

OCTOBER

DENTAL HYGIENE MONTH

Healthy Smiles Start with Good Dental Hygiene



Taking care of your teeth and gums is an important part of your overall health. Good dental habits can help keep your mouth healthy and support your overall well-being.

Why It Matters

Poor oral health has been associated with:

- Heart disease
- Diabetes
- Pneumonia

Regular dental exams may also help identify other health concerns early.

Healthy Habits

- Brush your teeth twice daily with fluoride toothpaste
- Floss once a day
- Brush your tongue gently
- Replace your toothbrush every 3 to 4 months
- Rinse and store your toothbrush upright after each use

Do Not Skip Checkups

Visit your dentist every 6 to 12 months, or as recommended by your dentist. Regular visits can help prevent cavities, gum disease, and other oral health issues.

Wellness Tip

If you have not had a dental exam in over a year, consider scheduling one today.

Southern Land Company's Dental Plan

Administered by Blue Cross Blue Shield of Tennessee (BCBST)

Enrolled members may receive up to two general cleanings in any 12-month period 6 months apart from the previous or next cleaning. Certain periodontal maintenance services may replace a routine cleaning under the plan. Visit www.bcbst.com/findadoctor and log in to locate an in-network provider, view your claims, manage your care, and access additional member tools.

Call Your Dentist If You Have:

- Tooth pain
- Red or swollen gums
- Bad breath that does not go away
- Bleeding gums
- Any other unusual symptoms or dental concerns

Sources:

- <https://healthylearn.com/connerstrong/hc/dental-hygiene.html>
- <https://healthylearn.com/connerstrong/hc/regular-dental-care.html>

Disclaimer: This information is for general educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Please consult your dentist or healthcare provider for guidance specific to your needs.