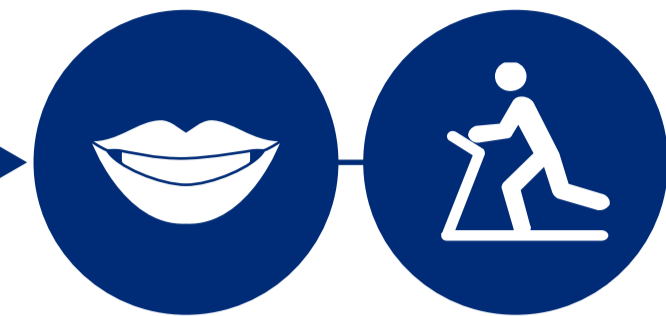


# How Americans View Oral Systemic Health



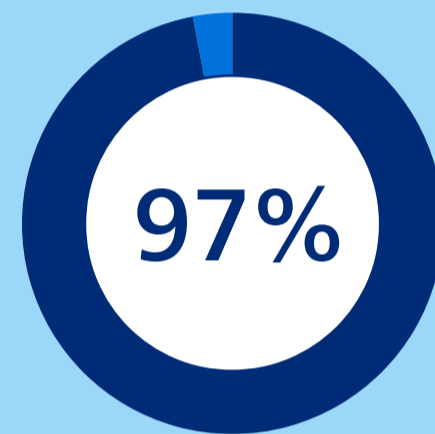
**Maintaining a healthy oral care routine is essential to your overall health**



However, Americans surveyed largely don't recognize the connections between oral health and the state of their body



Nearly



of respondents plan to prioritize improving their overall health over the next year



Nearly **7 in 10**

people believe dental health does not have a significant impact on their current overall health

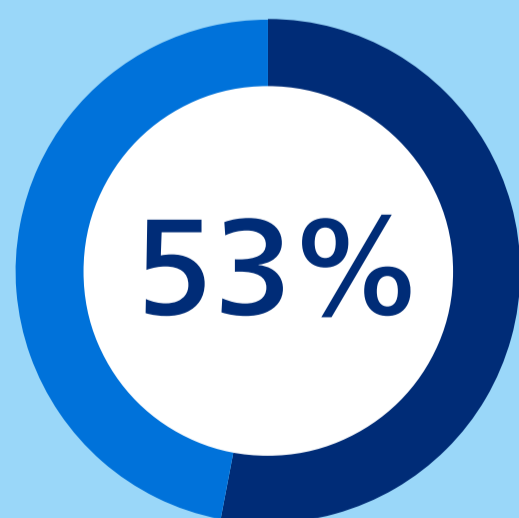


Nearly **2 in 5**

Americans are not brushing 2 times a day for 2 minutes a day, rating the current state of their teeth and gums as fair or worse

Further, those surveyed are not aware of the warning signs from their mouth that suggest greater health risks

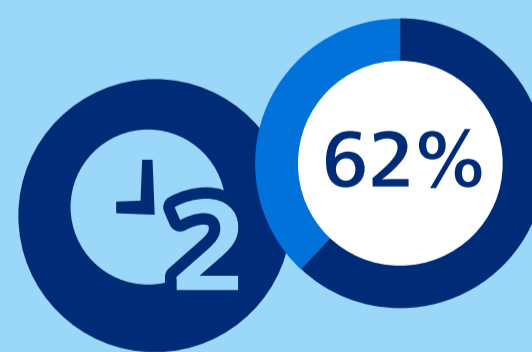
More than half



believe occasionally experiencing bleeding and / or gum soreness while brushing or flossing is normal

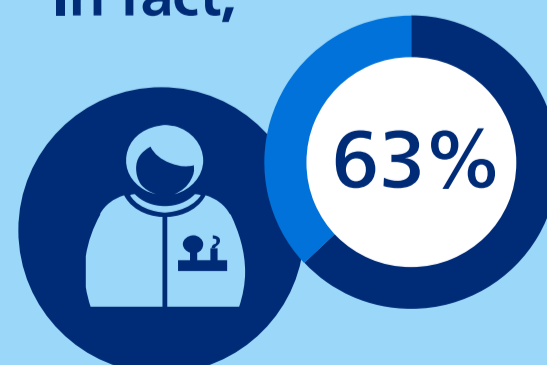
People are not taking simple measures to ensure their oral health is at its best. Therefore, they are not working towards improving their overall health

More than half



don't brush their teeth for the dental professional-recommended 2 minutes

In fact,



rarely if ever speak with their dentist about health concerns outside of oral care

Only

**1%**

of respondents nailed it when accurately identifying myths vs. facts related to oral health and its connection to other health issues demonstrating a lack of education in this area

And only



of respondents speak with their dentist about other health concerns