

THE CHATTER

Oral Health Advice from Delta Dental of Arkansas



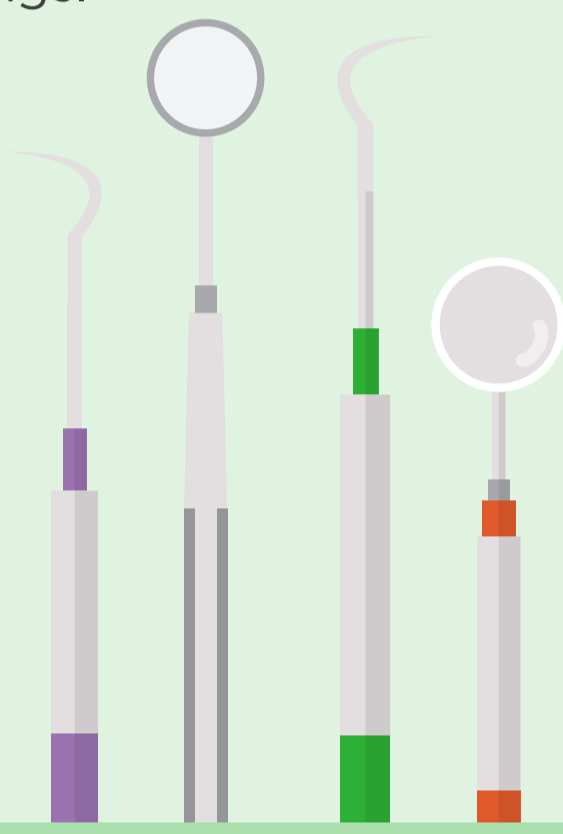
The Importance of Preventive Services

Have you ever heard the old saying, “an ounce of prevention is worth a pound of cure”?

When it comes to your oral health, this idea couldn't be more correct! Most problems that happen in the mouth are preventable and take time to develop. Your dentist can help you avoid them with regular exams and cleanings.

What are preventive services?

Preventive dental services don't treat tooth decay, but aim to keep decay and other problems from happening in the future. These include regular teeth cleanings and exams, plus sealants and fluoride varnish for kids.



You're in control of your oral health!

For most people, tooth decay is almost completely preventable with regular cleanings and exams, and regular brushing and flossing at home.

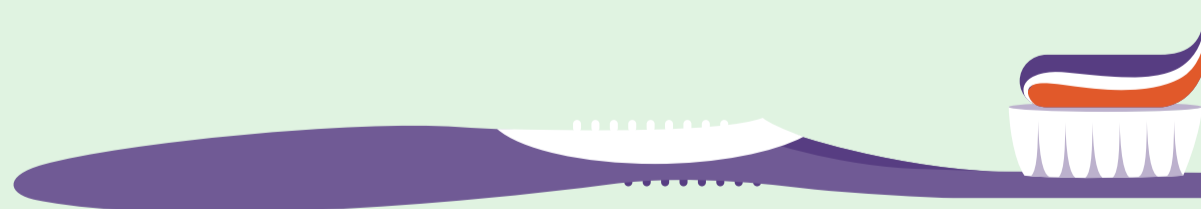
How do preventive services help me?

Getting regular exams and cleanings allows your dentist to look for tooth decay and other problems in the mouth in the earliest stages. Taking action when problems are just starting out is easier on you, with less invasive procedures, and your wallet, as minor issues are much less costly to remedy.



Did you know?

Your dentist can detect as many as 120 other conditions during an exam, such as diabetes, heart disease and kidney disease.



I brush my teeth, and I'm not having any problems. Why do I need to see the dentist?

While daily brushing and flossing are fundamental to good oral health, you also need regular professional cleanings, which are more effective and reach all surfaces of your teeth. A dental exam can also reveal tooth decay in its earliest stages when it's easier to repair. So even if you aren't having any pain or problems, it's important to let the professionals take a look, too.

DON'T FORGET!

As a DDAR member, preventive services are available at little to no cost to you! You have the benefits – use them!