

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

## Oral Health Tips for Individuals with Special Needs

People with special needs due to physical, medical, developmental or cognitive conditions face unique challenges to maintaining good oral health. While mental and physical disabilities vary greatly, many can make keeping up with daily dental care routines and regular cleanings and exams difficult.



### Choose a provider with proper training.

Caring for special needs patients takes compassion and understanding. While most dentists can make accommodations for patients with special needs, some dentists focus on meeting the specific needs of these patients.

### Be open with providers about challenges.

You know your loved ones best, so help your dentist understand their unique challenges to home and in-office dental care. Your provider may be able to offer solutions for better oral health outcomes.



### Promote a mouth-healthy diet.

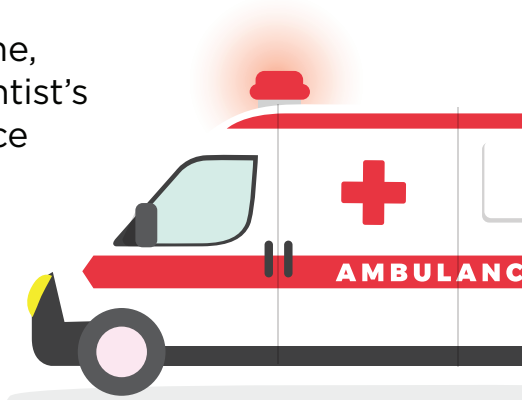


When planning menus at home, include foods that keep teeth at their healthiest. Focus on fresh fruits and vegetables, lean meats, calcium-rich dairy and fluoridated tap water. Avoid junk food, sugary beverages and sticky candy, which clings to teeth long after it is consumed and gives bacteria the fuel they need to produce cavity-causing acids.

### Know what to do in an emergency.

Dental emergencies happen all the time, and knowing what to do when the dentist's office is closed can mean the difference between keeping and losing a tooth. Learn more by downloading our guide to dental emergencies below.

[GUIDE TO DENTAL EMERGENCIES](#)



## Have you heard about Silver Diamine Fluoride?

There's a new treatment option available for something that most patients fear — cavities. Delta Dental of Arkansas is proud to offer all of our members silver diamine fluoride (SDF), a clear liquid applied to the site of a cavity that arrests, or stops, decay as soon as it dries. It's a great option for anyone who may have trouble tolerating traditional treatment.



A quick, low-cost, and pain-free alternative to drilling and filling.



## Amplifon Hearing Discount

Delta Dental of Arkansas members are eligible for a **FREE** hearing health care discount program through Amplifon. [Click here to learn more.](#)