

Preventistry® is Delta Dental of Massachusetts' groundbreaking and unique approach to transforming the oral health care system. Preventistry combines clinical innovation, actionable data and digital engagement to provide a higher level of care and improve the health of our members.



Prevent cavities

Improving oral health today,
For better overall health tomorrow.
That's the power of Preventistry®.



Delta Dental of Massachusetts
465 Medford Street, Boston, MA 02129

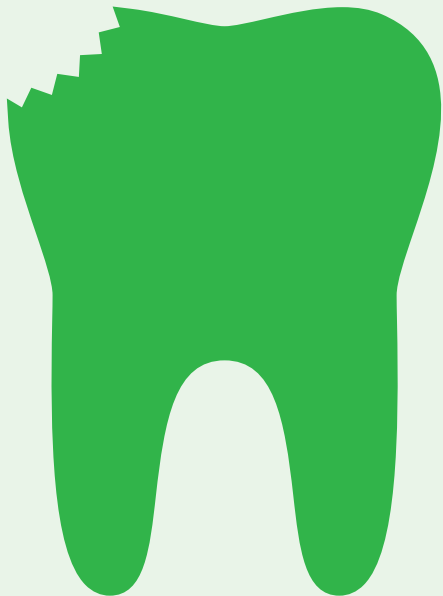
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What causes cavities?

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

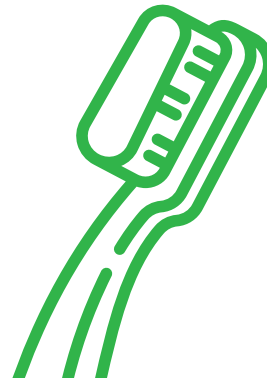


How can you reduce your risk for cavities?

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 to remove food trapped between teeth.



Eat a healthy diet

- 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.

Visit your dentist regularly

Visiting a dentist regularly can help prevent oral disease and catch problems early when they are easier to treat.

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.

