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

<table>
<thead>
<tr>
<th>Oral Health Condition</th>
<th>Symptoms</th>
<th>Possible Causes</th>
<th>Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toothaches</td>
<td>Mouth and facial pain,</td>
<td>Cavities, wisdom teeth,</td>
<td>See a dentist; for home remedies use: ibuprofen,</td>
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<tr>
<td></td>
<td>throbbing pain, sensitivity,</td>
<td>cracked tooth, grinding teeth,</td>
<td>numbing gel, toothpaste for sensitive teeth</td>
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<tr>
<td></td>
<td>headaches, difficulty eating</td>
<td>or stress</td>
<td></td>
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<tr>
<td>Gum Disease</td>
<td>Weak, bloody or painful gums</td>
<td>Plaque build-up, smoking</td>
<td>Brush and floss regularly, have dental appointments every 6 months</td>
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<tr>
<td>Oral Cancer</td>
<td>Persistent oral changes,</td>
<td>Smoking, excessive drinking,</td>
<td>Early detection</td>
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<tr>
<td></td>
<td>sores, swelling in throat or mouth</td>
<td>age, diet</td>
<td></td>
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</tbody>
</table>
Oral Cavity and Oropharyngeal Cancer Incidence at Diagnosis Stage

U.S. Population (302,745,538)

89.5%

U.S. Population using Community Water Systems (276,607,387)

73.9%

U.S. Population using CWS receiving Fluoridated water (204,283,554)