



Dental Health

What To Know



Why It Matters

Poor oral health is linked to serious conditions like heart disease and diabetes.

By maintaining good oral hygiene, you can avoid these risks and improve your overall well-being.

Protect Your Smile:

Taking care of your teeth and gums is essential for maintaining a healthy, confident smile and preventing serious health issues.

Protect Your Health:

Taking care of your dental health benefits your whole body. Poor dental hygiene if untreated can lead to infections in other parts of your body (from bacterial pneumonia to cardiovascular diseases).

Avoid Tooth Decay:

Tooth decay can affect anyone at any age. One in four people have untreated tooth decay which can lead to pain and infection and ultimately to problems speaking, eating, working, and possibly tooth loss.

Tips for a Healthy Smile

Caring for your teeth and gums isn't just about brushing properly.

Here are some other tips:

- Visit the dentist at least once a year.
- Practice good oral hygiene by brushing twice a day and flossing daily.
- Cut down on sugary foods, drinks, and alcohol consumption. Sugar allows bacteria to produce acid, leading to cavities and tooth decay.
- Avoid dry mouth. Not having enough saliva in your mouth can increase your risk of cavities or infections. Drink plenty of fluids. Talk with your doctor or dentist if you are experiencing dry mouth.
- Call your doctor or a dentist if you experience sudden changes in your taste and smell.
- Eat tooth-friendly foods like fruits and vegetables. They increase saliva flow, which helps wash away food particles.
- If you have diabetes, make sure you stay on top of your diabetes management plan. This will reduce the risk of other complications, including gum disease. Treating gum disease may also help lower your blood sugar levels.

Visit accesshma.com to log in to your member portal or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

These guidelines are provided by Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a dental professional or licensed health-care professional.

Content Sourced from the CDC <https://www.cdc.gov/oralhealth/index.html>

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