

# LET'S KEEP GOOD ORAL HEALTH!

Your teeth not only help you to eat; they also help you to talk. This is why oral health is very important. You must take care of your teeth and gums, since your good oral hygiene can help to avoid health problems such as:

- **Pain in the mouth and face**
- **Heart problems**
- **Digestion problems**

## Steps towards a healthy smile:

**1. Visit the dentist twice a year even if you do not feel any discomfort. This can help you prevent future damage to your teeth. A detailed dental examination should include:**

- **X-rays** that will help detect decay, tumors, and other conditions.
- **Examination to detect oral cancer:** Examine face, neck, lips, tongue, throat, tissues and gums to find out if there is any oral cancer sign.
- **Gum disease assessment:** Examine the gums and the bone around the teeth to see if there are any signs of disease in that area.
- **Decay detection:** all teeth surfaces will be checked with special dental tools in search of decays.

**2. Practice good oral hygiene at home:**

- Brush two to three minutes after each meal with toothpaste containing fluoride.
- Floss daily to remove plaque from places your toothbrush cannot reach, and include mouthwash.
- Eat a healthy diet to provide the necessary nutrients that prevent gum disease.

**3. Avoid cigarettes and smokeless tobacco, as these can make your gums get sick, putting you at risk of developing cancer in the mouth.**

# Remember!

Visiting the dentist regularly, eating healthy, brushing teeth and flossing are the best ways to get good oral health and prevent problems such as tooth decay or gum disease.

## Schedule an appointment with your dentist, today!

**FOR MORE INFORMATION**, talk with your doctor or call us at the **Beneficiary Services** center at:



**1-844-336-3331** | **787-999-4411**  
(toll free) TTY (hearing impaired)

**MONDAY TO FRIDAY FROM 7:00 A.M. TO 7:00 P.M.**



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You can also call us 24 hours, 7 days a week to the medical consulting line:

**Haciendo Contacto 1-844-337-3332** (toll free)

**PLANVITALPR.COM**

TTY: **711** (only deaf and hearing impaired's service)