

GOOD JOB

New survey shows that **most of us** are doing good things for our mouths

WASHINGTON!

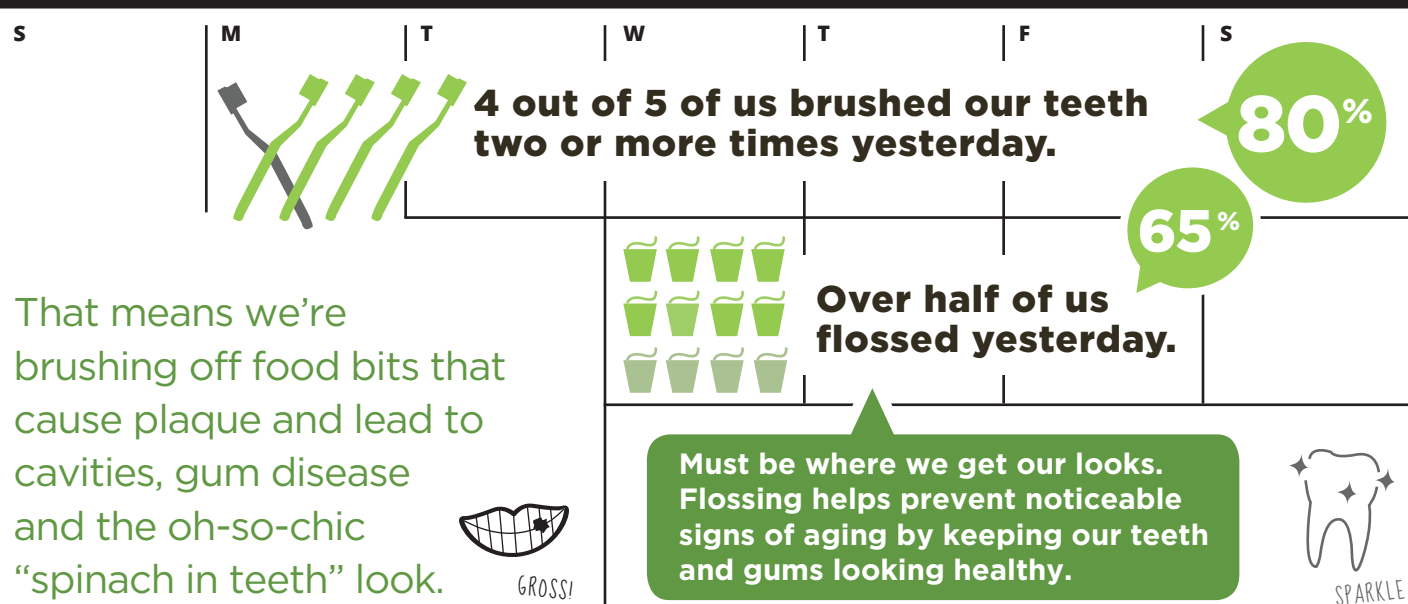
Most people had a routine dental checkup in the past year.



78%



That's great, because routine dental checkups can reveal serious health problems like cancer, diabetes, hormone imbalances, immune disorders, and of course, Choco-holic Syndrome.



More than half of us snack 3 times or less per day.

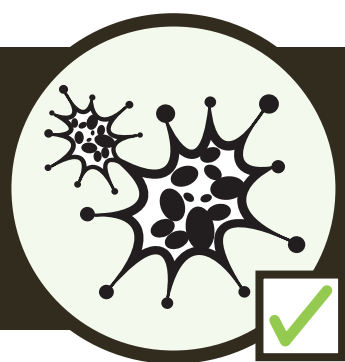
73%



Great, because our mouths need breaks! Constant grazing on snacks (especially sugary ones) makes it hard for our mouths to battle germs.

THIS IS GREAT NEWS FOR OUR OVERALL HEALTH

BECAUSE CARING FOR OUR MOUTHS HELPS US:



Prevent infections in our mouth and bodies



Manage and reduce complications of diabetes



Prevent gum disease, which may affect our hearts, lungs and even brains

Caring for our mouths means caring for our bodies.

So what are the rest of us waiting for? Let's all unleash the power of oral health.

Washington Dental Service Foundation, Public Awareness Campaign Survey, 2015

THE MIGHTY MOUTH™
UNLEASH THE POWER OF ORAL HEALTH

TheMightyMouth.org