



**HEALTH & SECURITY**

# **SUPER DELTA DENTAL NAVIGATOR!**



**DON'T FALL PREY TO THE WRONG DELTA DENTAL NETWORK...**

**NOT ALL DELTA DENTAL NETWORKS ARE THE SAME.**



**THOSE WHO LIVE OUTSIDE NEW YORK OR IN THE WATERSHED! ASK FOR DELTA DENTAL **PPO NETWORK PROVIDER.****



**BEWARE: DELTA DENTAL PREMIER NETWORK DENTISTS WILL RESULT IN OUT-OF-POCKET COSTS!**



**CONFIRM YOUR DENTIST IS A PPO NETWORK DENTIST. CALL US AT:  
888-523-DC37 (DELTA DENTAL)  
212-815-1600 (DC 37 DENTAL UNIT)**

## GAME PLAN FOR HEALTHY TEETH

**THE OPPOSITION** — The secret to a healthy smile? Understanding what you're up against. Learn about your teeth's enemies and how to fight back.



**PLAQUE** — Your biggest rival is plaque — a sticky, colorless film that collects on your teeth every day. When you eat, bacteria in plaque transform food sugars to acids, which then attack tooth enamel. Over time, plaque forms tartar, a hard deposit that only your dentist can remove.

**DECAY** — When plaque isn't conquered regularly tooth enamel breaks down, causing decay. Decay spreads from the outside toward the center of your tooth. Detected early, it can be treated by filling. If left untreated, decay may eventually reach the nerve, causing a serious toothache that may require a root canal or tooth extraction.

**SUGARS** — What you eat and drink affects your teeth. Sugar in any form, including honey and even natural sugars found in fruit and dairy products, can damage your teeth. Starchy foods, such as potato chips and crackers, also contain sugars that affect teeth. So, if you do consume sugars, be sure to brush afterwards.

## 6 REASONS TO GET A DENTAL CLEANING

**1.** Prevent cavities. Cleanings remove plaque, a sticky bacterial film that builds up on your teeth. This acidic substance can eat away at your enamel, eventually causing tooth decay.



**2.** Stop tooth loss. Plaque can irritate your gums. When your gums are unhealthy, your teeth can become loose and fall out.

**3.** Brighten your smile. Drinking coffee, tea, and wine or using tobacco can stain your teeth. A dental cleaning removes stains and leaves you with freshly polished teeth.

**4.** Freshen your breath. Good oral hygiene is the best way to prevent bad breath. Even if you brush and floss regularly, getting a cleaning can help keep your mouth healthy and odor-free.

**5.** Boost your overall health. Regular dental cleanings may help lower your risk for some diseases, such as heart disease and stroke.

**6.** Save money. Use the Delta NY Select Network for cleanings and exams at no cost. And by treating problems before they worsen, you'll save money in the future. Remember your plan provides you with two cleanings per year.

## WHY YOU SHOULD FLOSS EVERY DAY

**1.** Plaque acts quickly. Skipping a few days allows plaque to adhere to your teeth and gums.

**2.** Your gums will stop bleeding. Flossing actually reduces the occurrence of bleeding gums.

**3.** The rest of your body will be healthier. Heart disease, stroke, diabetes, rheumatoid arthritis, and even respiratory disease have all been linked to gum disease. By maintaining good gum health, you can lower the risk of these serious conditions.

