

# The Value of Going to THE DENTIST

Because taking care of your mouth is a critical part of whole-body health, it's important to visit your dentist regularly. Preventive treatment helps you stay ahead of issues, like gum disease, before they become expensive and difficult to treat. Or—even better—it helps you avoid them altogether.

With **60% of American adults** dealing with a chronic condition,\* a lot of us know how they impact our daily lives. But do you know the impact they can have on your dental health? Many conditions have symptoms like gum disease, dry mouth or tooth loss that can impact your mouth and, in turn, hinder recovery.

## Conditions linked to gum disease

Gum disease results from bacteria in plaque causing inflammation in the mouth, and professional dental care is necessary to treat and stop its progression. **The following conditions are linked to gum disease:**



Diabetes



Heart Disease



Lupus



Oral Cancer



Organ Transplant



Rheumatoid Arthritis



Stroke

## More than “just a cleaning”

Preventive care starts with your dentist – they do so much more than just clean your teeth.



## Small steps to a sparkling smile

Dental care goes beyond getting your teeth cleaned. Follow these simple tips to get the most from your dental visits and benefits:



**Start at home** – Brush twice and floss once daily. Drink water throughout the day and use it to rinse after eating or drinking other beverages.



**Scheduled regular dental visits** – Depending on your mouth's condition, your dentist may recommend more frequent cleanings and exams.



**Talk to your dentist** – Ask questions during the exam and ensure they are up to date on any medication you take. Discuss any recommended treatments.

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*Review your dental insurance coverage – Nearly all United Concordia Dental plans cover the full cost of preventive services like routine cleanings and exams, but some dental recommendations may not always be covered. It's always helpful to have a good understanding of your plan.*