

Taking care of your smile is important not only to your oral health but also to your overall health. Delta Dental of Kentucky is here to help protect your smile and keep you healthy.



Visit your dentist regularly

Adults who visit the dentist yearly are **37% more likely** to report good or better oral health. Those who report good oral health are almost twice as likely to report good or better overall well-being.



Dentists are disease detectives

Dentists can act as disease detectives by simply examining your mouth, head and neck for signs and symptoms of health issues. **More than 120** signs and symptoms of non-dental diseases can be found during a routine dental exam.



Dental care saves money

Untreated, often preventable oral diseases, send people to the emergency room every year. Poor oral health comes at a **cost not only to your health**, but also to your wallet.

Use these helpful tips to keep your smile healthy:

- Drink fluoridated water** and use a fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.
- Thoroughly **floss and brush your teeth**. Doing so reduces dental plaque and can help prevent gingivitis, the mildest form of gum disease.
- Avoid** tobacco. Tobacco use in any form increases the risk for gum disease, oral and throat cancers and fungal infections.
- Eat healthy meals, snacks and drinks **without sugar**.