


Understanding Your Oral Health

Excuse me, do you have a light?
If you smoke cigarettes, a pipe or cigars,
your oral health may be at risk.

- > Tobacco use causes an increased level of calculus (hardened plaque) to form on teeth, which can lead to tooth decay and gum disease.¹
- > Users of tobacco products, including smokeless tobacco, are up to 4 times more likely to get oral cancer than non-users.²



Your MetLife dental benefits plan offers oral cancer screenings to detect the early stages of oral cancer.

MetLife



**For more information and tools, visit
MetLife's Oral Health Library accessible from:**

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Like most group benefit programs, MetLife group benefit programs contain certain exclusions, exceptions, limitations, waiting periods, reductions and terms for keeping them in force. Ask your MetLife group representative for more details.

¹ Tobacco use and periodontal disease. American Academy of Periodontology website. www.perio.org/consumer/smoking.htm. Accessed October 2, 2009.
² Tobacco and healthy teeth don't mix. Canadian Dental Association website. www.healthyteeth.org/tobacco. Accessed October 2, 2009.