Men are more likely to neglect their oral health.¹

Statistics show that men will lose 5.4 teeth by age 72.¹ They also show that good oral health has recently been linked with living longer.¹ Despite these findings, “one of the most common factors associated with infrequent dental checkups is just being male.”¹ No more excuses, guys. There are critical reasons for men to visit the dentist regularly and to protect their oral health at home.

Do you take medications?

Since men are more likely to suffer from heart attacks,¹ they are more likely to be on medications that can cause dry mouth. Taking heart or blood pressure medication or antidepressants, may reduce the amount of saliva in your mouth, increasing your risk for cavities. Saliva helps to reduce the cavity-causing bacteria found in your mouth.¹

Do you use tobacco?

If you smoke or chew tobacco, you have a greater risk for oral cancer. In fact, men are affected by oral cancer twice as often as women – with 95 percent of oral cancers occurring in men over 40 years of age.¹ If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, irreparable facial and oral disfigurement following surgery, and even death. During your next check-up, your dentist can examine your mouth for signs of oral cancer or pre-cancerous conditions.

Do you play sports?

If you participate in sports, you may be at greater risk for trauma to your mouth and teeth. Wear a mouthguard* (a flexible appliance made of plastic that protects teeth from trauma) if you play contact sports, such as football, soccer, basketball and even baseball. Wear a helmet if you ride bicycles or motorcycles.¹

Do you want a more professional presence?

Not long ago, when most men spent their entire careers working for only one or two employers, they didn’t think as much about the way their overall appearance affected their professional life. Today, however, middle-aged men are competing against younger men for jobs. This means that appearance has become a more important issue…and a great smile – showing healthy teeth and gums – has a lot of value in the business world.¹

Don’t wait until it hurts.
Schedule your next dental appointment today.

¹Please refer to your plan documents for information on covered procedures. ¹¹Academy of General Dentistry. ¹²American Dental Association, ada.org. ¹³Journal of Periodontology, www.perio.org. ¹⁴“CIGNA Dental” refers to the following operating subsidiaries of CIGNA Corporation: Connecticut General Life Insurance Company, and CIGNA Dental Health, Inc. and its operating subsidiaries and affiliates. This document is provided by CIGNA solely for informational purposes to promote consumer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. CIGNA assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations. 05/10 ©2010 CIGNA