CALENDAR

2x Annually

DENTAL HEALTH TIP

Keep your smile bright
and your teeth healthy by
scheduling regular dental checkups.

Dental exams help protect your health

Dental checkups are an important part of preventive health care because they help protect not just your oral health, but your overall health as well. During a routine checkup, the dentist will examine your teeth, gums and mouth for signs of diseases and other potential problems. According to a study presented to the American Heart Association, people who receive regular teeth cleanings have a 24% lower risk of heart attacks and 13% lower risk of stroke.[1]

Early detection can save money

Regular dental checkups and cleanings are essential for maintaining healthy teeth and gums. Detecting oral health issues early helps prevent painful and often costly problems from developing. Studies have shown that every dollar invested in preventive oral health care saves between $8 to $50 in restorative care.[2]

Good dental care begins at home

Maintain healthy teeth between dental visits by making oral hygiene a priority in your daily routine. Brush your teeth twice daily and floss to clean between your teeth. Schedule dental checkups for cleanings and preventive care twice a year or as recommended by your dental professional.

1   American Heart Association. (2011, November 30). Professional dental cleanings may reduce risk of heart attack, stroke. ScienceDaily. Retrieved October 23, 2019 from www.sciencedaily.com/releases/2011/11/111113141256.htm
2   American Dental Hygienists' Association (ADHA). (2001). Access to care position paper, 2001. Retrieved October 23, 2019 from http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.685.3669&rep=rep1&type=pdf

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