

Heart Disease and Oral Health

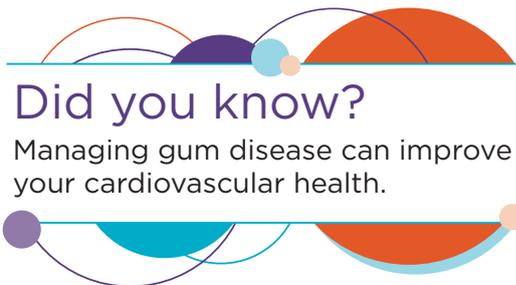
Explore the link between your oral health and heart health



Claiming around 610,000 lives each year, heart disease is the No. 1 killer of both men and women in the U.S.¹ Did you know that research has found a link between this deadly disease and the health of your gums?

- Having gum disease increases the risk of a first heart attack by 28%, according to a 2016 study.²
- Treating gum disease can go a long way toward lessening the impact of coronary artery disease (CAD), according to a 2014 study in the *American Journal of Preventive Medicine*.³ Patients who were treated for gum disease had lower medical costs and fewer hospitalizations for CAD.
- Inflammation caused by periodontal disease may be responsible for the connection.⁴

The two conditions also have some of the same risk factors, including smoking, poor nutrition and diabetes.



Did you know?

Managing gum disease can improve your cardiovascular health.

¹ Underlying cause of death, 1999-2015 request. <https://wonder.cdc.gov/ucd-icd10.html>.

² Rydén L. Response by Rydén to Letter Regarding Article, "Periodontitis Increases the Risk of a First Myocardial Infarction: A Report From the PAROKRANK Study". *Circulation*. 2016;134(1):e2.

³ Jeffcoat M, Jeffcoat R, Gladowski P, Bramson J, Blum J. Impact of periodontal therapy on general health: Evidence from insurance data for five systemic conditions. *American Journal of Preventive Medicine*. 2014;47(2):166-74. <https://www.ncbi.nlm.nih.gov/pubmed/24953519>.

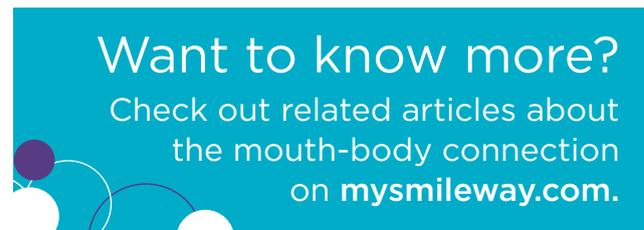
⁴ Saini et al. Periodontal diseases: A risk factor to cardiovascular disease. *Ann Card Anaesth* 2010;13:159-61.



Prevention is the best medicine

Regular healthy habits can lower your risk of both gum disease and heart disease. And, if you already have one or both of these conditions, these strategies can help reduce their impact.

- **Brush and floss regularly.** To remove plaque-forming bacteria, brush for at least two minutes, twice a day, and don't skip the floss.
- **Choose a healthy diet,** rich in essential nutrients (especially vitamins A and C). Reduce sugar and starches.
- **Avoid cigarettes and smokeless tobacco.** These habits can destroy your gums and increase your chance of heart disease.
- **Visit the dentist** for regular cleanings and exams. Your dentist can identify signs of systemic illness and catch gum disease early on. Always tell your dentist your medical history, current conditions and any medications you're taking.



Plan for a Healthy Smile

Get a pre-treatment estimate



Even if you're savvy about your dental benefits, you might like a bit of help clarifying the cost of a treatment. That's why Delta Dental offers free pre-treatment estimates. This is an easy way to help you predict your out-of-pocket cost for a specific procedure.¹

You might benefit from a pre-treatment estimate if you are:

- Planning dental work that will likely exceed \$300, like a crown, wisdom tooth extraction, bridge, dentures or periodontal surgery
- Wondering if a procedure is covered by your plan
- Worried a procedure might exceed your annual plan maximum
- On a budget and need to plan your payment in advance

The pre-treatment estimate includes:

