

September 2022

Oral Wellness Newsletter



Why your gum health matters

It's a fact. There's a direct connection between the health of your mouth and the health of your whole body. Dental problems like gum disease can complicate chronic medical conditions such as diabetes, heart disease and rheumatoid arthritis. And those conditions can make it harder to manage your gum health.

Gum disease is common, and affects [nearly 50%](#) of adults over the age of 30. Gum disease happens when the bacteria in plaque cause inflammation of the gums, which can affect the areas that support your teeth. As untreated gum disease progresses to periodontitis - a more serious condition - it can even lead to bone and tooth loss.

Since September is National Gum Care Month, now's the time to evaluate your oral health and take steps to treat or prevent gum disease, especially if you have any chronic medical conditions.

[Find out how to care for your gums](#)

Affordable gum disease care

Some United Concordia Dental plans include Smile for Health®-Wellness, a program that covers added dental services to help people with certain medical conditions get the proper gum disease treatment.

[See if you're eligible for Smile for Health®-Wellness](#)



September birthdays take the cake

More people blow out the candles in September than in any other month according to the National Center for Health Statistics and the Social Security Administration. And if you were born on September 9, *surprise!* it's America's most popular birthday.

Sure, we all love to celebrate with cake, ice cream and other sweets. Considering that a slice of cake with buttercream frosting has almost 30 grams of sugar, don't let it sit on your teeth for long. Sugar feeds the bacteria in your mouth and makes acid, which can dissolve the enamel on your teeth and lead to cavities.

Learn how healthier choices can lower your cavity risk and improve your oral wellness.



Your healthy tailgate playbook

Throwing a tailgate party is a fun way to add to the excitement of football season. By serving healthy food and drinks and staying hydrated, you and your fellow tailgaters can have fun while supporting your oral health and overall wellness.

Plan a party that won't sack your oral health

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