

# Is Your Healthy Smile at Risk?

Oral health is a foundation for overall wellness. By knowing your risks for oral diseases and infections, you can better control the factors that lead to future problems. Here are some factors that increase your risk of mouth infections, dental disease and even oral cancer.

## Are You at Risk?

- Do you smoke? Smokers are four times as likely as nonsmokers to develop periodontal (gum) disease.
- Do you use smokeless tobacco? Using tobacco in any form increases the risk of mouth and throat cancer.
- Do you have more than two drinks a day or often have five or more drinks at a sitting? Excessive alcohol consumption can increase your risk of oral cancer.
- Going through hormonal changes? Pregnancy and menopause can cause inflamed gums.
- Have diabetes? People with this condition are at higher risk for gum infections.

What's your score? If you're concerned about your risks, or if you want to learn more about preventing oral disease, visit [oralhealth.deltadental.com](https://oralhealth.deltadental.com) to take a quick risk assessment and find out how healthy your smile really is.