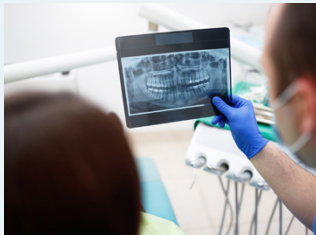


# THE ORAL HEALTH EXPERT

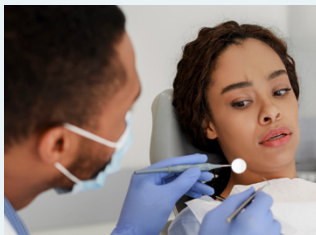
DELTA DENTAL OF ARIZONA

MAY 2021

## OPEN WIDE SEE WHAT'S INSIDE



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## What is Full Coverage Dental Insurance?



Full coverage dental insurance plans are those that help cover the costs of a wide range of dental treatments and procedures. These plans usually cover a portion of the cost for preventive care, basic care, major restorative care, and sometimes, orthodontic treatment. However, having full coverage does not necessarily mean your plan will cover 100% of the costs associated with your oral health care needs.

The number and types of services covered under your plan will be dependent on the dental insurance carrier you select and the plan you choose, which may be a PPO, Dental HMO, or other type of dental insurance plan.

### What does a full coverage dental insurance plan cover?

A full coverage dental insurance plan may cover:

- Routine preventive and diagnostic care, such as cleanings and exams
- Basic procedures, like fillings and simple extractions
- Major procedures, such as crowns and bridges
- Select procedures, such as orthodontia

Dental insurance might not cover:

- Cosmetic procedures, like teeth whitening
- Some plans may not cover pre-existing conditions, such as missing teeth

It is also important to consider the limitations of each dental insurance plan. For example, some plans may require a waiting period before you can get certain treatments.

Ultimately, choosing a full coverage dental insurance plan will depend on your individual and family needs. Think about your level of oral health and whether having more coverage makes sense for your budget.

# Can a Dead Tooth be Saved?



Have you ever noticed a tooth becoming painful or starting to change color? It could be a sign of a dying or dead tooth. Time is of the essence if you have a dead tooth, so here are some tips on what to do if you think you have one.

## What causes a tooth to die?

Teeth are living things. The pulp—nerves, blood vessels and connective tissue inside a tooth—keeps it alive. A dead tooth occurs when those tissues are damaged and the blood supply to the tooth is lost. There are a few factors that can cause a tooth to die:

- **Injury:** Blood vessels inside the tooth may be damaged if you suffer trauma to your tooth from playing sports, falling on your face or other accidents.
- **Tooth decay:** Poor dental hygiene and a diet high in sugar can cause cavities. If cavities are left untreated, bacteria can infect the pulp, causing inflammation, infection, and the death of tooth cells.
- **A large filling:** Even if decay hasn't reached the pulp, the presence of a large filling can lead to pulp damage. This can be caused by trauma to the tooth from long-term decay, the process of filling a cavity or the transfer of heat and cold through the filling.

## Can you prevent a dead tooth?

Accidents happen, so it may not be possible to prevent all injuries to teeth. However, you can take these measures to lower your risk of a dead tooth:

- Wear a mouth guard for sports and activities.
- If you grind your teeth at night, consider wearing a night guard.
- Avoid using your teeth for the wrong purposes, like opening things.
- Maintain a healthy routine by brushing twice a day with fluoride toothpaste and flossing daily.
- Keep up with routine dental visits so your dentist can detect and treat tooth decay early.

If you think you have an injured tooth, make an appointment to see your dentist as soon as possible. They will take the proper steps to try to save the tooth and relieve you of any pain.

