

Information on Oral Health

There is a large health disparity in minority populations concerning oral health care—only 34% of black males reach the 5-year survival rate after an oral cancer diagnosis compared to 56% of white males.

Facts

- Employed adults lose 164 million hours of work every year due to oral health problems.
- Blacks and Hispanics are twice as likely to have tooth and gum decay than Whites.
- Annually, 35,000 people are diagnosed with oral cancer.
- Lower income and education are linked to more untreated tooth decay.

Many adults do not understand oral health information. Educating individuals of proper oral health care is as simple as teaching them to:

- Floss and brush twice daily, using fluoride toothpaste.
- Visit the dentist regularly (every 6 months).
- Eat healthy foods.
- Stop tobacco use and limit alcohol intake.

Figures

Most Common Oral Health Conditions Among Adults			
Oral Health Condition	Symptoms	Possible Causes	Solutions
Toothaches	Mouth and facial pain, throbbing pain, sensitivity, headaches, difficulty eating	Cavities, wisdom teeth, cracked tooth, grinding teeth, or stress	See a dentist; for home remedies use: ibuprofen, numbing gel, toothpaste for sensitive teeth
Gum Disease	Weak, bloody or painful gums	Plaque build-up, smoking	Brush and floss regularly, have dental appointments every 6 months
Oral Cancer	Persistent oral changes, sores, swelling in throat or mouth	Smoking, excessive drinking, age, diet	Early detection

Oral Cavity and Oropharyngeal Cancer Incidence at Diagnosis Stage

