



# WHY GOOD DENTAL CARE MATTERS

## Schedule your appointment today!



### It can affect your overall health

- Signs of 100+ diseases can be spotted during a dental exam.<sup>2</sup>
- Several studies show that gum disease is associated with heart disease.<sup>3</sup>
- Those with gum disease are about twice as likely to have a heart attack.<sup>1</sup>
- For people with diabetes, gum disease can make it harder to control their blood sugar.<sup>3</sup>
- In pregnant women, severe gum disease has been linked to premature birth and low birth weight.<sup>1</sup>



### You can get a checkup at no cost to you!<sup>4</sup>

- Thanks to your Dental Blue<sup>®</sup> plan, out-of-pocket costs shouldn't be a barrier to getting regular preventive care.
- Seeing your dentist regularly helps spot problems early on, so it's easier to treat. And that can save you time and money.



### Time for a checkup?

Call your dentist today and schedule a preventive exam. Your health will thank you!



Learn about using your dental benefits at:

[BlueCrossNC.com/  
DentalCheckup](https://BlueCrossNC.com/DentalCheckup)

1 Source: [www.heart.org/en/news/2022/08/11/health-conditions-a-dentist-might-find-that-have-nothing-to-do-with-your-teeth](https://www.heart.org/en/news/2022/08/11/health-conditions-a-dentist-might-find-that-have-nothing-to-do-with-your-teeth) (Accessed November 2022).

2 Source: [www.health.harvard.edu/heart-health/gum-disease-and-heart-health-probing-the-link](https://www.health.harvard.edu/heart-health/gum-disease-and-heart-health-probing-the-link) (Accessed November 2022).

3 Source: "Oral health: A window to your overall health." Mayo Clinic. Online: [www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475) (Accessed November 2022).

4 On most standard dental plans, and based on Blue Cross and Blue Shield of North Carolina allowable schedule. Limitations may apply. Refer to your benefit booklet for details.

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