# SMILE STATS



Dental anxiety affects about 36% of the population.<sup>1</sup>



Avocados are a smile super food! They contain folic acid and potassium for healthy teeth and gums.<sup>2</sup>



Baseball and basketball account for the highest number of sports-related dental injuries in children.<sup>3</sup>

# How to Manage Dental Anxiety



What keeps people from getting the preventive dental care they need for a healthy smile? More than 1 in 4 Americans who've bypassed care admit they were scared of going to the dentist.<sup>4</sup> Avoiding dental care often leads to worse oral health, pain and more costly dental procedures in the future. That's why it's so important for people with dental anxiety to confront it.

## What causes dental anxiety?

The cause(s) of dental anxiety vary from person to person, but common factors include:

- Past negative experience at the dentist, especially during childhood
- Tendency to be anxious in general
- Concern or shame about poor oral health or hygiene
- Anxiety about paying for treatment
- Fear of possible pain
- Fear of needles
- Fear of dental drills
- Fear of gagging or choking

## What can you do to relieve anxiety?

Dental offices are experienced in dealing with anxiety and work to create a relaxing environment for patients. In addition to the help you receive from dental professionals, you may want to try these methods to relieve your anxiety:

- Survey friends and family to see if they recommend a dentist who makes them feel at ease.
- Schedule your appointment at a time when you're under less stress, such as early morning.
- Avoid sugary foods and caffeine before your appointment, as they can trigger nervousness.
- Breathe deeply before your treatment to help slow your heart rate and relax your muscles.
- Take advantage of distractions offered at your dental office, such as television or music. Consider bringing your own music and headphones.
- Distract yourself with a stress ball or fidget toy.
- Agree on a signal to let your dental professional know if you need a brief pause in treatment.

You're not alone when it comes to fighting dental anxiety. Remember to communicate with your dental staff and they'll use their experience to help make you more comfortable. It's important to continue to schedule regular checkups and maintain great oral health care habits.

# MOUTH-HEALTHY RECIPE: MANGO, AVOCADO AND ARUGULA SALAD

## Ingredients:



## Salad:

- 6 cups arugula
- 1 large mango, sliced
- 1 large avocado, sliced
- 2 grilled chicken breasts, chopped
- 1 cup pine nuts

## Cilantro-lime dressing:



- 1/4 cup olive oil
- 1/4 cup fresh lime juice
- 2 tablespoons chopped cilantro
- 1 clove minced garlic
- 1 teaspoon agave
- 1/8 teaspoon chili powder
- 1/8 teaspoon ground cumin
- Salt and black pepper to taste

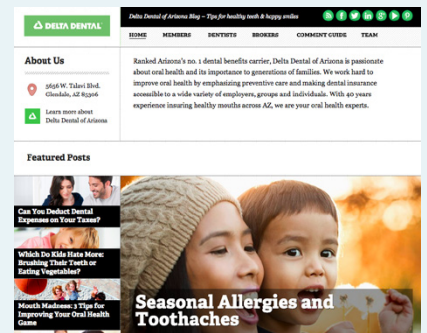
## Directions:

1. Rinse arugula and place it in a large salad bowl.
2. Top with mango, avocado, chicken and pine nuts.
3. In a separate medium bowl, whisk together olive oil, lime juice, cilantro, garlic, agave, chili powder and cumin to make dressing. Season with salt and black pepper to taste.
4. Drizzle the cilantro-lime dressing mixture on the salad.
5. Serve fresh and enjoy!

WANT MORE ORAL HEALTH TIPS AND NEWS?

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



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## SOURCES

<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5586885/#:~:text=Dental%20anxiety%2C%20or%20dental%20fear,extreme%20dental%20fear%20%5B1%5D>

<sup>2</sup><https://www.deltadentalwa.com/blog/entry/2019/03/avocados-good-for-your-teeth>

<sup>3</sup><https://www.deltadental.com/us/en/about-us/press-center/2017/new-survey--mouth-guard-usage-in-many-sports-lacking-for-4-in-10.html>

<sup>4</sup>DDPA 2020 Adult Oral Health and Well-Being Study