

JUNE

# Giving guys more to smile about

## Men's oral health: What you should know

One of the most common factors for infrequent dental check-ups is simply being male.\* You can change this by booking a cleaning today.

### Taking medication?

Certain heart, blood pressure and antidepressant medications may reduce the amount of saliva in your mouth, which increases your risk for cavities.\*\* To limit the impact of dry mouth:

- › Drink plenty of water
- › Use sugar-free candy or gum

### Playing sports?

Contact sports in particular may increase your risk for injury. Protect yourself by wearing a mouthguard.

### Using tobacco?

Smoking, vaping or chewing tobacco increases your risk of gum disease, bad breath, tooth discoloration, white patches and oral cancers. If you smoke, mention it to your dentist so they can look for early signs of oral cancers.

### Going for an interview or promotion?

Twelve percent of people believe their smile or oral health condition held them back from getting a job or promotion.\*\*\* Taking good care of your teeth can ensure you're not one of them.



#### Schedule a check-up today

You're all covered for two cleanings a year, which help catch issues when they're still small. Find an in-network dentist at [myCigna.com](https://myCigna.com).

\*"It's Man Vs. Woman On Oral Health" ADA via Colgate, Accessed August 2019 from <http://www.colgate.com/en/us/oc/oral-health/conditions/gum-disease/article/ada-05-its-man-vs-woman-on-oral-health>. \*\*National Institute of Dental and Craniofacial Research. "Dry Mouth", NIH Publication No. 16-3174, July 2018. From <https://www.nidcr.nih.gov/health-info/dry-mouth/more-info>. \*\*\*"Exploring the relationship between oral health and mental wellbeing." Cigna research study, October 2019.

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