

Healthy Smiles All Year Long.

Oral health is a foundation for overall wellness. Regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease. Even if you don't have any symptoms, dental exams are the best way to catch problems early. And if problems do occur, they'll be easier to treat.

See Your Dentist Right Away If:

- Gums bleed often or appear red and swollen
- Teeth are loose or separating
- You see red or white patches on gums, tongue, lips or elsewhere in your mouth
- Mouth or jaw pain persists
- Mouth sores don't heal in two weeks
- You have problems swallowing or chewing

Regular dental exams are key to preserving your good health. And LifeSmile from Delta Dental can help you improve and maintain your oral wellness and overall health in between visits. For tips, tools and resources to help you improve and maintain your oral health and overall wellness throughout the year, visit deltadentalmn.org/oral-health.