



FOCUS ON DENTAL HEALTH

Smile! You're On Camera: Dental X-Rays



Getting Beneath the Surface of Your Smile

You've probably had dental X-rays taken at your annual dentist appointment a handful of times. They seem quick and simple, but they can provide a lot of information about your dental health that might not be easy to detect otherwise.

Why Are Dental X-rays Important?

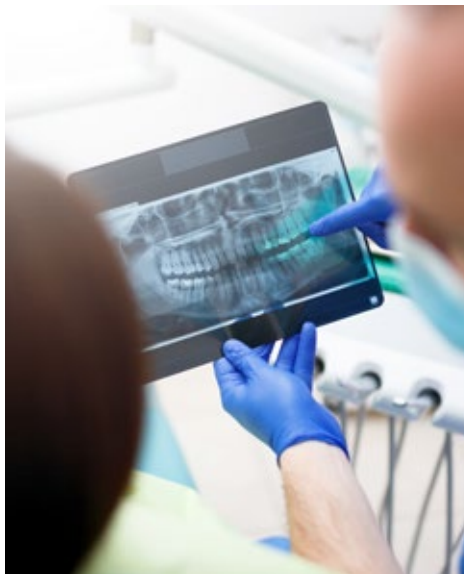
Dental problems can start to develop before they can be easily seen by your dentist. X-rays are immensely helpful in detecting and treating these problems early on. Early treatment can help protect other areas of the mouth and prevent further damage in the future.¹

Common Types of Dental X-Rays

- **Bitewing X-rays** capture details of the upper and lower teeth in one area of the mouth.²
- **Occlusal X-rays** are done when your jaw is closed to show how your upper and bottom teeth are lining up.³
- **Periapical X-rays** capture an image of the whole tooth to identify any unusual changes in the root or surrounding bone structures.²

What Can Dental X-Rays Detect?*

- Tooth decay that may develop between the teeth or under the surface of fillings
- Bone disease
- Periodontal disease
- Developing infections under the gums



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.

* Adult orthodontics option is only for Large Group Plans (50+ eligible employees).

1. American Dental Association (https://www.ada.org~/media/ADA/Publications/Files/for_the_dental_patient_sept_2011.pdf?a=en) 2. Cleveland Clinic (<https://my.clevelandclinic.org/health/articles/11199-dental-x-rays>) 3. Healthline (<https://www.healthline.com/health/dental-x-rays#types>) 4. RadiologyInfo.org (<https://www.radiologyinfo.org/en/info/safety-xray>)

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What Does a Dental X-Ray Show?

Dental X-rays use low levels of radiation³ to capture images that allow your dentist to get a closer look at the condition of your teeth, roots, jaw placement and facial bone composition.²

When Should I Get a Dental X-Ray?*

Based on your oral health, age, health history and risk of oral disease, your dentist will determine how often you need a dental X-ray.

Did You Know?



Dental X-rays are able to give dentists a better idea of how children's teeth and jawbones are developing.¹



A coast-to-coast flight emits more radiation exposure than a standard dental X-ray.⁴



Dental X-rays can help your dentist determine if you have wisdom teeth developing.²