

DentaQuest

Healthy Mouths,
happy smiles.

We're glad you're a member of DentaQuest! We care about your oral health. That's why we're sending you this important information on how to keep your teeth and gums healthy. Dental disease can affect your quality of life. Read on to learn how to prevent it!

DID YOU KNOW?

There are two dental diseases: caries (cavities) and periodontal disease (gum disease). They are both:

- caused by bacterial infections
- 100% preventable
- often present without symptoms
- able to be passed between family members
- painful and costly if left untreated
- the cause of most tooth loss
- able to cause other serious health complications if left untreated

WE CAN HELP!

We want you to take advantage of your dental benefits. Follow our advice to keep your gums and teeth healthy:

- visit your dentist at least once a year for an oral exam and cleaning. Visit twice a year if you have had a cavity or gum disease. Dentists can identify more than 120 disease symptoms, including oral cancer, through an oral exam!
- brush twice a day with fluoride toothpaste
- floss every day
- drink fluoridated water and ask your dentist if you need additional fluoride
- visit our Web site for more oral health information at www.dentaquest.com

If you have not visited a dentist in the past year, make an appointment today!

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Refresh your dental knowledge with this fun quiz!

TEST YOUR DENTAL IQ

1. I should brush my teeth with a _____ bristled tooth brush and fluoride toothpaste.
A. Hard B. Medium C. Soft
2. I should brush my teeth twice a day for at least _____ each time.
A. 20 seconds B. 2 minutes C. 1 minute
3. More than 75% of people over 30 have gum disease.
A. True B. False
4. If I have had a cavity filled, I am at risk for more cavities.
A. True B. False
5. Dentists cannot detect medical diseases through an oral exam.
A. True B. False
6. If my teeth are white, they must be healthy.
A. True B. False

ANSWERS:

- | | |
|---------|----------|
| 1. C | 4. True |
| 2. B | 5. False |
| 3. True | 6. False |
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HOW MANY DID YOU GET RIGHT?

- 6:** You are an oral health expert! Keep up the good work.
- 3-5:** You are very knowledgeable about oral health.
- 0-3:** You may want to learn more about oral health. That's why we're here! Go to our Web site, www.dentaquest.com to learn more about how to keep your smile healthy.

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1-800-334-6277
www.dentaquest.com

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