

# The Benefits of Going to THE DENTIST for a Healthier Life

Regular visits to the dentist can do more than just keep your teeth looking good (but it can help with that, too). By getting the proper preventive dental care, you can stay ahead of issues before they become expensive and difficult to treat or avoid them all together.

## The Oral Health Impact *by the numbers*



work hours & school hours are missed each year because of dental problems.<sup>1</sup>

of adults have some level of gum disease. But only 3% seek professional gum disease care<sup>3</sup>



**1 in 5** adults have anxiety over the state of their mouth<sup>5</sup>

## 6 Benefits of Going to the Dentist:



**PREVENT CAVITIES** - Cavity-causing plaque is removed.



**KEEP TEETH IN TACT** - Prevent, identify and treat common problems before tooth loss.



**BOOST WHOLE-BODY HEALTH** - Oral health is connected to overall health; many medical concerns can be detected through the mouth.<sup>2</sup>



**ENJOY FRESHER BREATH** - Odor-causing old food and debris is cleared away.



**REAP THE COSMETIC BENEFITS** - Some stains can be polished away.



**TAKE FULL ADVANTAGE OF DENTAL INSURANCE** - Nearly all United Concordia Dental plans cover the full cost of preventive services like routine exams and cleanings.



## What is gum disease?

A preventable and treatable condition that can be marked by red, swollen or bleeding gums – or may have no noticeable symptoms. Left untreated, it can lead to serious oral and overall health issues, like tooth loss or diabetes complications.<sup>4</sup>

## More than “just a cleaning”

A dental exam can include:



## Dental care can make a difference

Professional dental care is necessary to diagnose, treat, and/or stop the progression of gum disease. Follow these steps to get the most from your dental visits and benefits:

- ✓ **START** at home—brush your teeth 2-3x and floss at least once daily. Drink water throughout the day and use it to rinse after eating or drinking other beverages.
- ✓ **SCHEDULE** regular dental visits—depending on your mouth’s condition, your dentist may recommend more frequent cleanings and exams.
- ✓ **TALK** to your dentist about whether or not you have gum disease and the recommended treatment.
- ✓ **REVIEW** your dental insurance coverage—Your dentist’s recommendations may not always be covered, so it’s helpful to understand your plan.