

THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

JULY 2021

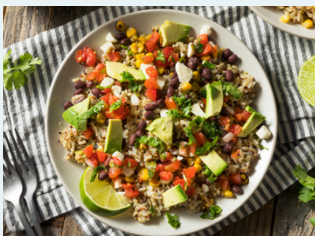
OPEN WIDE SEE WHAT'S INSIDE



P.2 What Are The Different Types Of Dental Insurance Plans?



P.3 You Can Eat A Vegetarian Diet And Keep A Healthy Smile



P.4 Healthy Recipe: Vegetarian Burrito Bowl

Oral Health Products You Shouldn't Leave In A Hot Car



Is leaving a water bottle in a hot car dangerous? What about your toothpaste and toothbrush? While you're cooling off, your car's indoor temperatures can rise to nearly 120 degrees in less than an hour.¹ And that heat causes dental items to sweat. Here are 3 items you should never leave in a hot car:

- 1. Bottled Water:** Some plastic water bottles contain low levels of bisphenol A (BPA). Though the FDA has deemed the amount of BPA safe, the levels skyrocket from safe to dangerous after being left in extreme heat. This includes bottled water bought in bulk from the store. Enlist an assistant to help haul the water out of your trunk and into your fridge. When we're thirsty, we're desperate—sometimes desperate enough to drink from the bottle you found rolling around on your floorboard. Keep H2O indoors or buy a BPA-free bottle instead.
- 2. Toothpaste:** Thankfully with toothpaste, chemicals aren't a concern but quality can be. Hot temps can cause ingredient separation and a melted mess. Brands made with natural ingredients are more susceptible to melting. And the mint flavoring in your favorite tube may start to disintegrate, leaving you with less-than-fresh breath.
- 3. Toothbrush:** If you keep your brush in your bag (next to your lipstick and emergency crayons), other items can melt on and around your toothbrush. Toothbrushes are a breeding ground for bacteria, and the warmth and humidity created from a wet brush breeds germs. So, it's best to let your backup brush breathe. Safely store it in a clean container out of the sun and in another location—your desk drawer, for example.

Make a conscious choice to keep products indoors this summer when the temps rise. But if you must leave them in the car, try your best to park in the shade.

WHAT ARE THE DIFFERENT TYPES OF DENTAL INSURANCE PLANS?



When it comes to dental coverage, there are many options. It's important to understand how your plan works so you can get the most out of your benefits. To help, we've summarized 3 common types of dental insurance plans: PPO, DHMO and dental discount plans.

Preferred Provider Organizations (PPO)

Dental PPO plans give members access to a network of dentists who accept reduced fees for covered services. Dental insurance companies offering these plans also share a portion of the reduced fee, which means members will save the most when visiting an in-network dentist. Members covered by a PPO plan will often have a deductible and coinsurance.

According to the National Association of Dental Plans, Dental PPO plans are the most popular type of plan in the U.S. market; 82% of all dental policies are PPOs.²

Dental Health Maintenance Organization (HMO)

A dental HMO provides lower cost coverage with a focus on preventive care, which typically includes cleanings, exams and X-rays. Dental HMO benefits are provided in exchange for a fixed monthly premium, and members must choose an in-network dentist to receive coverage. The dentist network size of a dental HMO plan is smaller than that of a PPO, but the cost also tends to be lower.

Dental Discount or Dental Savings Plans

A dental discount or dental savings plan allows members to choose from a panel of participating dentists who charge discounted fees for their services. To participate, members pay a low annual or monthly membership fee. Discount plans are not considered insurance because there are no claims to process and the member pays the dentist directly.

There are pros and cons with each type of dental coverage. Depending on your oral health care needs and the needs of your family, one type of plan may work best for you. If you are looking to make a dental plan switch, do your research on what your out-of-pockets costs may be and find out if your favorite dentist is in network.

