



HEALTHY GUMS ARE PART OF TOTAL HEALTH

More Dental Benefits to You

Dental health can influence conditions such as diabetes, oral cancer, Sjögren's syndrome, cardiovascular disease, stroke, low birth weight and prematurely born babies. A healthy mouth and good health go hand in hand. It is important for you to get regular preventive dental care to help maintain your total health.

Consider the Research

Research has shown that good dental health can dramatically improve total health for people with certain conditions.

A two-year study¹ by the Columbia University College of Dental Medicine found that you also may reduce annual medical costs with early periodontal treatment by:

- 9% for people with diabetes
- 16% for people with heart disease

Dental XtraSM

The Dental Xtra program provides at-risk members with additional dental benefits paid 100% when using a participating dentist. Dental Xtra benefits:

- Don't count towards your Calendar-Year Maximum
- Are covered 100% with no coinsurance or deductible when visiting a participating dentist. (Coinsurance will apply when visiting a non-participating dentist.)



**BlueAdvantage
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Help avoid major health issues by focusing on good dental care

Coronary Artery Disease²

Researchers have found that people with periodontal or gum disease are almost twice as likely to have coronary artery disease. There are several theories of how this happens. When bacteria from the mouth enters the blood vessels, they attach to fatty proteins, which may lead to blood clots and plaque build-up. Inflammation caused by periodontal disease also could increase plaque build-up in the mouth. Significant amounts of dental plaque has been found in the arteries, which contributes to narrowing and hardening. Gum disease can also worsen, aggravate or intensify existing heart conditions.

Stroke³

According to the American Academy of Periodontology (AAP), studies show an association between periodontal disease and the likelihood of having certain types of stroke. Research

suggests that treating gum disease may reduce this likelihood where this association is present.

Diabetes⁴

The relationship between periodontal disease and diabetes goes both ways. People with diabetes are more susceptible to periodontal disease, and periodontal disease may increase blood-sugar levels and complications for those with diabetes. Periodontal disease also may increase the progression of pre-diabetes and can increase insulin resistance and disrupt glycemic control.

Oral Cancer

A history of oral cancer can put you at risk for developing new primary lesions. Additional dental benefits may help dentists identify suspicious oral lesions early for possible treatment, as well as treat the side effects of previous oral cancer treatment.

Sjögren's Syndrome⁵

Sjögren's syndrome causes dry mouth as a result of inflammation in the glands that produce saliva and tears. Insufficient saliva production greatly increases your risk for cavities and oral infection. It is important for you to practice good dental hygiene and have regular cleanings and exams so that your dentist may spot developing problems at an early stage.

Low Birth Weight and Premature Birth⁶

Pregnant women may have red, tender gums that are likely to bleed. This condition is known as pregnancy gingivitis and occurs when rising hormone levels make the gums more sensitive to plaque – the sticky film of bacteria that forms on teeth. This inflammation may increase the likelihood of a woman having a premature, low birth weight baby.

Covered Conditions and Benefits	Automatic Program Enrollment	Two Additional Cleanings or Periodontal Maintenance Visits per Year	Oral Cancer Screenings Once Every 6 Months & Fluoride Treatments Once Every 3 Months	Periodontal Maintenance and Scaling 100% Covered with No Out-of-Pocket Expense*
Diabetes	✓	✓		✓
Coronary Artery Disease	✓	✓		✓
Stroke	✓	✓		✓
Pregnancy		✓		✓
Oral Cancer	✓	✓	✓	
Sjögren's Syndrome	✓	✓	✓	

*A member's plan must include periodontal coverage to receive this benefit.

¹Grand Rounds in Oral-Systemic Medicine (2007, February) Vol. 2, No. 1.

²American Dental Association. (2015, October 21). Periodontal Disease and Cardiovascular disease. www.ada.org

³American Academy of Periodontology. (n.d.). Gum Disease and Heart Disease. www.perio.org

⁴Llambes, F., Arias-Herrera, S., & Caffesse, R. (2015, July 10). Relationship Between Diabetes and Periodontal Infection. www.ncbi.nlm.nih.gov

⁵www.sjogrens.org (2017)

⁶Perio.org. (2013, August 28). Expectant Mothers' Periodontal Health Vital To Health Of Her Baby. www.perio.org

Visit us at arkansasdentalblue.com or call 1-888-223-4999.

Take advantage of these benefits for better health.



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