



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.¹

Oral Health Diseases



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



of American adults have untreated tooth decay.³

Systemic Diseases



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



Oral cancers are most commonly diagnosed in adults around the age of 60.²

Overcoming Dental Anxiety

Approximately 9 to 15% of Americans avoid going to the dentist due to fear or anxiety.⁴ 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:⁵

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 Cleaning⁶

- 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.²



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

VBA, in partnership with TruAssure Insurance Company, offers plans that provide easier access to dental care. To learn more, visit 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.

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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>)