SMILE STATS



Tooth decay is 4X more common than asthma among adolescents.³

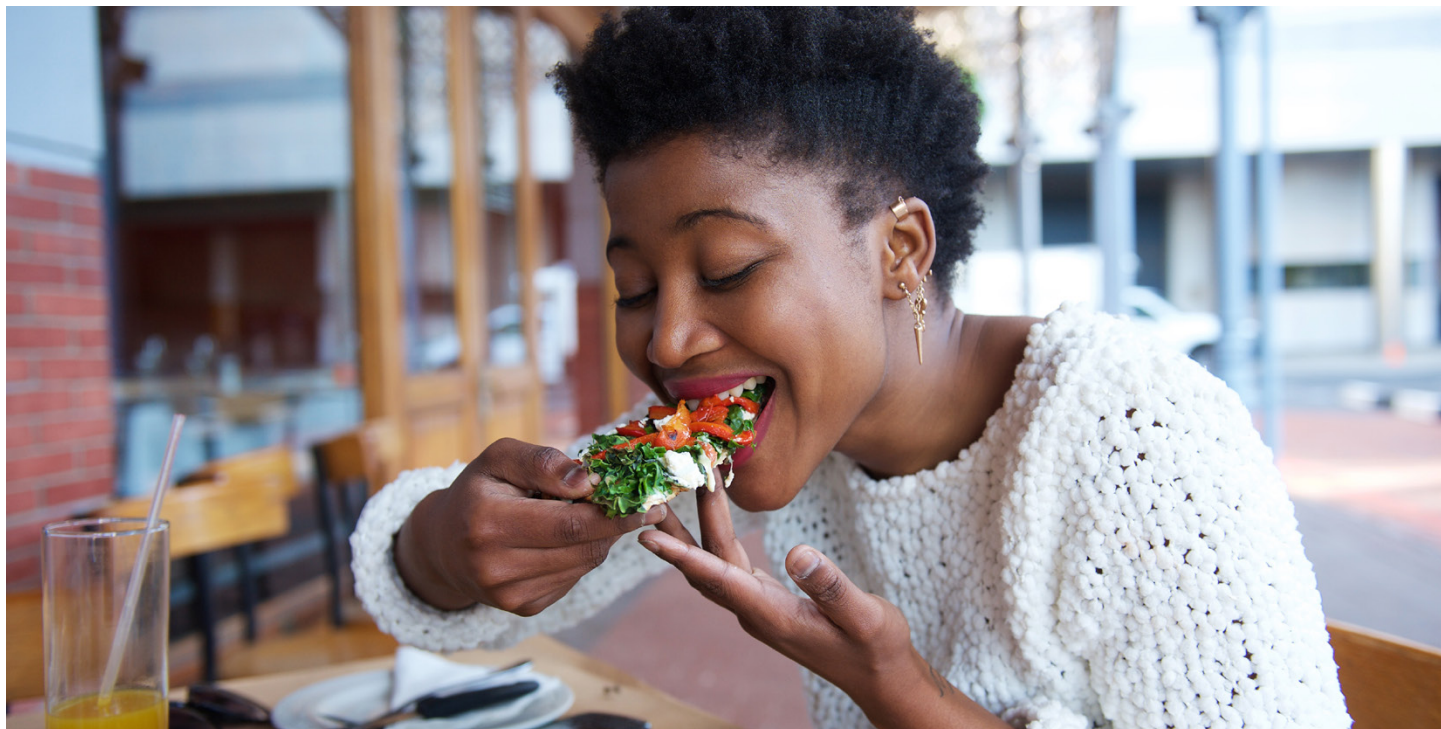


About 13% of children aged 5-19 years have untreated cavities.⁴



The CDC declared drinking water fluoridation as one of the top 10 public health achievements of the 20th century.⁵

You Can Eat A Vegetarian Diet And Keep A Healthy Smile



Some research shows eating a vegetarian diet can help prevent cancer,⁶ lower cholesterol, reduce weight and decrease the risk of high blood pressure and heart disease. These diets frequently contain less fat and fewer calories, along with more fiber and nutrients like potassium and vitamin C. In spite of those advantages, there can be potential risks to your oral health.

There Are Different Types Of Vegetarian Diets:

- Pescatarians eat eggs, dairy products, fish and seafood but no meat or poultry.
- Vegetarians consume eggs and dairy products but no meat, poultry, fish or seafood.
- Vegans avoid all animal products, including eggs and dairy products.

Potential Oral Health Issues

Vegetarian diets generally rely on fruits, vegetables, grains, seeds, nuts and other plants for food. While many of these foods can be good for your teeth, research suggests that a vegetarian diet may be associated with a greater risk of erosion of your teeth's enamel. This is potentially due to a higher consumption of acidic citrus products.

Possible Nutrient Deficiencies

Numerous vitamins and minerals help keep teeth and gums healthy. It is possible for people who eat a vegetarian diet to get the nutrients needed to help avoid oral health issues. To do so, it's necessary to eat a wide variety of foods. It's especially important to get enough calcium, vitamin D and protein, which can be lacking in vegetarian diets.

It's also important not to assume all vegetarian foods are healthy. For instance, some chips and cookies can be labeled vegan but contain high amounts of sugars or starches that can lead to plaque and cavities. After consuming carbs and sugars, you should always wash your mouth with water. And continue to protect your teeth by brushing twice a day with a fluoride toothpaste and flossing daily.

If you eat a vegetarian diet or are thinking about trying one, talk to your physician, dentist and dietician or nutritionist. They can help you make sure you're getting the proper nutrients for great oral and overall health.

MOUTH-HEALTHY RECIPE: VEGETARIAN BURRITO BOWL

Ingredients:



- 2 cups brown rice
- 15 ounces black beans
- 1 tablespoon chili powder
- 1 teaspoon dried onion
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon cumin
- ½ teaspoon paprika
- Salt, to taste
- 1 cup frozen corn
- 1 lime
- 1 cup cilantro
- 1 cup pico de gallo

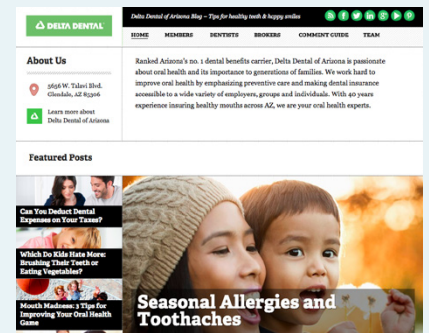
Directions:

1. Follow the instructions on the package to cook the brown rice.
2. Heat beans and spices in a large pan over medium to medium-high heat. Add salt to taste.
3. Cook frozen corn per instructions on the package.
4. Mix rice, beans and corn.
5. Divide mixture into four bowls. Add a lime wedge and cilantro to each bowl.
6. Top with pico de gallo and feel free to add toppings such as chopped avocado, cotija cheese or hot sauce, if desired.
7. Enjoy!

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SOURCES

¹<https://time.com/5291550/cars-dangerous-temperatures/>

²What are the different types of dental benefits products? (n.d.). National Association of Dental Plans. Retrieved from nadp.org/Dental_Benefits_Basics/dental_bb_10

³https://www.cdc.gov/healthywater/hygiene/disease/dental_caries.html

⁴<https://www.cdc.gov/nchs/fastats/dental.htm>

⁵<https://www.cdc.gov/mmwr/preview/mmwrhtml/00056796.htm>

⁶<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/how-plant-based-food-helps-fight-cancer/art-20457590>