

Don't Cancel on Your Dentist

Seeing a dentist isn't just for children. While growing older may have its advantages, canceling your dental appointments can mean serious harm for your oral health.

Regular dental visits can prevent many oral health problems or help identify them earlier when treatment may be simpler and more affordable.¹ 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.²

Dental care is very personal, so it's important that you feel comfortable with the dentist you choose and that your dentist has a schedule and location that are convenient for you.

To find a dentist in your area, visit [DeltaDentalNM.com](https://www.DeltaDentalNM.com) and use the dentist search tool.

A healthy smile and healthier you are just around the corner!



Did you know?

One hundred million Americans fail to see a dentist each year.¹



Quick Bites

Between dental visits, here are some tips to help you take care of your smile.

- Brush twice a day for two minutes each time, and floss daily. This is the best way to fight tooth decay and gum disease.¹
- Sugary beverages can wreak havoc on your smile so try to limit your intake of soda pop and sports and juice drinks. Make water your beverage of choice.
- Trash the tobacco. It increases your risk of oral cancer, gum disease, tooth decay, tooth loss and gum infections.
- Replace your toothbrush every three to four months and after you've been sick. Using a toothbrush after a cold will let those nasty germs live on.



Visit us online at [DeltaDentalNM.com](https://www.DeltaDentalNM.com)
for more information on oral and
overall health!

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.

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