



 DELTA DENTAL®

Healthy Teeth, Healthy Smile

Delta Dental of California
July 11, 2018

deltadentalins.com

Overview

Goals of this training

Why dental visits matter

How your mouth affects the rest of your body

How to keep your teeth and gums healthy

What to eat to keep your teeth

Why dental visits matter



Q: How many American adults have had a cavity?

- A. 50%
- B. 63%
- C. 78%
- D. 92%



A: 92% (D)



92% of adults ages 20 to 64 have had cavities in their permanent teeth; 26% have untreated decay

Source: National Institute of Dental and Craniofacial Research. National Health and Nutrition Examination Survey, 1999–2004.

Stop problems before they start

47%

Gum disease

Affects half of adults

92%

Tooth decay

Most prevalent chronic disease in children and adults

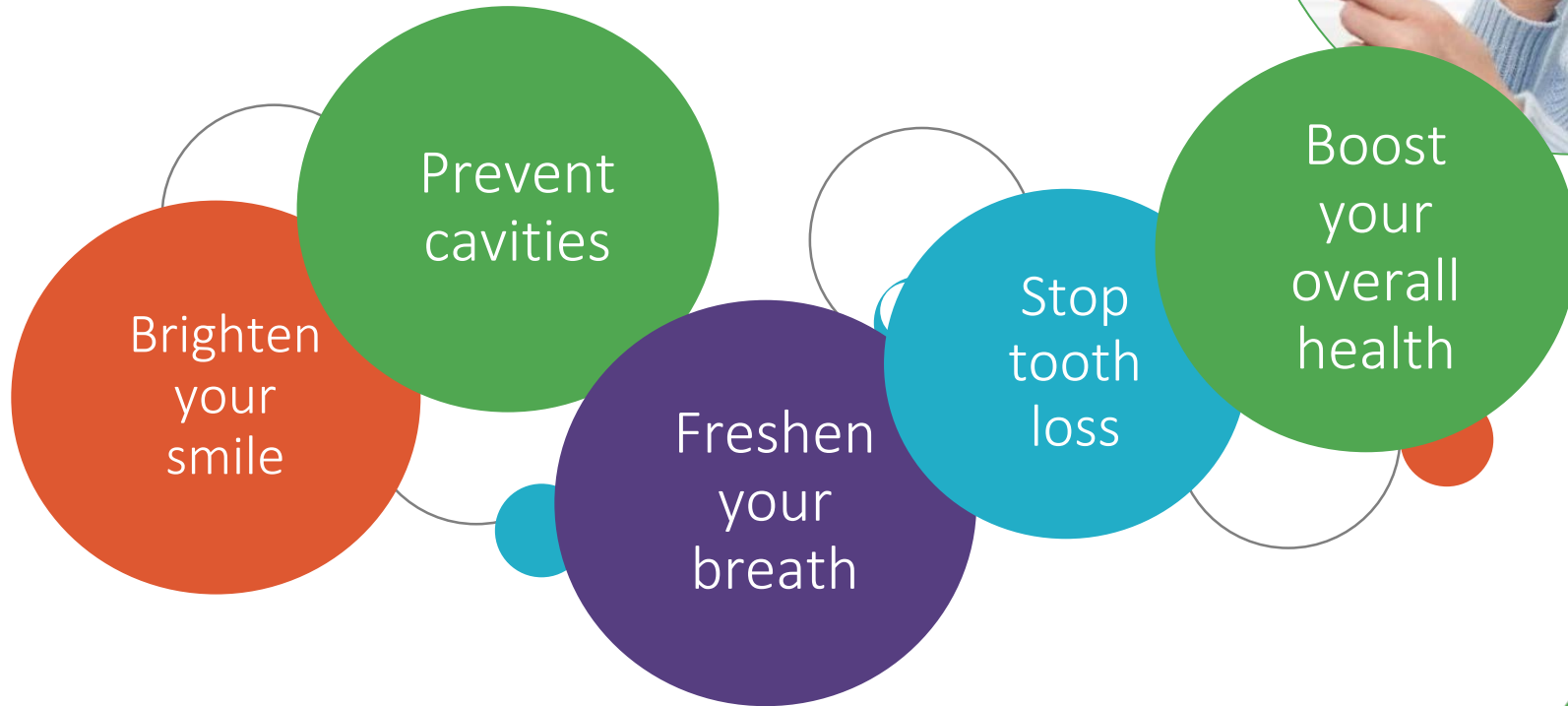
Why get a dental exam?

