

# Protecting Your Adult Smile

Dental health is an important, but often neglected, part of living a healthy life.

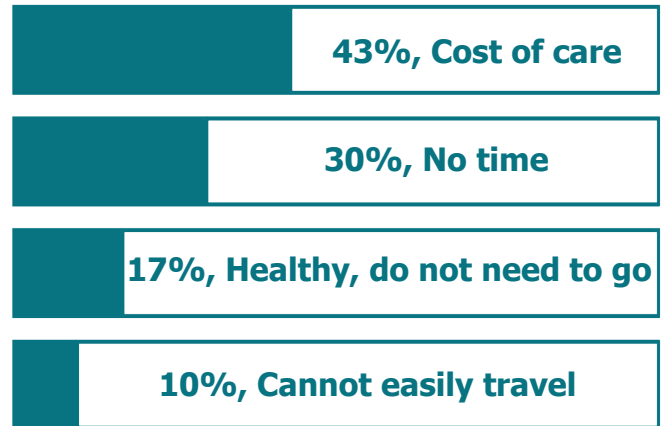


Roughly **one in three** adults in North Dakota **did NOT visit the dentist** in 2020.



Workers lose more than **164 million work hours** a year due to dental issues.

## Reasons Adults Do Not Visit the Dentist



**Every \$1 spent on dental prevention can save from \$8 to \$40 in treatment.**



Brush twice a day and always before bed. Do not have a drink or eat a snack after brushing before bed.



Tell your dentist if you have other health issues (heart disease, diabetes, etc.). These issues can impact your dental health.



Bottled water does not contain the fluoride needed to protect your teeth from cavities. Drink fluoridated tap water whenever possible.



Do not smoke or chew tobacco. If you do use tobacco products, consider quitting and visit [ndquits.health.nd.gov](http://ndquits.health.nd.gov) for resources.



Dry mouth is caused by many medications and can lead to cavities. Ask your dentist how to prevent dry mouth while taking your medications.



See your dentist at least once per year. Do not wait for pain.