

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

## BETTER HEARING AND SPEECH MONTH



### How is hearing health linked to overall health?

In honor of Better Hearing and Speech Month, we're exploring the connection between hearing health and overall health with insight from our partners at Amplifon. Don't forget — Amplifon's hearing services and discounts on hearing aids are available to all Delta Dental of Arkansas members at no additional charge!

### 5 reasons why treating your hearing loss is a foundation for overall health:

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**1 Improved communication and relationships:** When you have untreated hearing loss, it can be difficult to communicate effectively with others, leading to misunderstandings and strained relationships. By addressing your hearing loss, you can improve your ability to communicate with others and strengthen your relationships.
- 2 Reduced risk of cognitive decline:** Studies have shown that untreated hearing loss can increase the risk of cognitive decline, including dementia and Alzheimer's disease. Treating your hearing loss and wearing hearing aids can significantly reduce your risk and help maintain your cognitive function.
- 3 Increased safety:** Hearing loss can impact your balance, putting you at 3x higher risk for an injury-causing fall. Wearing hearing aids can help you regain your balance and lower your risk of falling.
- 4 Better mental health:** Untreated hearing loss can also have a negative impact on mental health, including an increased risk of depression and anxiety. Improve your overall mental health and well-being by addressing your hearing loss early.
- 5 Improved quality of life:** Hearing loss can make it difficult to enjoy social activities, music, and other hobbies. Taking care of your hearing loss can help you improve your quality of life and ensure you continue to participate in the things that bring you joy.

During Better Hearing and Speech Month, we encourage you to think about all the benefits of good hearing, whether it's reconnecting with life's vibrant sounds, or ensuring optimal physical and mental health. If you suspect a hearing problem, take the first step toward a solution by getting your hearing checked.



[Learn more about benefits and discounts from Amplifon](#)

## DELTA DENTAL QUICK BITES



We invite you to use these additional oral health resources available on our website.

**Grin! For Kids** is a free magazine to help children develop good oral health habits early in life. Quirky characters, creative crafts and fun science experiments set our youngest Arkansans on a path of sparkling smiles that last a lifetime.



Digital copies in English or Spanish can be downloaded [HERE](#)

**Silver Diamine Fluoride (SDF)** was approved as a cavity treatment for children a few years ago. The clear liquid is applied by a dentist to small cavities to prevent and eliminate tooth decay. It takes about 5 minutes and requires no drugs and no drilling. Most Delta Dental of Arkansas plans cover the cost in full.

[Find out more here](#)



**Mouthguards** protect student athletes from suffering painful, perhaps even disfiguring, injuries to their teeth, lips, gums, cheeks and jaws. But getting kids to wear them every time they practice or play sports can be difficult. We've created the **Protect Your Mouth Challenge** for parents, teachers and caregivers to teach children good oral health habits and decisions.

[Check out the fun ideas and activities](#)