

Erin Waid Launches Preventive Oral Health Pledge

Erin Waid of Salem, Oregon introduces a personal pledge to promote early dental care and everyday habits that support long-term oral health.

Salem, Oregon May 21, 2026 (IssueWire.com) - Erin Waid, an endodontist based in Salem, Oregon, has announced a new personal pledge focused on raising awareness around preventive oral health and early intervention. The pledge reflects her experience treating advanced dental issues that often could have been addressed sooner.

“A lot of patients come in when things are already serious,” Waid says. “My job is to solve the problem, but many of these cases could be less complex with earlier care.”

Her pledge centers on simple, consistent actions that individuals can take to better manage their oral health over time.

“I didn’t plan everything from the start,” she says. “I just kept moving forward. Health works the same way. Small steps matter.”

Why Preventive Oral Health Matters Now

Oral health remains a growing public concern:

- Nearly **1 in 4 adults** in the U.S. has untreated tooth decay (CDC)
- **Over 46% of adults aged 30+** show signs of gum disease
- More than **15 million root canals** are performed annually in the U.S. (AAE)
- Poor oral health has been linked to conditions like heart disease and diabetes

Waid sees the impact of these trends in her daily work.

“I’ve always wanted to understand why something works,” she says. “And a big part of that is catching problems early.”

Erin Waid’s Personal Pledge: 7 Daily Commitments

Waid’s pledge focuses on practical behaviors:

- Pay attention to early signs like sensitivity or discomfort
- Maintain a consistent daily oral hygiene routine
- Prioritize regular dental checkups
- Avoid delaying care when symptoms appear
- Stay informed about oral health and treatment options
- Reduce fear by asking questions and understanding procedures
- Commit to long-term consistency rather than short-term fixes

“You don’t get better overnight,” she says. “You build it day by day.”

Do It Yourself Toolkit: 10 Simple Actions

Waid encourages individuals to take control of their oral health with simple steps:

- Brush teeth twice daily for two minutes
- Floss once a day
- Rinse with water after meals when brushing isn't possible
- Limit sugary snacks and drinks
- Replace your toothbrush every 3 months
- Check for early signs like bleeding gums or sensitivity
- Drink more water throughout the day
- Avoid using teeth as tools (like opening packages)
- Keep a consistent daily routine
- Schedule and keep regular dental appointments

“I look at the full picture,” Waid says. “Not just the tooth, but the patient’s habits over time.”

30-Day Oral Health Tracker

Use this simple tracker to build consistency:

Week 1–4 Daily Checkpoints:

- Brushed twice daily
- Flossed
- Noted any sensitivity or discomfort

Weekly Checkpoints:

- Replaced or checked toothbrush condition
- Reviewed any changes in oral health
- Stayed consistent with daily habits

End of 30 Days:

- Assess improvements
- Identify any concerns to address
- Plan next steps for continued care

“Progress is about showing up consistently,” Waid says.

Call to Action: Take the Pledge

Erin Waid invites individuals to adopt these habits and share the toolkit with others.

“I think success comes from staying curious and continuing to improve,” she says. “That applies to health just as much as anything else.”

Readers are encouraged to take the pledge, commit to small daily actions, and share these practices within their communities.

About Erin Waid

Erin Waid is an endodontist based in Salem, Oregon. She specializes in diagnosing and treating dental

pain, infections, and conditions affecting the inner tooth. Her background includes experience in nursing, research, dentistry, and education, with a focus on patient-centered care and continuous learning.

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