

A healthy smile for life!



you can prevent

oral health problems

What is gum disease?

- Periodontal disease is an infection of your gums and jawbone.
- Gingivitis is an infection in your gums.

Gum disease

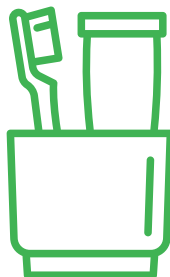
- Gets worse if not properly treated.
- Can be passed on to other family members.
- Can appear without symptoms so people may not know they have it.
- May affect the outcomes of other diseases, such as diabetes and heart disease.
- May lead to premature birth in pregnant women.

How is gum disease treated?

- A deep cleaning by your dentist to remove the bacteria that is damaging your gums.
- Prescription mouth rinse or fluoride toothpaste, or other medicine to use at home.
- Some people may need gum surgery.

Stay healthy after treatment for gum disease

- Floss daily.
- Brush twice a day.
- Visit your dentist **twice per calendar year** for oral exams and cleanings.
- Use at-home products your dentist recommends.
- Do not chew or smoke tobacco.



What causes cavities?

- Bacteria in your mouth.
- Frequent snacking and sipping sugary drinks.
- Not cleaning your teeth well.

Reduce your risk for cavities

- Brush for two minutes, twice a day, with fluoride toothpaste.
- Brush your teeth after eating sugary or starchy foods.
- Floss daily to remove food trapped between teeth.
- Chew Xylitol gum.

Protect your teeth with sealants

- A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth -- usually the back molars -- to prevent tooth decay
- Takes only a few minutes to apply a sealant to a tooth.
- Last for 5 years or longer.

Who should get sealants?

- Children when their first molars (ages 6-7) and second molars (ages 12-13) emerge.

Things You Can Do

Keep up your oral hygiene at home

Keeping up with your home oral health care is more important than ever! With proper care, you can decrease your risk for tooth decay and gum disease, which can weaken your immune system.

Take care of your teeth and gums with a thorough, at-home oral care routine that includes regular brushing, flossing and healthy eating.

For tips on keeping your oral health in check, visit the Delta Dental of Massachusetts web site at: www.deltadentalma.com/Your-Oral-Health. You'll get age-based tips so you and your family get the right preventive care at the right time, and an oral health library with articles on an extensive list of mouth health topics. Take a few minutes to read our quarterly = Grin! magazine. You can even take a quiz to assess your oral health.

We're still here for you

And no matter what is happening, Delta Dental of Massachusetts is here for you. You can give us a call at 800.872.0500 with your questions and our Customer Service team will be there to help. Our hours are:

Monday–Thursday, 8:30 a.m.–8 p.m. and Friday, 8:30 a.m.–4:30 p.m.

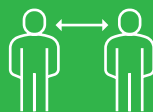
If your questions are about your plan, an ID card (or replacement card) or finding a dentist, log into our secure member portal or download and use the Delta Dental mobile app. Just visit deltadentalma.com to get connected. These resources are available 24/7. And if you haven't yet registered for the member portal or downloaded the app, now is a great time to do so.

During this critical time, our customer service team is focusing their efforts on answering questions that cannot be answered via our automated technology tools.

Tips to Prevent the Spread of COVID-19



Wash your hands with soap and water for at least 20 seconds.



Avoid close contact with people and shaking hands. Use other noncontact methods of greeting.



Stay home if you are sick except to get medical care.



Cover coughs and sneezes with a tissue or the inside of your elbow.



Clean and disinfect frequently touched surfaces daily.



Don't share a toothbrush or mouthwash and replace your toothbrush after you are sick.