



# 6 THINGS A DENTAL CLEANING CAN DO FOR YOU



**1. PREVENT CAVITIES.** The whitish film that builds up on your teeth is called plaque and is the leading cause of tooth decay. This acidic substance eats away at the tooth enamel and, if left unattended, can lead to cavities. Plaque can be removed by brushing, flossing and dental cleanings.



**2. STOP TOOTH LOSS.** Gum disease, which starts with built-up plaque, is a major cause of tooth loss in adults. As gum disease advances, plaque moves further down the tooth where it can destroy the supporting bone in your jaw, causing teeth to loosen and fall out. Luckily, the chance of this happening to you can be greatly reduced through regular dental cleanings combined with good oral hygiene habits.



**3. BRIGHTEN YOUR SMILE.** Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning can remove built-up stains and leave you with freshly polished teeth. The result? A whiter, brighter smile!



**4. FRESHEN YOUR BREATH.** Good oral hygiene is the best way to prevent persistent bad breath. Even if you brush and floss regularly, getting a cleaning is a great way to keep your mouth healthy and odor-free.



**5. BOOST YOUR OVERALL HEALTH.** Studies have shown a connection between oral and overall health.<sup>1</sup> Regular dental cleanings may help lower your risk for some diseases, like heart disease and stroke.<sup>2</sup> Many medical conditions, some of them life-threatening, can be detected in their early stages by your dentist during a routine oral exam.<sup>3</sup>



**6. SAVE MONEY.** Get the most value from your dental benefits. Most Delta Dental plans have low or no copayments/coinsurance for dental cleanings and oral exams.<sup>4</sup> If you take advantage of your benefits now, you may be able to save money in the long run by helping to protect your oral health and potentially avoiding more costly and extensive procedures.

Take advantage of your dental benefits! Schedule an appointment with your dentist today.



<sup>1</sup>Academy of General Dentistry, "Importance of Oral Health to Overall Health," 2012.

<sup>2</sup>Academy of General Dentistry, "Gum Disease Affect on Cardiovascular Health," 2012.

<sup>3</sup>Academy of General Dentistry, "Oral Warning Signs Can Indicate Serious Medical Conditions," 2012.

<sup>4</sup>Review your Evidence of Coverage, Summary Plan Description or Group Dental Service Contract for specific details about your plan.

Our Delta Dental enterprise includes these companies in these states: Delta Dental of California — CA, Delta Dental of Pennsylvania — PA & MD, Delta Dental of West Virginia, Inc. — WV, Delta Dental of Delaware, Inc. — DE, Delta Dental of the District of Columbia — DC, Delta Dental of New York, Inc. — NY, Delta Dental Insurance Company — AL, FL, GA, LA, MS, MT, NV, TX and UT.

These enterprise companies are members, or affiliates of members, of the Delta Dental Plans Association, a network of 39 Delta Dental companies that together provide dental coverage to almost 63 million people in the U.S. The website [deltadentalins.com](http://deltadentalins.com) is the home of the Delta Dental companies listed above. For other Delta Dental companies, visit the Delta Dental Plans Association website at [deltadental.com](http://deltadental.com).

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