

WHAT'S the COST? \$

Avoiding the dentist impacts more than just your teeth. It can cost you more money and your health.

FearFree

By Delta Dental of Idaho

BRAIN

Harmful bacteria in your mouth can make you more susceptible to developing blood clots, increasing the chance of a stroke.¹

WHAT'S THE COST?
The average cost of a **stroke** is **\$22,000** per hospitalization.⁶

HEART

High levels of inflammation from periodontal disease contribute to heart conditions. Those with gum disease are twice as likely to have a heart attack.³

WHAT'S THE COST?
The average cost of a **heart attack** is **\$760,000**.⁸

KIDNEYS

The mouth is a gateway for bacteria. Poor oral health causes infections to progress faster, increasing the kidneys' workload.⁵

WHAT'S THE COST?
Chronic **kidney disease** costs between **\$1,700 and \$12,700** per year.¹⁰

LUNGS

Once dental plaque is in the mouth, it can spread to the lungs and cause pneumonia and bronchitis. Maintaining good oral health can decrease respiratory infections.²

WHAT'S THE COST?
The average cost of **bronchitis** is **\$2,000** per year.⁷

PANCREAS

When you're diabetic, your pancreas doesn't make enough insulin. Uncontrolled diabetes can lead to gingivitis and other oral health problems.⁴

WHAT'S THE COST?
Diabetes costs **\$16,752** per year on average.⁹

Use **PREVENTIVE CARE** to lower your costs & health risks.



Most dental plans **cover preventive services at 100%**. You can get cleanings and X-rays at little to no cost.



Preventive dental care is an important part of your well-being. A **healthy smile is important** to your overall health.

1 <http://www.oralhealth.deltadental.com/22.HD21>
2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3786481/>
3 <http://www.oralhealth.deltadental.com/RelatedItems/22.20555>
4 <http://www.ada.org/en/member-center/oral-health-topics/diabetes>
5 <https://www.kidney.org/atoz/content/dental-kidney-disease-connection>

6 <https://www.ncbi.nlm.nih.gov/pubmed/23954598>
7 <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.11.457.7366&rep=rep1&type=pdf>
8 <https://www.cbsnews.com/news/how-much-would-a-heart-attack-cost-you/>
9 <http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html>
10 <https://jasn.asnjournals.org/content/24/9/1478>