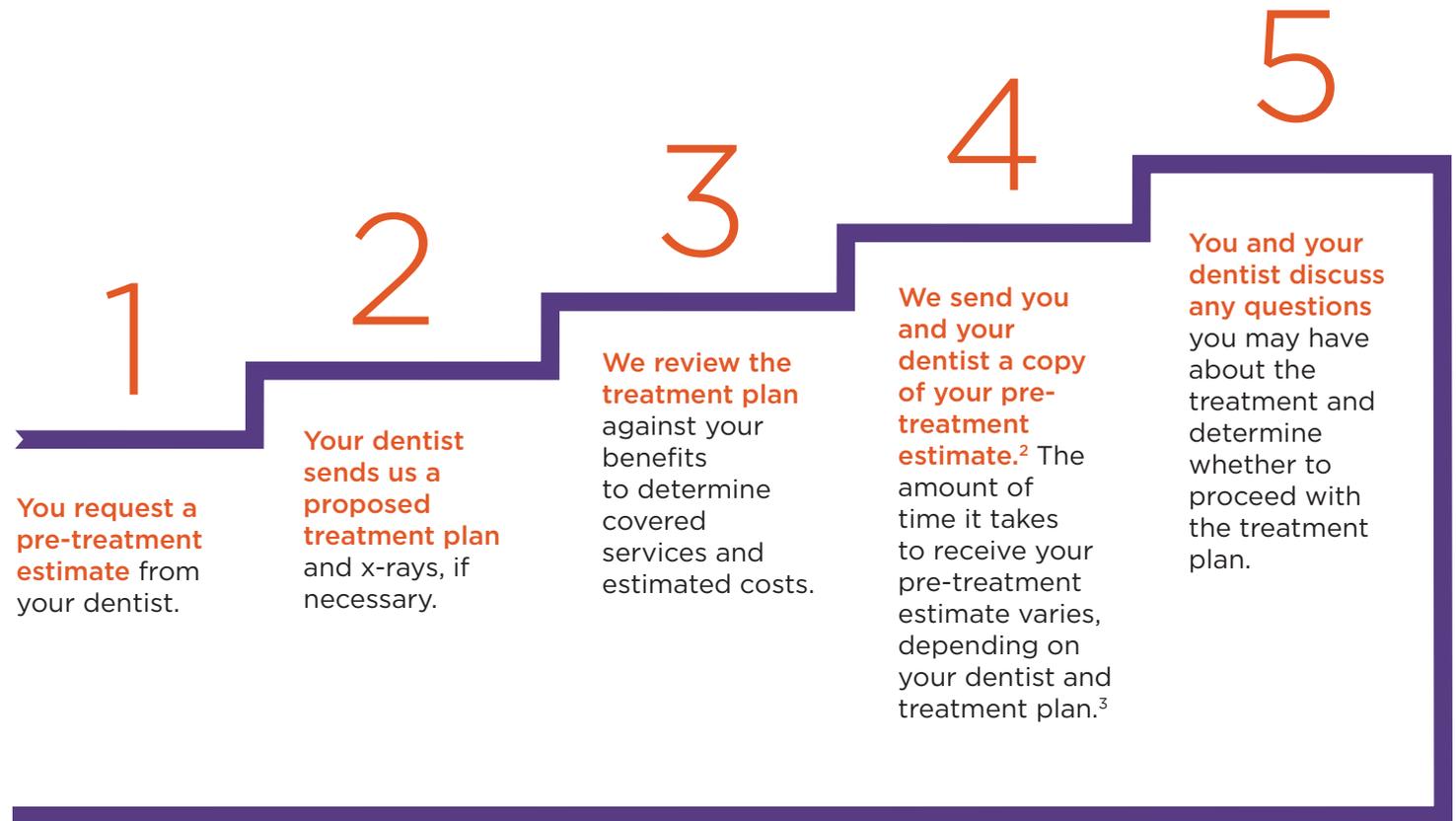
- An overview of services covered by your dental plan, as well as those that are limited or excluded
- How your coinsurance, deductibles and maximums may affect your share of the cost

¹ Pre-treatment estimates are available if you are covered under a Delta Dental PPO™ or Delta Dental Premier® plan.



Step by step

The pre-treatment estimate process



Have more questions about your plan? Visit **Your Dental Plan Support Guide** at deltadentalins.com/enrollees.

² A pre-treatment estimate is not a guarantee of Delta Dental's final payment. When the treatment is complete and a claim is received for payment, Delta Dental will calculate its payment based on your current eligibility, amount remaining in your annual maximum and any deductible requirements or dual coverage. Please review your Evidence of Coverage, Summary Plan Description or Group Dental Service Contract for specific details about your plan.

³ Generally, pre-treatment estimates process in two to three weeks. However, dentists using our online tools may be able to provide your pre-treatment estimate while you are in the office.