

CAMP HILL, Pa. (Sept. 7, 2023) — Today's elementary, middle and high school students miss an estimated [34 million hours](#) of school annually because of unplanned dental care. To help children and adolescents maintain healthy smiles and ensure they are ready to learn, United Concordia Dental is offering a back-to-school dental checklist.

The checklist encourages parents and guardians to incorporate good oral health habits into their families' routines to help kids and teenagers have a healthy and successful school year.

"We know from research that dental problems can be disruptive to a student's education – affecting grades and attendance – especially if they are causing pain, discomfort or low self-esteem," said Roosevelt Allen, DDS, MAGD, ABGD, chief dental officer, United Concordia Dental. "Cavities – one of the most common chronic childhood diseases – can have a real impact on school-aged children and youth's focus and concentration when learning."

According to the Centers for Disease Control and Prevention, more than 50% of children aged 6 to 8-years-old have had a cavity in at least one of their baby teeth, and over half of adolescents aged 12 to 19 have experienced tooth decay in one or more of their permanent teeth.

"The positive news is that cavities are highly preventable and taking steps to prevent them – and any other dental problems – by teaching the importance of good oral health habits will help students be better focused and ready to learn," said Allen.

For more oral health tips, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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