- Identify any dental problems early
- Get screened for oral cancer
- Catch symptoms of other diseases



Why get a cleaning?

5 things a cleaning can do for you



Brighten
your
smile

Prevent
cavities

Freshen
your
breath

Stop
tooth
loss

Boost
your
overall
health

What happens during a cleaning?



Pay nothing for preventive care

Compare your options

PPO

2 cleanings and exams a year
100% at an in-network dentist
80% at an out-of-network dentist

Preventive

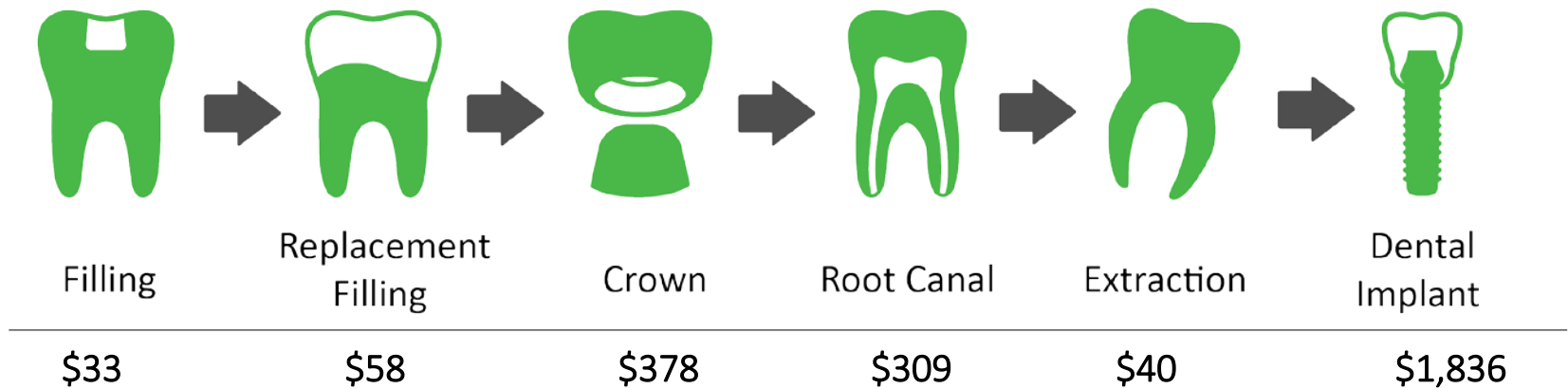
2 cleanings and exams a year
100% at any Delta Dental dentist

DeltaCare USA

No copayment

The true cost of a cavity

Decayed tooth: You pay \$2,658



Healthy tooth: You pay \$0



Stop decay before it starts

How your mouth
affects the rest of
your body



Q: Your dentist can identify oral symptoms of which disease?

