

# Expert Tips for Dental Wellness



Dental health, supported by regular brushing and flossing, is strongly linked to your overall health. Regular dental exams can help identify potential symptoms of other health issues early, like risk of heart disease or diabetes. Follow these proactive dental wellness tips to protect your teeth and enhance your well-being.

## Dental care for adults



- Brush and floss teeth daily.
- Visit your dentist twice a year for cleanings and exams.
- Drink fluoridated water<sup>1</sup>, eat balanced meals and limit sugary snacks.
- Ask your dentist about supplemental fluoride and dental sealants.

## Dental care for children



- Use fluoride toothpaste (only a pea-sized amount for children under 6).
- Schedule their first dental visit by age 1.
- Make sure to schedule appointments with their dentist twice a year or as directed.
- Encourage them to protect their teeth by using a mouth guard during sports.

# 92%

**of Americans would delay dental care due to costs, even if it's an emergency.<sup>2</sup>**

## What to do in an emergency



### Stuck object

Try to gently remove the object with dental floss and avoid cutting the gums.

### Tooth knocked out

Rinse off the root of the tooth. Put tooth in cup of milk and immediately go to the dentist.

### Broken tooth

Rinse with warm water. Use dental floss and use a cold compress for swelling. Then call your dentist.

## Orthodontia benefits



- Align teeth and jaws properly.
- Alleviate or reduce risk of physical health problems.
- Improve biting, chewing and speaking abilities.
- Enhance self-esteem, self-confidence and self-image.

**For more information about dental health and overall well-being visit our blog at [ameritas.com/insights/dental/](https://ameritas.com/insights/dental/).**

#### Sources:

1. National Institutes of Health. Fluoride Fact Sheet for Health Professionals. Updated 2024. Available at: <https://ods.od.nih.gov/factsheets/Fluoride-HealthProfessional/#en1>.

2. Synchrony. Dental Lifetime of Care Study. Published 2023. Available at: <https://www.dentallifetimeofcare.com/#page>.



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