

# 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.**