

# THE ORAL HEALTH EXPERT

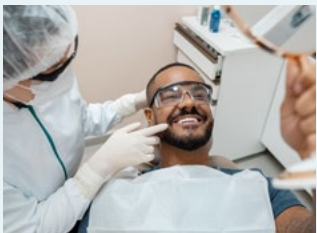
DELTA DENTAL OF ARIZONA

JULY 2022

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## The Reviews Are In: See Which Movie Night Snacks Are Best and Worst for Your Smile



Soaring summer temperatures are a perfect excuse to stay inside where it's cool and enjoy a snack and watch movies. When it comes to oral health, are your movie snacks praised or slammed by the experts?

Watching movies at home has health advantages over going to the theater. You're not as likely to gorge on giant tubs of butter-flavored popcorn, oversized candies or a jumbo soda. Here's how the critics reviewed your favorite snacks:

### These snacks earn rave reviews!

Crunchy fruits and veggies are a good choice for keeping teeth and gums clean. Try them with calcium-rich Greek yogurt dips. Speaking of calcium, cheese is another source of this key mineral for your smile. You can satisfy your urge to crunch with protein-packed nuts. Or, if you crave something salty, zucchini chips provide a healthy alternative to high-carb foods that can cause cavities.

### These snacks are two thumbs-down!

Unlike dark chocolate, most candies get poor reviews because they're full of sugar. Chocolate covered raisins are a classic movie candy, but they're sticky and tend to get caught in teeth and cause damage. Sipping soda during a movie can coat your teeth with cavity-causing sugar and acids can wear away tooth enamel.

### Popcorn gets mixed reviews.

On the positive side, this ultimate movie snack is a whole grain that's high in filling fiber. Consumed in moderation, it has fewer carbs and calories than many salty snacks. If you do enjoy popcorn, avoid unpopped kernels which can crack teeth and damage dental restorations. And always brush and floss after eating popcorn.

# WHAT TO LOOK FOR IN TOOTHPASTE, FLOSS AND MOUTHWASH



When shopping for oral health care products, it's easy to get overwhelmed by the many different brands and varieties of toothpaste, floss and mouthwash. Fortunately, you can ask your dentist or dental hygienist for help and follow this guide to help you make the best decisions.

## Toothpaste

Different toothpastes contain many of the same ingredients, including mild abrasive, flavorings, thickening agents, detergents and humectants (to keep toothpaste from drying out).

To prevent tooth decay when brushing, it is important to choose a toothpaste that contains fluoride. Depending on your needs, you may also want to check the label to see if the toothpaste can do more, like:

- Reduce gingivitis
- Control tartar
- Prevent bad breath
- Whiten teeth
- Desensitize teeth

## Floss

Flossing daily is vital for removing plaque and food particles in places where your toothbrush cannot effectively reach. Flossing regularly and correctly is more important than the type of floss you use. Floss can be waxed or unwaxed, although it makes no difference in its effectiveness.

## Mouthwash

All mouthwash will temporarily freshen breath and clean debris from teeth. However, you should look for a mouthwash that also kills the bacteria that cause odors and cavities. The active ingredients in some mouthwashes, when combined with brushing and flossing, can help improve your oral health. For instance:

- Cetylpyridinium chloride can control plaque and gingivitis
- Fluoride can prevent tooth decay
- Peroxide can help whiten discolored teeth

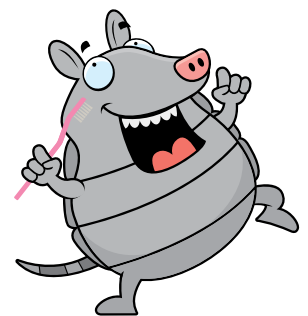
# SMILE STATS



Strawberries contain malic acid, a natural whitener for tooth enamel.<sup>1</sup>



During the Middle Ages, people thought cavities were caused by tiny worms that lived in our teeth.<sup>2</sup>



Armadillos have a whopping 104 teeth inside their mouths!<sup>3</sup>

# Is Oral Surgery Covered by Medical or Dental Insurance?



If you're planning a major oral surgery, then you're probably wondering whether your medical or dental insurance will cover the cost.

