



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



50% of adults in the U.S. aged 30 years and older have some form of gum disease.<sup>2</sup>



26% 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>



60 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).



All TruAssure dental plans are offered in association with the DenteMax Plus dental network arrangement, which includes dentists from the following dental networks: United Concordia, DenteMax and GEHA Connection Dental Network.

400 Lydia Street, Suite 300 | Carnegie, PA 15106 | 1-800-432-4966 | [www.vbaplans.com](http://www.vbaplans.com)

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>)