- A. Diabetes
- B. Toxoplasmosis
- C. Zika
- D. All of the above



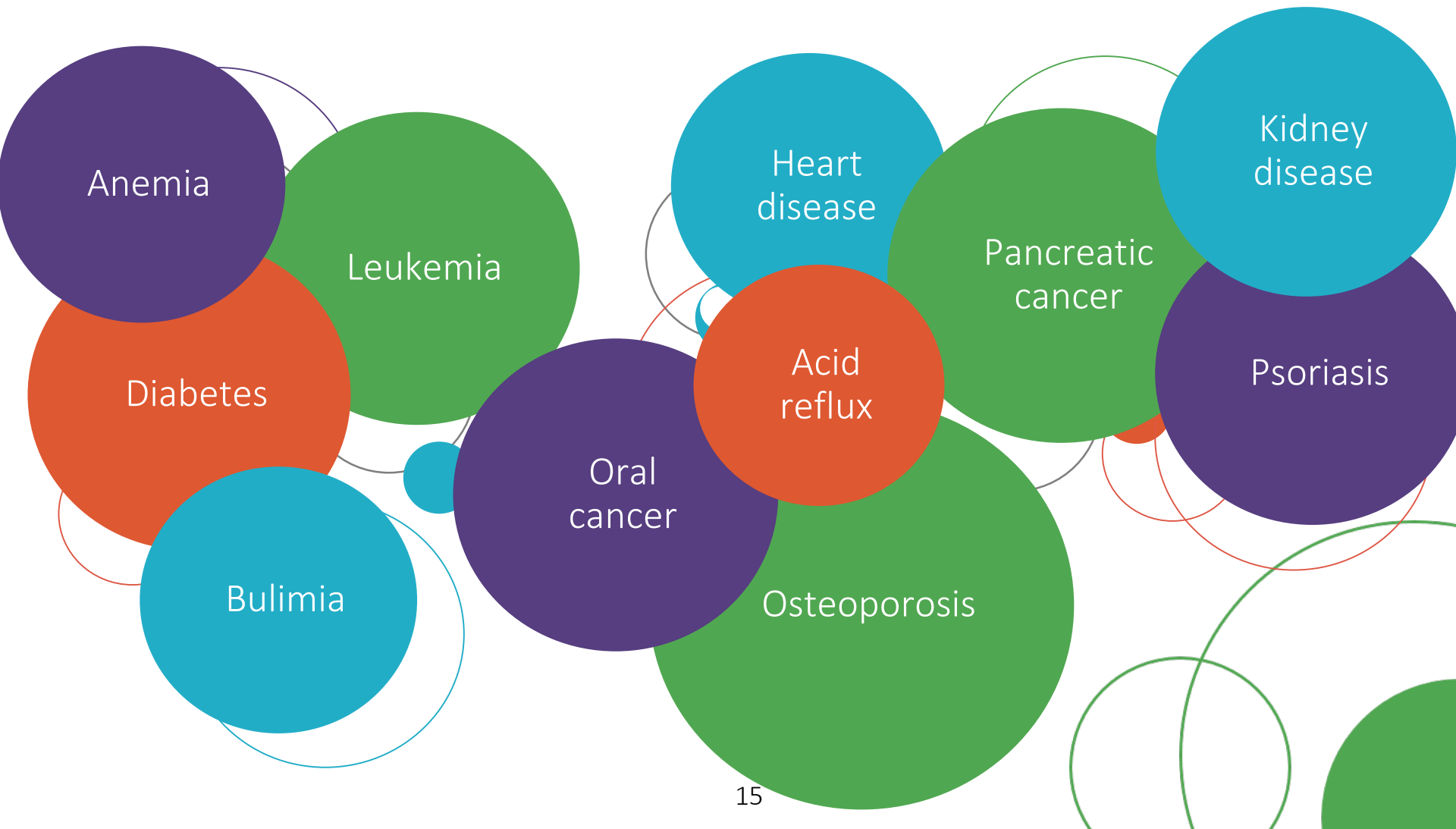
A: Diabetes



Diabetes can increase your risk of tooth decay, gum disease and more.

