window to your overall health," Mayo Clinic staff, February 7, 2009.

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