

# Explanation of Evidence Based Dentistry

## Conditions to allow for additional benefits

### 1. PREGNANCY\*

Allow an additional two prophylaxes per calendar/benefit year but we will history cross check them against any periodontal maintenance procedures for the same benefit period. Periodontal Maintenance is still only a benefit when there is history of prior periodontal therapy. The participant could receive up to 4 prophylaxes within the same benefit period. The patient will be allowed extra dental benefits for 12 months: (nine months of pregnancy plus three months post-delivery.)

**Rationale:** Some studies indicate a correlation between the presence of periodontal disease and pre-term, low birth weight babies.

### 2. DIABETES

Allow an additional two prophylaxes per calendar/benefit year but we will history cross check them against any periodontal maintenance procedures for the same time period. Periodontal Maintenance is still only a benefit when there is history of prior periodontal therapy. Participant could receive up to 4 prophylaxes within the same benefit period.

**Rationale:** Some studies indicate a correlation between the presence of periodontal disease and exacerbation of problems with diabetes.

### 3. PERIODONTAL DISEASE

Allow an additional two periodontal maintenance procedures per calendar/benefit year if prior history of periodontal therapy has taken place. The periodontal maintenance allowances of 4 will include and history cross check against any routine prophylaxes within the same benefit period.

**Rationale:** Studies show a high correlation between increased maintenance visits and control of periodontal disease.

### 4. HEART DISEASE\*

Allow an additional two prophylaxes per calendar/benefit year but we will history cross check them against any periodontal maintenance for the same benefit period. Participant could receive up to 4 prophylaxes within the same benefit period.

**Rationale:** Some studies show a correlation between the presence of periodontal disease and the exacerbation of heart disease.

\*Participants with these conditions who have also been diagnosed with periodontal disease will be covered under the Periodontal Disease benefit.