

🕒 A Decade Without Dental Care 🦷

It is **important** to keep up with oral health—especially through preventive measures like cleanings and exams, but **100 million Americans** fail to see a dentist **each year**.¹ Time flies, and it's easy to let it go by without making an appointment. But what's happening in your **mouth** while you wait?

	<p>6 MONTHS</p> <p>If you have tooth decay, you're on your way to a cavity. Decay starts with plaque build-up that can begin to form cavities if not treated.²</p>	<p><i>Business lunch at noon</i></p>			
	<p>1 YEAR</p> <p>You might have developed cavities that cause pain or go unnoticed, as well as inflamed gums—a precursor to full-blown gum disease, which can lead to tooth loss.³</p>				<p><i>Dinner meeting 7pm</i></p>
	<p>2 YEARS</p> <p>Forget a simple filling. Cavities that go untreated can lead to tooth loss and infection⁴—requiring a root canal and a dental crown.³</p>			<p><i>Set up Dentist apt</i></p>	
	<p>5 YEARS</p> <p>Going this long without care can lead to serious problems, from hard-to-remove tartar, foul odors—and worse, loose or missing teeth.⁵ It's also key to note that exams can catch problems like cysts or oral cancer in early stages³ before turning more serious.</p>				
	<p>10 YEARS</p> <p>After a decade without dental care, there could be major tooth loss and gum damage, requiring painful and costly reconstructive procedures.³</p>	<p><i>Dentist apt 2pm</i></p>			

Don't wait to visit the dentist. Download our FREE tips for selecting the best dental plan.

For more information visit www.SolsticeBenefits.com

¹Mouth Healthy™ / American Dental Association®, "Your Top 9 Questions About Going to the Dentist—Answered!"

²Arizona Family Dental, "Ask Dr. Parker: How Does a Cavity Form?"

³The Independent, "A dentist reveals what happens inside your mouth every time you skip a check-up."

⁴Studio Dentaire, "What Can Happen if you Don't Treat a Cavity?"

⁵Rolling Oaks Dental, "9 Things Patients Without Dental Insurance Often Do (But Shouldn't)"