



TAKE ON THE DAY WITH A SMILE

Here's a human truth — most folks don't look forward to seeing the dentist. But regular checkups are more important than you know. So whether you've been away for a year or a little longer than you care to admit, it's important to take that big step and schedule a checkup.

HERE'S WHY:



There's no better time to act than now.

Prevention is the most important thing in dental care. And while a cavity can be filled over your lunch break, left untreated, it could require more time and money. Save yourself the aggravation by seeing your dentist early and often.



Up to 120 medical conditions can be detected early.¹

Heavy plaque buildup and gum disease can indicate that you're at risk for diabetes, heart disease, stroke, and more.² A dentist can spot the signs and let you know if you should follow up with your doctor.



Your smile can do more than you think.

Smiling sends a message to your brain to release neuropeptides, which lower stress. It also gives you a boost of dopamine, endorphins, and serotonin, so you feel happier and more relaxed.

Visit [ExcellusBCBS.com/findadentist](https://www.excellusbcbs.com/findadentist) to find a dentist near you, then schedule your next checkup today.

5 TIPS TO TAKE ON DENTAL ANXIETY

Do dental visits stress you out? Here's how you can overcome it:

- 1 Find a dentist that creates a positive experience.
- 2 Avoid caffeine before your appointment to limit stress.
- 3 Focus on breathing slowly and regularly to keep calm.
- 4 Take your mind off your worries by listening to your favorite playlist.
- 5 Talk to your dentist about what makes you anxious and agree on a strategy to help you feel more in control.

¹ Little, James W., Falace, Donald A., Miller, Craig S., & Rhodus, Nelson L., "Dental Management of the Medically Compromised Patient (8th Ed.)," 2012.

² CDC, "Oral Health: Preventing Cavities, Gum Disease, and Tooth Loss," 2009.

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