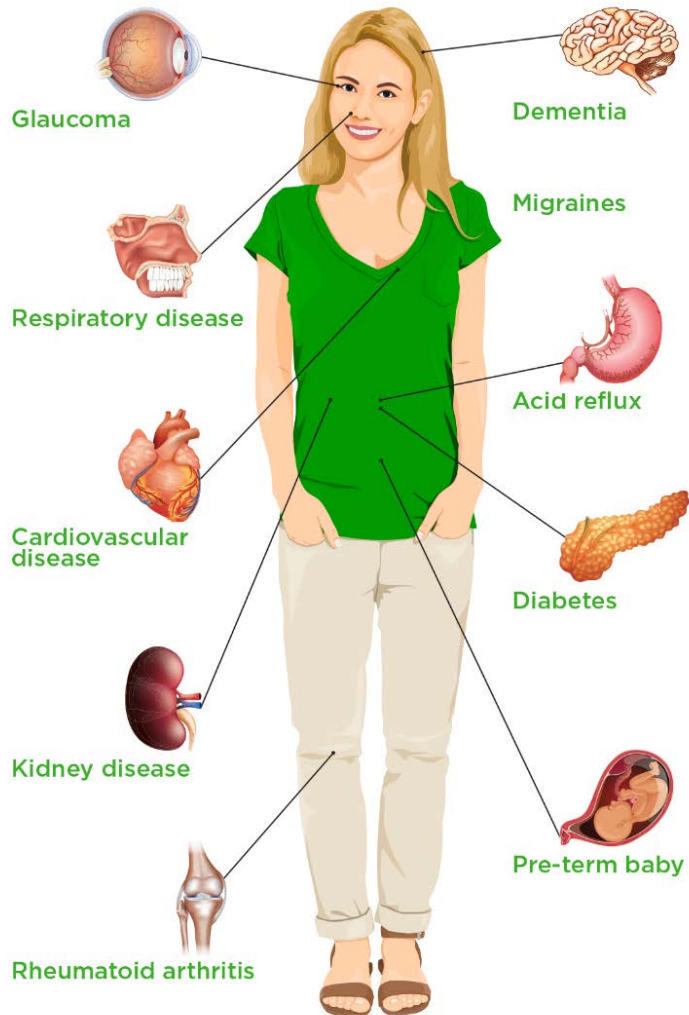
Symptoms in the mouth

Over 120 conditions have oral symptoms



Your mouth and your body

The far-reaching impact of oral health



Glaucoma

Dementia

Migraines

Respiratory disease

Acid reflux


Cardiovascular disease

Diabetes

Kidney disease

Pre-term baby

Rheumatoid arthritis

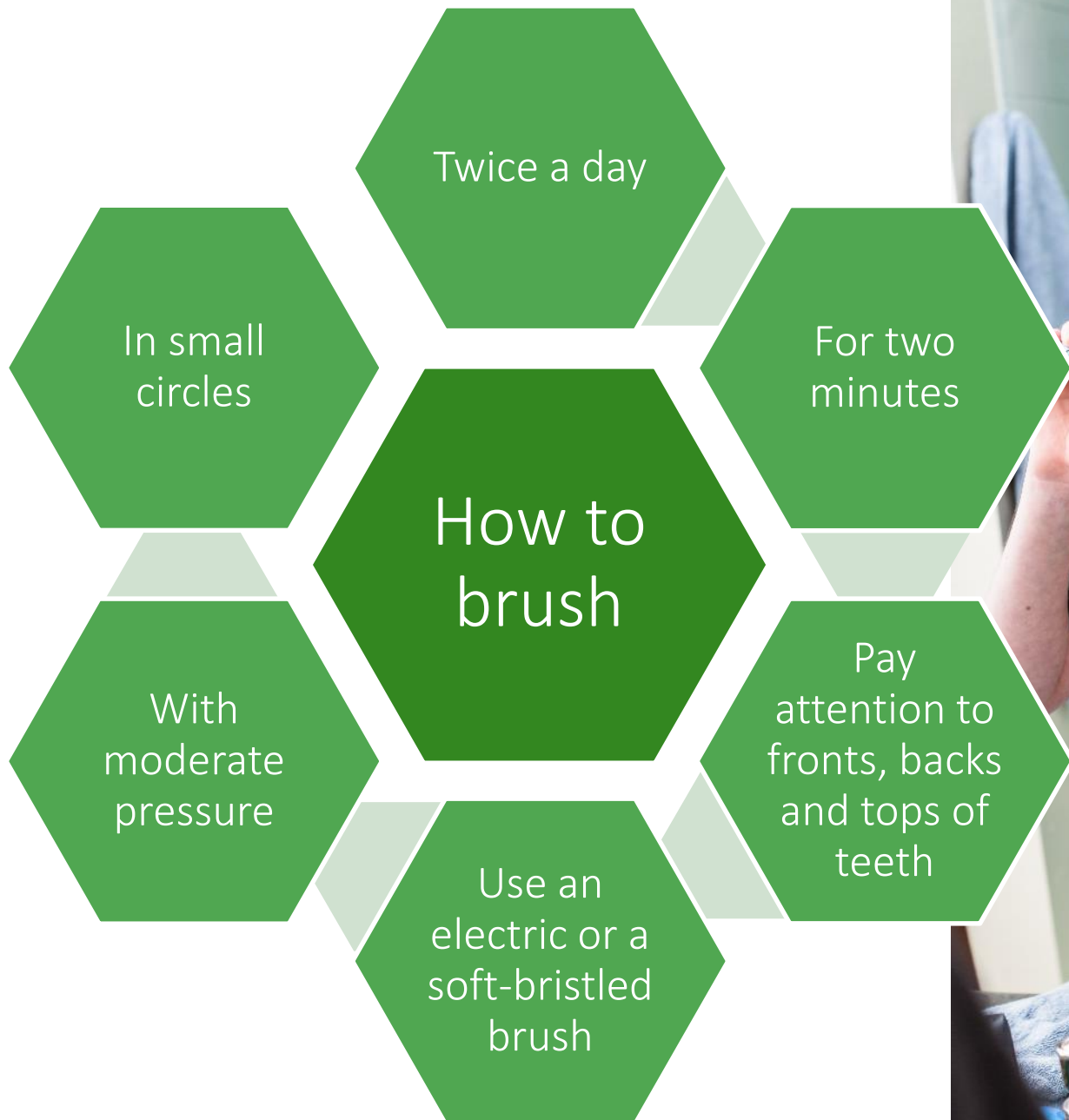
A man and a woman are shown in a bathroom, both smiling and brushing their teeth. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a blue and white striped shirt. They are both holding toothbrushes and have toothpaste on their teeth. In the foreground, there is a white container holding a tube of toothpaste. The background is a brightly lit bathroom with a mirror and a window.