Oral surgeries can include the removal of diseased or impacted teeth, dental implants, biopsies, tumor removals, repair of trauma, and other surgical issues involving the bones and soft tissues of the face. These surgeries can be expensive, so it's important to know how your insurance can help with the cost.

Having dental insurance offers many benefits like lowered dental care costs and the ability to stay on top of your oral health. For many oral surgeries and certain dental-related procedures, your medical insurance may cover all or a portion of the healthcare bill.

## Is oral surgery covered by medical or dental insurance?

Your dental health can affect the rest of your body, and your overall health can affect your oral health. When you require a serious dental procedure, like oral surgery, some of the costs may be covered by both your dental insurance plan and your medical insurance plan. Whether or not your medical insurance covers a dental-related procedure will depend on your insurance provider and plan coverage. In most cases, medical insurance plans will cover some major oral surgery procedures.

## When will my medical insurance cover oral surgery?

Most common oral surgeries are covered, at least in part, by your dental insurance provider. However, this depends on the specific type of surgery you need, your dental plan, and your level of coverage. Your medical insurance may also pick up the cost in full or part for medically related oral surgery procedures depends on your plan, medical health status, and the type and degree of difficulty of the surgery. Costs may be covered for diagnosis, treatment, or prevention of a medically related oral condition or for rehabilitation of lost skills related to the problem.

## Which dental procedures are covered by medical insurers?

Depending on the circumstances, your insurance provider may bill different dental procedures as medically related dental procedures. Some examples could include:

- **Surgical treatments** - Difficult wisdom tooth extractions and other complex tooth removals, soft and hard tissue biopsies, correction of facial deformities, cancer-related treatment, and dental implants
- **Dental/facial trauma** - Injuries resulting from automobile or other accidents, teeth that have been knocked loose or knocked out
- **Diagnostic procedures** - Certain X-rays (non-routine ones), bacterial testing, and testing used to discover the source of oral pain
- **Non-surgical medical procedures** - Emergency treatments for inflammation and infection, drainage of abscesses, general anesthesia for surgeries, and appliances for jaw disorders or sleep apnea

If you have questions, it's always a good idea to talk with your oral surgeon or dentist office staff or contact your insurance providers directly.

# MOUTH-HEALTHY RECIPE: DARK CHOCOLATE STRAWBERRY BARK

## Ingredients:



3 cups plain Greek yogurt



1/4 cup honey



1 1/2 cups fresh strawberries, sliced



1 teaspoon vanilla extract



1/4 cup mini dark chocolate chips

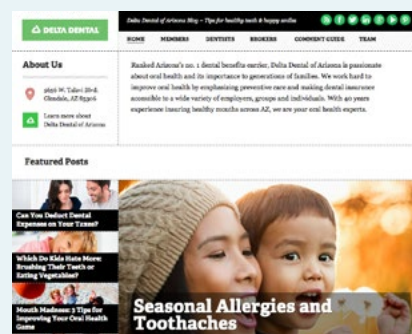
## Directions:

1. Line a baking sheet with parchment paper.
2. Stir yogurt, honey and vanilla in a bowl.
3. Spread mixture evenly onto the baking sheet.
4. Sprinkle strawberries and chocolate chips on top of the mixture.
5. Freeze at least three hours.
6. Cut into bite-sized pieces and enjoy!

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[deltadentalazblog.com](http://deltadentalazblog.com)



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## SOURCES

<sup>1</sup><https://www.healthline.com/health/dental-and-oral-health/strawberry-teeth-whitening#do-they-work>

<sup>2</sup><https://www.colgate.com/en-us/oral-health/mouth-and-teeth-anatomy/3-fun-facts-about-teeth#>

<sup>3</sup><https://www.colgate.com/en-us/oral-health/kids-oral-care/dental-trivia-fun-teeth-facts-for-kids>