

The power of preventive care



Preventive care is the key

Did you know that nearly half of Americans over age 30 show signs of gum disease? The good news is that with regular exams and cleanings from your dentist, oral diseases such as gum disease and cavities are almost 100% preventable.

What's more, taking care of your mouth now can save you thousands of dollars later by avoiding costly procedures such as root canals, crowns and dental implants.



The connection between oral and overall health

Your oral health affects more than just your mouth. Gum disease has been linked to cardiovascular disease, diabetes and strokes, and poor oral health can increase your risk for a variety of chronic conditions and health issues, including:

- Respiratory disease
- Kidney disease
- Rheumatoid arthritis

Show your smile some love

Under most Delta Dental plans, cleanings and exams are available at low or no cost to you. Schedule a visit with an in-network dentist today. Log in your account at deltadentalins.com and use the Find a Dentist tool to search for an in-network dentist near you. Your smile will thank you for it!