How to keep your teeth and gums healthy

At-home preventive care

1. Brush twice a day
2. Floss every day
3. Visit the dentist regularly
 - Cleanings
 - Exams
4. Eat a balanced diet





Q: How often should you replace your toothbrush?

- A. Every 3 weeks
- B. Every 3 months
- C. Every 6 months
- D. Once a year



A: Every 3 months (B)

Replace your toothbrush as soon as the bristles begin to look worn or frayed, generally every 3 to 4 months.



Discussion question

How often do you floss?



How to floss



Use about 18 inches of floss.

Wrap floss around one finger on each hand, keeping about an inch of floss between your fingers.

Glide floss gently around teeth.

Floss to, and under, gum line.

Floss options

Easy-to-use floss options





What to eat to keep your teeth

5 ways to eat for your teeth

Tips to boost your dental health and avoid decay



Snack on fiber-rich
fruits and veggies



Choose lean
proteins



Get enough
vitamin C



Enjoy a cup
of tea



Load up on
calcium



Dental diet no-no's

What to avoid to protect your teeth

High in sugar

High in starch

Acidic

Hard to bite

Sticky

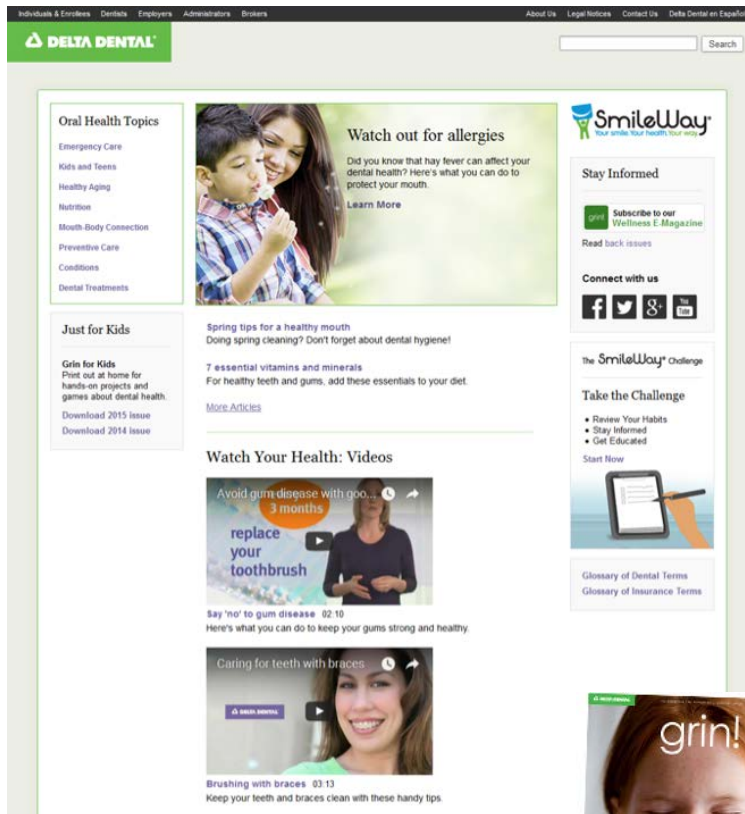


Action items and resources



Dental health resources

SmileWay® Wellness Site



- 100+ articles on everything from acid reflux to x-rays
- Short videos
- Tooth-friendly recipes
- Quizzes to assess your dental risks
- Sign up for *Grin!* e-magazine

mysmileway.com
es.mysmileway.com



Your action items



Brush and floss regularly



Visit your dentist for regular cleanings and exams



Eat a balanced diet



Learn more about dental health

Thanks for your time

We're pleased to take your questions

