

## How can a healthier mouth make for a healthier body?



A healthy mouth can create a beautiful, healthy smile. Did you know that a healthy mouth can also create a healthier body? In years past, a trip to the dentist simply ensured a bright, shiny, cavity-free smile. Today, researchers continue to find evidence that suggests good oral health can positively impact many medical conditions. This means that regular dental checkups can improve whole body health.

## Get started improving your oral health today!

It's easy to enroll in *Healthy Smile, Healthy You*. Ask your Human Resources representative for an enrollment form, or print one from our website at [deltadentalva.com](http://deltadentalva.com). Complete and return the form to Delta Dental with your doctor's signature. Then you can talk to your dentist about scheduling an appointment. Think about how much bigger your smile will be when you make your whole body healthier.



*The Benefits of Experience*

Delta Dental of Virginia  
800.237.6060  
[deltadentalva.com](http://deltadentalva.com)

## Healthy Smile, Healthy You More than just a smile



## The mouth and body connection

- ▲ Over 100 diseases can show early signs or symptoms in the mouth
- ▲ Acute or chronic periodontal (gum) disease appears to negatively affect the body's overall health
- ▲ A mouth that has been treated and is free of gum disease may promote an overall healthier body

## Delta Dental offers

### *Healthy Smile, Healthy You*

- ▲ Addressing three important health issues:
  - Diabetes
  - Pregnancy
  - Certain High Risk Cardiac Conditions
- ▲ If you have one of the above conditions, *Healthy Smile, Healthy You*® provides additional assistance in keeping your mouth (and you) healthy
- ▲ *Healthy Smile, Healthy You* allows for an additional cleaning and exam\* beyond your plan's ordinary limit per benefit period
- ▲ Remember, it is still important to brush your teeth twice a day and floss once a day

\*You may be eligible for an additional periodontal maintenance procedure if you have a history of definitive periodontal treatment, such as surgery.



*Gum disease is often considered the sixth complication of diabetes. People who don't have their diabetes under control are especially at risk.*

## Keep your diabetes in check

A healthy mouth can help keep diabetes in check. Increased sugar levels have a negative impact on oral health by increasing the severity of existing gum disease and may lead to tooth loss. In addition,

diabetics who have gum disease find it far more difficult to control their sugar levels than diabetics who do not have gum problems, because the infections can cause increased blood sugar levels.



*Pregnant women who have periodontal disease may be seven times more likely to have a baby that is born too early and too small.*

## Healthy Smile, Healthy You = healthier baby!

According to the American Academy of Periodontology, pregnant women with gum disease may be much more likely to have a baby that's born too early or too small than

pregnant women without gum disease. Research indicates that a labor-inducing

biological fluid is found in oral bacteria. This fluid increases with gum disease and may increase the risk of pre-term, low birth weight babies.

## Help keep your heart healthier

Gum disease and cardiovascular disease are major public health issues that impact a large number of Americans every day. Individuals with certain heart conditions have an increased risk of oral

bacteria infecting their hearts. These infections, called infective endocarditis, occur when bacteria from the mouth enter the bloodstream through small injuries that occur most often during normal brushing, flossing or eating.



*Inflammation is a major risk factor for heart disease, and periodontal disease may increase the inflammation level throughout the body.*

*For more details on Healthy Smile, Healthy You ask your Human Resources representative or refer to your member handbook.*