



## Oral Health Issues Men Need to Be Aware Of

You exercise, eat right, and care for your body – but what about your oral health? It’s said that men tend to take care of their teeth less than women do. Neglecting your oral health can lead to serious issues. So, men need to be aware of their oral health and the potential consequences of not caring for their teeth. In order to raise awareness, here are four oral health issues men should be mindful of and tips on how to prevent them.

### Cavities

Tooth pain may be a sign that you have a cavity. However, it’s not the only sign. Other common signs to look out for are tooth sensitivity, jaw pain, or an infection. The symptoms of a cavity include:

- A toothache
- Pain when eating or drinking
- A hole or pit in your tooth you can see
- A stain that is brown, black, or white
- Pain when you bite down



### Dry Mouth

A dry mouth occurs when saliva production decreases, making it difficult to swallow and speak. Other symptoms include frequent thirst, dry feeling on the tongue and throat, cracks and sores around the corners of the mouth and on your tongue, difficulty tasting foods, and bad breath, also known as halitosis.

Ways to combat this oral health issue are:

- Follow a low-sugar diet
- Stay hydrated
- Consider medication
- Chew sugar-free gum
- Invest in mouthwash
- Purchase a warm-air vaporizer to keep moisture in the air



### Gum Disease

**Did you know that a significant 34 percent of men from ages 30 to 54 years old will suffer from gum or periodontal disease in their lifetime?** This is a common issue among men, and it’s crucial to be proactive in preventing it. Gum disease is when your gum tissue is swollen, bleeding, and inflamed because of poor brushing habits and plaque buildup. This can result in tooth decay and gum tissue loss. If left untreated, it can lead to a more severe infection. Fortunately, there’s a cure for gum disease, and it can be treated by going to the dentist’s office and taking proactive steps at home, like the following:

- Rinse your mouth with warm water after heavy snacks and meals as sugars and starches stick to your gums and hide in hard-to-reach places.
- Rinse with mouthwash or salt water to push out hidden food particles.
- Consider a water flosser to achieve that “after the dental office” clean feeling.
- Use a toothbrush with the appropriate bristle texture so you don’t damage your gum lining.
- Replace your toothbrush to prevent germs from entering your mouth, and throw away brushes with bent bristles as they erode tooth enamel.

