



## Highlights:

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- Studies show that harmful bacteria from the mouth can make their way to the heart and exacerbate an existing cardiovascular condition.
- Washington Dental Service was among the first to cover antimicrobial treatments for gum disease.

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# Brush Away Heart Disease

People with gum disease are almost twice as likely to suffer from heart disease than those without.

It's an alarming, but overlooked fact. Studies show that harmful bacteria from the mouth can make their way to the heart and exacerbate an existing cardiovascular condition. That's why brushing, flossing and maintaining good oral health are some of the smartest things you can do for your body.

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## Money-saving benefits, healthier results

Washington Dental Service was among the first to cover antimicrobial treatments for gum disease, helping to reduce the need for expensive surgery. Another innovative benefit we've introduced is coverage for prescription-strength fluoride toothpaste following gum surgery. This helps prevent cavities on newly exposed tooth surfaces.

With an emphasis on prevention, research and innovation, we've pioneered new ways to keep you as healthy as possible. This comprehensive approach saves you the high cost of treating more serious problems in the long run.

Visit [www.DeltaDentalWA.com](http://www.DeltaDentalWA.com) to learn more about the link between dental health and your overall health. Be sure to check out the MySmile® personal benefits center to get your personalized information about your dental benefits.

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Source: American Academy of Periodontology  
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