

Your Teeth

Who Takes Better Care Of Their Teeth—Men Or Women?

(NAPSA)—Who takes better care of their teeth and gums—men or women?

Recent surveys, including one by the Butler GUM® brand of oral care products reveal a gender gap in their oral hygiene habits.

While the Butler GUM® survey found both men and women alike fell short of the recommended practices, it clearly showed men are more in need of a “brush up” on good oral care. For example, 20 percent of men admitted they never floss, compared to just 10 percent of women.

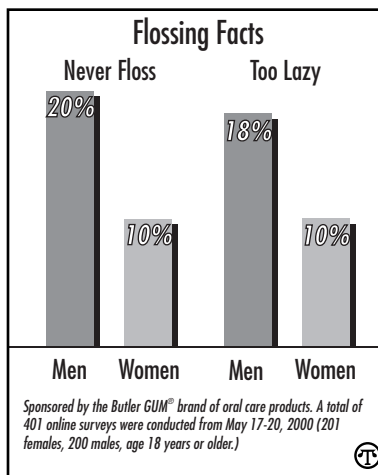
These results correspond with a recent poll by the American Academy of Periodontology in which 97 percent of periodontists reported their female patients practice better oral hygiene habits than male patients.

Twenty-two percent of men brush their teeth just once a day or less, increasing their risk for gum disease

“As a hygienist I’ve seen that men are terribly lax when it comes to proper oral care,” said Maria Perno, RDH, MS, and former president of the ADHA. “As a result, despite that women may be more prone to developing gum disease during certain life cycles, such as pregnancy or menopause, men still have a higher rate of gum disease.”

In the Butler GUM® survey, more women (66 percent) than men (54 percent) knew the recommended way to brush your teeth, that is, using a circular motion along the gumline with bristles at a 45-degree angle.

The survey also showed a one minute discrepancy between the average amounts of time respondents say they should spend brushing their teeth versus the time they actually spend brush-



An online poll found men could use a “brush-up” on oral care.

ing. Experts recommend brushing for two to three minutes.

While more than three quarters of the survey respondents correctly associated tooth loss with advanced gum disease, fewer than one in five knew that advanced gum disease may be linked to conditions such as heart disease, respiratory ailments, diabetes, osteoporosis and preterm low birth weight babies.

“Taking care of your teeth and gums is one of the easiest measures you can take to protect yourself from illness, yet it is often one of the most overlooked and underestimated forms of disease prevention,” said Perno.

A free copy of “The Women’s Guide to Oral Health” from Butler GUM® and the National Women’s Health Resource Center (NWHRC), can be found by calling toll-free 1-877-98-NWHRC (1-877-986-9472). Additional information and related studies can be found at www.LivingYounger.com.