



Giving men more reasons to smile

Explore tips to keep your oral health on track.



One of the most common factors for infrequent dental check-ups is simply being male.¹ You can improve your oral health with easy daily habits. Here are a few tips to get you started.



Taking medication?

Certain heart, blood pressure and antidepressant medications may reduce the amount of saliva in your mouth, which increases your risk for cavities.² To limit the impact of dry mouth, try the following:

- Drink plenty of water.
- Switch to sugar-free candy or gum.



Using tobacco?

Smoking, vaping or chewing tobacco increases your risk of gum disease, bad breath, tooth discoloration, white patches and oral cancers.³ If you smoke, mention it to your dentist so they can look for early signs of oral cancers and other issues.



Playing sports?

Contact sports in particular may increase your risk for injury. Protect yourself by wearing a custom-fitted mouthguard.



Going for an interview or promotion?

12% of people believe their smile or oral health condition held them back from getting a job or promotion.⁴ Taking good care of your teeth can ensure you're not among them.



Schedule a check-up today.

You're all covered for two cleanings a year, which helps catch issues when they're still small. Find an in-network dentist at myCigna.com[®].

1. Su S, Lipsky MS, Licari FW and Hung M. "Comparing oral health behaviours of men and women in the United States." Journal of Dentistry, 2022 Jul;122:104157. doi: 10.1016/j.jdent.2022.104157

2. National Institute of Dental and Craniofacial Research. "Dry mouth." National Institutes of Health. Last accessed May 27, 2026. <https://www.nidcr.nih.gov/health-info/dry-mouth>

3. Clarius A. "The Effect of Smoking on Your Teeth, Gums & Oral Health." NewMouth. Last updated March 25, 2026. <https://www.newmouth.com/oral-health/smoking-oral-health/>

4. Turner S. "World Oral Health Day: How your oral health impacts your mental wellbeing." Oral Health Foundation. March 19, 2025. <https://www.dentalhealth.org/blog/world-oral-health-day-how-your-oral-health-impacts-your-mental-wellbeing>

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