

# TOOTH Be Told...

## your smile deserves it!

**Make sure you see your dentist every year.**



You want wearing your dentures to be painless, a good fit helps.

Chewing properly allows you to enjoy your food and get the nutrition you need. It should not take large amounts of adhesive to keep your dentures in place.

Good fitting dentures gives you the confidence to smile!

Your dentures will be cleaned using special equipment to remove build up and surface stains. The dental staff can give you tips on daily care to keep them sparkling clean!

If you need help  
finding a dentist, call  
Delta Dental of MN at  
1-866-398-9419  
or talk to your  
Care Coordinator.



The fit of dentures changes over time, and you may not even know it's happening. The dentist can check for signs of wear, how your dentures fit, and adjust them, if needed. There are other special treatments, such as relining the dentures, that can improve the fit.

If your dentures have chipped or broken teeth, your dentist may be able to fix them. They can send your dentures to a dental lab for repair.

Your dentist can help you know when it's time for a new pair of dentures.

Health conditions like heart disease, stroke, pneumonia, diabetes and dementia can be caused or made worse by harmful bacteria in your mouth.

You may have an extremely dry mouth (xerostomia) caused by medications or health conditions. Your dentist can help find the underlying cause and discuss ways to relieve it.

A dental visit is for more than just your teeth. Whether you wear dentures or not, your dentist will look inside of your mouth and check the health of your gums, tongue, and cheeks. They will look for early signs of oral cancer or signs of infection such as bleeding gums or sores.

**Call TODAY to schedule an appointment. Your smile will thank you!**

