

CAN PROTECT YOUR HEALTHY GUMS WHOLE BODY?

Arkansas Blue Cross and Blue Shield makes your total health a priority. That's why we offer Dental Xtra benefits¹ to our members with qualifying medical conditions. Your dentist has checked the appropriate box(es) to show how this can benefit you.

- Pregnancy²:** Rising hormone levels make the gums more sensitive to plaque causing pregnancy gingivitis – red, tender gums that are likely to bleed. This condition may result in early delivery or having a low-birth-weight baby.
- Diabetes³:** Those with diabetes are more susceptible to periodontal disease (also known as gum disease), which may increase blood-sugar levels, the progression of pre-diabetes, insulin resistance, and disrupt glycemic control.
- Coronary Artery Disease (CAD)⁴:** People with periodontal disease are almost twice as likely to have heart disease. When bacteria from the mouth enters the blood vessels, it attaches to fatty proteins, which may lead to blood clots, plaque build-up, and may cause arteries to narrow and harden. Gum disease can also intensify existing heart conditions.
- Stroke⁵:** 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 risk.
- Oral Cancer:** Additional benefits will help dentists identify suspicious oral lesions early on and treat the side effects of any previous oral cancer treatment.
- Sjögren's Syndrome⁶:** This condition 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. Practice good oral hygiene by having regular cleanings and exams so your dentist may spot problems at an early stage.

Jumpstart your path toward better total health.
Visit arkansasdentalblue.com to enroll today.

Case Specific Notes: _____



Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association

¹ Available for group non-ACA and ACA Individual members only.

² Expectant Mothers' Periodontal Health Vital To Health Of Her Baby. (2013). perio.org.

³ Llambes, F.; Arias-Herrera, S.; & Caffesse, R. (2015). Relationship Between Diabetes and Periodontal Infection. ncbi.nlm.nih.gov.

⁴ American Dental Association. (2015). Periodontal Disease and Cardiovascular disease. ada.org.

⁵ American Academy of Periodontology. (n.d.). Gum Disease and Heart Disease. perio.org.

⁶ sjogrens.org (2017).