

Stay all smiles.

Understand the importance of men's oral health.



Men are more likely than women to neglect their oral health.¹ Challenge the stats by scheduling your twice-yearly dental check-ups and practicing healthy habits that will protect your teeth – and overall health.

Taking medication?

Certain high blood pressure, depression and bladder control medications may reduce the amount of saliva in your mouth, which increases your risk for cavities.² To limit the impact of dry mouth:

- Drink plenty of water
- Use sugar-free candy or gum
- Avoid or limit caffeinated drinks

Playing sports?

Contact sports in particular may increase your risk for injury. Protect your mouth by:

- Wearing a custom-fitted mouthguard³
- Limiting sports drinks and energy drinks⁴

Using tobacco?

Smoking, vaping or chewing tobacco isn't just bad for your health. It also increases your risk of gum disease, bad breath, tooth discoloration, white patches and oral cancers.⁵ Tell your dentist if you smoke so they can look for early signs of oral cancers and other issues.

Practicing prevention?

Research shows periodontal disease is higher in men than women and is linked to poor prostate health, heart disease, cancer and impotence.⁶

Help prevent periodontal disease by:

- Brushing after meals
- Flossing at least once a day
- Swishing with antibacterial mouthwash



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1. Lipsky, MS et al. "Men and Oral Health: A Review of Sex and Gender Differences." National Library of Medicine. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8127762/>. Page last reviewed May 2021.

2. National Institute of Dental and Craniofacial Research. "Dry Mouth." <https://www.nidcr.nih.gov/health-info/dry-mouth>. Page last reviewed: November 2023.

3. American Dental Association. "Athletic Mouth Protectors (mouthguard)." <https://www.ada.org/en/resources/ada-library/oral-health-topics/athletic-mouth-protectors-mouthguards>. October 2021.

4. National Library of Medicine. "Sports and Energy Drink Consumption, Oral Health Problems and Performance Impact among Elite Athletes." <https://www.ada.org/resources/ada-library/oral-health-topics/athletic-mouth-protectors-mouthguards>. Last reviewed October 2021.

5. Clarius, Aaron. "The Effect of Smoking on Your Teeth, Gums & Oral Health." New Mouth. <https://www.newmouth.com/oral-health/smoking-oral-health/>. Page last reviewed February 9, 2024.

6. American Academy of Periodontology. "Gum Disease and Men." <https://www.perio.org/for-patients/gum-disease-information/gum-disease-and-men/>. Reviewed 2024.

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