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Maryland
DEPARTMENT OF HEALTH

Did You Skip Your Dental Visit Last Year?

Missing A Dental Visit May Be a Bigger Problem Than You Think

One in three Marylanders (33%) missed a dental visit last year. That's more than 2.2 million people putting themselves at risk for more than just cavities.

Routine Visits = Early Detection

What's Caught During a Dental Exam?

- Cavities before you know you have them
- Early-stage gum disease (gingivitis)
- Signs of oral cancer, especially in smokers
- Warning signs for medical conditions, like diabetes and heart disease
- Grinding, damaged enamel, and jaw disorders

Skipping the Dentist Can Hurt More Than Just Your Mouth.

Certain oral conditions can be linked to health risks:

Gum disease. Can be linked to heart disease, stroke, diabetes, and preterm birth.

Tooth infections. Can be linked to sinus or bloodstream infections.

Missing teeth. Can be linked to poor nutrition, speech problems, and lower self-esteem.

The best dental care starts with showing up.

If you're that one in three who didn't make it to the dentist last year, it's time to set a new goal.

Make a dental appointment today.

Citation: Maryland Behavioral Risk Factor Surveillance System, BRFSS 2022.