

FOLLOW THE PREVENTISTRYSM APPROACH

Delta Dental's unique Preventistry approach promotes prevention-focused care for members. We urge you to embrace our Preventistry practices, too, by:

- Utilizing the oral health tools and resources available to you at www.deltadentalma.com.
- Using your dental plan—Delta Dental provides coverage for more preventive services than any other plan.
- Taking the Preventistry Pledge at www.preventistry.com.
- Taking an active role in managing your oral health.

Healthy
Mouths *for life*

VISIT YOUR DENTIST REGULARLY

Untreated, cavities and gum disease can lead to tooth loss.¹ Visiting a dentist regularly can help prevent oral disease and catch problems early, when they are easier to treat.^{2, 3}

ASK ABOUT FLUORIDE

Fluoride makes tooth enamel strong and resistant to decay. It can even help to reverse the early stages of decay. Your dentist can provide in-office treatments such as fluoride varnish. If you need more fluoride, your dentist can also prescribe fluoride supplements.

ASK ABOUT SEALANTS

Children who have had a cavity may benefit from having sealants placed on their teeth. A dental sealant is a plastic material that your dentist places onto the chewing surfaces of molars to help prevent cavities.

1. "For the Dental Patient: Healthy Mouth, Healthy Body." American Dental Association. *Journal of the American Dental Association*. April 2006, vol. 137, p. 563. http://www.ada.org/sections/scienceAndResearch/pdfs/patient_61.pdf Accessed 2010.
2. "What is Tooth Decay?" *Know Your Teeth*, Academy of General Dentistry. <http://www.knowyourteeth.com/infobites/abc/article/?abc=C&iid=295&aid=1156/> Accessed 2010.
3. "What is Gum Disease?" *Know Your Teeth*, Academy of General Dentistry. <http://www.knowyourteeth.com/infobites/abc/article/?abc=w&iid=324&aid=1251> Accessed 2010.

 **DELTA DENTAL[®]**

DELTA DENTAL OF MASSACHUSETTS

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www.deltadentalma.com

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PREVENT CAVITIES



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Mouths *for life*

Remember to brush, floss and
see your dentist regularly.

 **DELTA DENTAL[®]**

PREVENT ORAL HEALTH PROBLEMS NOW INSTEAD OF TREATING THEM LATER.

THAT'S THE BASIS OF OUR
PREVENTISTRYSM APPROACH
AT DELTA DENTAL. WE GIVE YOU
THE COVERAGE, BENEFITS AND
INFORMATION YOU NEED TO
HELP PREVENT ORAL HEALTH
PROBLEMS AND KEEP YOUR
SMILE HEALTHY, FOR LIFE.

WHAT CAUSES CAVITIES?

Cavities are formed by acid on your teeth. When you eat sugary or starchy foods, bacteria creates the acid and attacks your tooth enamel, which is the hard outside surface of your teeth. Eventually this forms a cavity.

HAVE YOU HAD A CAVITY RECENTLY?

If so, you are more likely to get another. Read on to learn how you can reduce your risk!

BRUSH THE RIGHT WAY

We all know to brush our teeth, but we don't always do it correctly. And that may leave plaque on our teeth. Here are some simple tips that make a big difference:

- Brush for a minimum of two minutes, twice a day, with fluoride toothpaste.
- Brush your teeth after eating sugary or starchy foods.
- Brush each tooth in a small, circular motion.
- Use a toothbrush with soft bristles.
- Replace your toothbrush every two months or when the bristles are frayed and worn.

FLOSS DAILY

Flossing removes food trapped between teeth. It reduces plaque and helps your gums stay healthy, too. Flossing is an important tool in cavity prevention. You should floss once a day.

EAT A HEALTHY DIET

A healthy diet helps prevent cavities. Here are some suggestions:

- Drink lots of water, preferably fluoridated. *(Bottled water usually does not contain fluoride.)*
- Eat foods that have fluoride in them, such as fish, tea, grape juice and green leafy vegetables.
- Eat fruits and berries that have a natural sugar called Xylitol. Xylitol helps fight cavities.
- Chew Xylitol gum. As a Delta Dental member, you can receive a discount on Xylitol gum at www.epicdental.com/deltadentalma using promotion code DM25Ft.

