

DENTAL CARE AND YOUR HEALTH

1/3 of upstate N.Y. adults didn't visit a dentist within the past year. The American Dental Association recommends that everyone visit their dentist at least once a year for an exam and a cleaning.

REGULAR PREVENTIVE ORAL CARE

CAN HELP REDUCE YOUR RISK OF GUM DISEASE AND MORE SERIOUS MEDICAL CONDITIONS. IT ALSO CAN HELP YOU MAINTAIN YOUR NATURAL TEETH AND AVOID THE NEED FOR DENTURES LATER.

POOR DENTAL HABITS,

SUCH AS NOT VISITING THE DENTIST REGULARLY, CAN HARM YOUR TEETH AND YOUR OVERALL HEALTH.

Nearly one in two Americans over age 30 has periodontal disease.

Poor oral health impacts your ability to talk, smile, eat and socialize.

Pregnant women who have gum disease have an increased risk of premature or low birth weight babies.

Oral health is linked to chronic diseases such as diabetes and heart disease.

TOP REASONS PEOPLE REPORT WHY THEY DIDN'T VISIT A DENTIST:

40%
believe there is no need if they don't have signs of a tooth problem

24%
are concerned about cost

16%
fear dentists

33%
have no transportation, don't think it's important, resolved their problem or gave another reason

TIPS FOR BETTER DENTAL CARE



Brush 2x/day and floss teeth regularly.



Use fluoride toothpaste and drink fluoridated water.



Visit your dentist regularly, even if you haven't had a dental problem.



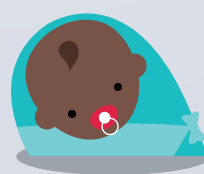
If you don't have a dentist, check with your health insurer to find an in-network dentist near you.



Communicate any feeling of fear to your dentist.



Use your health savings account or flexible spending account to help cover dental expenses.



Bring your children to their first dental checkup by age 1 and to yearly checkups thereafter.



Talk with your child's dentist about dental sealants.