



## Don't Cancel on Your Dentist

Regular dental visits can prevent many oral health problems or help identify them earlier when treatment may be simpler and more affordable.<sup>1</sup>

In fact, every dollar you spend on preventive care, such as brushing and dental cleanings, may save you money later in restorative care and emergency procedures.<sup>2</sup>

### Tips for a healthy smile:

- Find a dentist who makes you comfortable and whose schedule and location are convenient so you keep those appointments! For help, use the dentist search tool on our website.
- Brush twice a day for two minutes each time, and floss daily. This is the best way to fight tooth decay and gum disease.<sup>1</sup>
- Sugary beverages can wreak havoc on your smile, so limit your intake of soda pop and sports and juice drinks. Make water your beverage of choice.

1 American Dental Association, "Common Questions About Going to the Dentist," web. 2 Delta Dental Plans Association, "Stay Healthy and Save Money with Preventive Dental Care," web.

Keeping your smile healthy is an important part of keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral and overall health and wellness, visit Delta Dental's website.