



FOCUS ON DENTAL HEALTH

# Bright Smiles for a Healthy Future: The Importance of Dental Care Exams



## The Key to a Healthy Smile: Routine Cleanings and Early Disease Detection

Just like a general physical, a regular dental check-up is essential for a healthy mouth. Bi-annual check-ups provide thorough routine teeth cleaning and can help detect oral and systemic diseases before they escalate.<sup>1</sup>

### Oral Health Diseases



of adults in the U.S. aged 30 years and older have some form of gum disease.<sup>2</sup>



of American adults have untreated tooth decay.<sup>3</sup>

### Systemic Diseases



Diseases like diabetes and oral cancer can be detected, monitored and addressed with regular check-ups.<sup>3</sup>



Oral cancers are most commonly diagnosed in adults around the age of 60.<sup>2</sup>

## Overcoming Dental Anxiety

Approximately 9 to 15% of Americans avoid going to the dentist due to fear or anxiety.<sup>4</sup> It's normal to feel uneasy about seeing the dentist, but it shouldn't deter you from taking care of your oral health. Keep these tips in mind for your next check-up:<sup>5</sup>

### Set Yourself Up for Success



Speak to your dentist in advance about your anxiety.



Schedule a morning appointment to avoid anticipation build-up.

### Bring a Distraction



A fidget spinner or stress ball can distract your mind.



Bring headphones and tune into your favorite podcast, audiobook or music.

## What to Expect During a Teeth Cleaning<sup>6</sup>

- 1 Physical examination of your mouth and teeth
- 2 Plaque and tartar removal around the gum line and between the teeth
- 3 Thorough teeth brushing with a high-powered electric toothbrush
- 4 Expert flossing to remove any remaining plaque or toothpaste

## Did You Know?



Cavities are one of the most common chronic childhood diseases in the United States.<sup>2</sup>



Toothaches need to be checked by a dentist to determine whether the pain is caused by something minor or something serious.<sup>3</sup>

VBA, in partnership with TruAssure Insurance Company, offers plans that provide easier access to dental care. **To learn more, visit [vbaplans.com/dental](http://vbaplans.com/dental).**



VBA dental plans are administered and underwritten by TruAssure and are offered in association with the DenteMax Plus dental network arrangement, which includes participating dentists from the United Concordia, DenteMax and Connection dental networks in all states but North Carolina, where the DenteMax Plus network arrangement includes DenteMax and Connection dental networks.

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The information contained above is intended to be educational in nature, does not constitute medical advice and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. CDC (<https://www.cdc.gov/oralhealth/conditions/periodontal-disease.html>) • 2. Healthline (<https://www.healthline.com/health-news/dental-exams-can-detect-disease-elsewhere>)  
3. CDC (<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>) • 4. Carrington College (<https://carrington.edu/blog/americans-cite-anxiety-reason-going-dentist/>)  
5. Mouth Healthy (<https://www.mouthhealthy.org/en/az-topics/a/anxiety>) • 6. Healthline (<https://www.healthline.com/health/dental-oral-health/what-happens-during-a-tooth-cleaning>)