



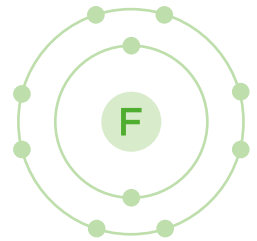
Preventive Care: Fluoride, Sealants, and At Home



Delta Dental encourages regular visits to your dentist to protect your teeth and check for signs of dental issues that could cause oral health issues in the future. **Talk to your dentist about these preventive care methods.**

Fluoride Treatments

Fluoride is a mineral that can help protect your teeth against tooth decay, and is commonly found in drinking water and toothpaste. Dentists easily paint the solution onto tooth surfaces during routine dental check-ups.



70% of high-risk children covered by Delta Dental did not receive recommended fluoride treatments.

Brushing & Flossing



96 million people are not getting the proper amount of preventive care.

Brushing your teeth with fluoridated toothpaste and flossing are basic measures you should take for preventive care. Dental visits help with diagnosis of oral health problems, like periodontal (gum) disease. Gum disease is a chronic bacterial infection that affects the gums and bones supporting your teeth. With preventive care, you may be able to save the time, money and discomfort associated with gum disease.

Sealants



60-70% of cavities can be prevented by sealants.

Sealants are plastic coatings that protect difficult-to-reach pits and grooves on the chewing surfaces of the teeth from the bacteria that cause tooth decay (cavities). Sealants are particularly beneficial to children who are at a higher risk for tooth decay. Your dentist can easily apply sealants during a routine check-up, and it's quick and painless!

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org



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