



The true cost of a cavity

Did you know that the cost of a cavity over your lifetime can run as high as \$2,000?*

Fortunately, most cavities can be avoided with easy and routine preventive care:

- Visit your dentist regularly for preventive care such as checkups and cleanings.
- Brush your teeth twice daily – be sure to brush along the gumline.
- Floss daily to remove plaque from places your toothbrush can't reach. The best time to floss is before bedtime.
- Avoid cigarettes and smokeless tobacco, which may contribute to gum disease. Ask your dentist if you need help quitting smoking.

* A study conducted by the Delta Dental Plans Association found that the average cost to maintain a restored cavity in the molar of a 10-year old reaches \$2,187 by the time he or she is 79.

For more dental health information, visit:
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