



Take care of your dental health

Good dental health keeps your smile looking good! It is also part of your overall well-being.

In fact, gum health might be linked to health in other parts of the body. Researchers are studying a possible connection between gum disease and heart disease, stroke and babies who are born too soon.

Get started on the road to good dental health. Talk with your dentist and ask questions.

General questions

- How often should I have my teeth checked and cleaned? What are the benefits?
- How often should I brush and floss?
- Are there certain foods that are bad for my teeth?
- How can I avoid cavities?
- How can I avoid gum disease?

Questions about dental treatments

- What does this treatment recommendation mean?
- Is the treatment for dental or cosmetic reasons?
- Are there other treatment options?
- Which one will last the longest?
- Will my problem be solved no matter which one I choose?

Tell your dentist if you are worried about cost. There may be another treatment that costs less and works the same. Your dentist needs to know everything that might help in your treatment.

Tell your dentist about:

- Your overall health and medicines you are taking.
- How your teeth and gums feel and if you have a sensitive tooth or sores in your mouth.

Use the Web to get smarter about your health

**www.PlanForYourHealth.com
www.ada.com
www.communityvitality.com**

