

## Have You Been to the Dentist Lately? Regular Dental Care is Important

Dental care is an important part of your overall health and wellness routine. A regular dental exam can identify early signs of disease and chronic health conditions before they become more serious and harder to treat. Here are some important tips to keep your smile healthy and maintain your overall health:



**Dentists see more than just your teeth.** When you go to a dentist, you're getting more than a routine teeth cleaning. Dental check-ups can uncover skin diseases, thyroid problems, leukemia, cancer, or even the early stages of hardening of the arteries.

As a result, regular preventive care dental appointments can be an important building block in your overall health care.

Gustin, K.M. (2006, Dec.) Discussing dental. National Provisioner. 220(12). 26-29.



**Stop "small" issues from turning into "major" problems.** If you don't want to miss work for dental issues, then it pays to take care of your teeth. Over 20 million workdays are missed every year because of dental issues.

Preventive care visits are one of the best ways to stop nagging dental issues from turning into big problems that can knock you off your feet.

National Association of Dental Plans (NADP).



**Daily brushing and flossing.** Twice daily brushing with a fluoride toothpaste and flossing help prevent tooth decay. Cleaning between your teeth with floss is particularly important because it removes plaque, prevents decay and gum disease.

## Schedule your next preventive care visit

Make sure you are getting the most from your dental benefits and schedule your next preventive visit today. With your dental plan through Delta Dental of Iowa, your cleanings and routine care are covered at 100 percent. By using your preventive care benefits, you avoid costly problems and conditions later on.

Fluoride and sealant applications are also important for children to receive. Fluoride and sealants help prevent tooth decay and enamel damage. At your next dental visit, make sure your child is receiving their routine care. With your Delta Dental plan, your covered children have access to:

- **Fluoride Applications** once every 12 months to age 19.
- **Sealant Applications** once in a lifetime for each permanent 1<sup>st</sup> and 2<sup>nd</sup> molars to age 15.

## Make sure to schedule your next preventive visit today!

To learn more about your Delta Dental benefits, visit our website to find a provider or log in to Member Connection: [www.deltadentalia.com](http://www.deltadentalia.com).