

Oral health and overall health are connected. Renaissance works hard every day to develop plans that allow everyone to live a healthy lifestyle. That means developing dental plans that include two additional cleanings (*prophylaxes*) or periodontal maintenance cleanings per benefit period for individuals with certain at-risk conditions.

**FOUR TOTAL CLEANINGS MEANS PREVENTIVE COVERAGE  
TO HELP KEEP YOUR BODY HEALTHY!**



### WHAT MAKES DENTAL CARE SO IMPORTANT?

Dentists are in a unique position to detect 120 signs and symptoms of non-dental disease, all through routine examinations.<sup>1</sup> Help keep your whole body healthy with good oral health habits and regular dental visits. Renaissance provides quality dental plans to complete your health benefits and save you money.



### DIABETES & GUM DISEASE

Research has confirmed that diabetes worsens gum disease, and it strongly suggests that severe gum disease increases the severity of diabetes.<sup>2</sup> Studies strongly indicate that when people with diabetes receive more frequent professional teeth cleanings, their blood glucose levels are much better controlled.<sup>3</sup>



### INDIVIDUALS AT RISK FOR INFECTIVE ENDOCARDITIS

Despite medical advances, there is still a 20 percent mortality rate from infective endocarditis, a potentially deadly heart infection.<sup>5</sup> The American Heart Association states that good oral health is an important factor in reducing the risk for infective endocarditis.<sup>6</sup>



### PREGNANCY & GUM DISEASE

High maternal levels of the bacteria that causes cavities may contribute to low infant birth weight.<sup>4</sup> Clearly, it is important to maintain good oral health during pregnancy for the health of both the baby and the mother.



### OTHER AT-RISK CONDITIONS

People with serious health conditions are often at an increased risk for infection due to weakened immune system response.<sup>7</sup> Having teeth cleaned professionally on a more frequent basis helps lower the risk that bacteria will enter the bloodstream, create infection and further compromise the person's condition.

Head and neck radiation causes some specific oral health problems. The National Institute of Dental and Craniofacial Research encourages people to see a dentist before beginning cancer treatments.<sup>8</sup> A common side effect of head and neck radiation is an increase in cavities.

#### Enhanced coverage is available for:

- People with renal failure/undergoing dialysis
- People with suppressed immune systems:
  - Chemotherapy and/or radiation treatment
  - HIV positive status
  - Organ transplant
  - Stem cell (*bone marrow*) transplant

If you have one or more of the conditions listed above, ask your dentist and physician how you can better manage your oral health to prevent infection and improve your condition.

**LEARN MORE AT  
RENAISSANCEFAMILY.COM**

(1)American Dental Association. "Health Topics: Diabetes." <http://www.ada.org/3069.aspx?currentTab=1>, accessed October 2013. Perio.org. "Gum Disease Links to Heart Disease and Stroke." [http://www.perio.org/consumer/heart\\_disease](http://www.perio.org/consumer/heart_disease), accessed October 2013 (2)Mealey, BL, "Periodontal Disease and Diabetes," *Journal of the American Dental Association* 137 (2006): 25S-31S. (3)Teuw, WJ, Gerdes, EA and Loos, BG, "Effect of Periodontal Treatment on Glycemic Control of Diabetic Patients: A Systematic Review and Meta-analysis," *Diabetes Care* 33 (2010): 421-27. (4)Li, Y et al., "Mode of Delivery and Other Maternal Factors Influence the Acquisition of *Streptococcus Mutans* in Infants," *Journal of Dental Research* 84, no. 9 (2005): 806-11. (5)Cleveland Clinic Center for Continuing Education, "Infective Endocarditis," web. (6)WebMD, "Dental Health and Endocarditis Prevention," web. (7)Healthline, "Immunodeficiency Disorders," web. (8)National Institute of Dental and Craniofacial Research, "Head and Neck Radiation Treatment and Your Mouth," web.