

THE ORAL HEALTH EXPERT

Summer is a great time to relax, but that doesn't mean you should take a break from your oral health routine. Read up on nutritious snack swaps, how to protect your teeth at the pool, and how dependents should handle dental emergencies while traveling on their own.

DELTA DENTAL OF ARIZONA

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Should You Wear a Mouthguard When Swimming?



If you plan to take to the water to stay cool this summer, your swim bag probably includes sunscreen, a sun hat and a towel – but what about a mouthguard?

While we don't typically think of swimming as a sport that could harm teeth, it really depends on what sort of activity you'll be participating in. If you play sports such as water polo or water volleyball, you risk getting hit in the face with the ball, and you'll want to protect your teeth.¹ But if your pool plans include lounging in an inner tube with a magazine, you're safe to leave the mouthguard at home.

Another issue pool-goers should be aware of is "swimmer's calculus," a condition in which teeth develop yellow or brown stains due to constant exposure to pool chemicals. Swimmer's calculus typically only affects swimmers who spend more than six hours a week in chemically treated water. Let your dentist know if you notice these stains on your teeth or your children's teeth. Your dentist should be able to treat the stains – and if it's a chronic issue, may recommend increasing dental cleanings to three or four times yearly.²

Don't let a perfect day at the pool be ruined by tooth stains or a preventable mouth mishap. Whether it's wearing a mouthguard for contact sports or protecting your teeth from swimmer's calculus, be sure to safeguard your smile this summer.



Summertime Nutrition On-the-Go



With summer sports in full swing, it's easy to grab snacks and drinks that aren't very tooth-friendly. Healthy, nutritious snacks can be just as convenient with a little planning.

One easy change to make is to replace pop. Instead of sipping soda while watching soccer or softball, infuse water with fruit or vegetables (try cucumbers!). Infused water provides great, natural flavor and a lot less sugar. Do the same for your kid by helping them rehydrate after a game with water or milk³ instead of juice or carbonated beverages.

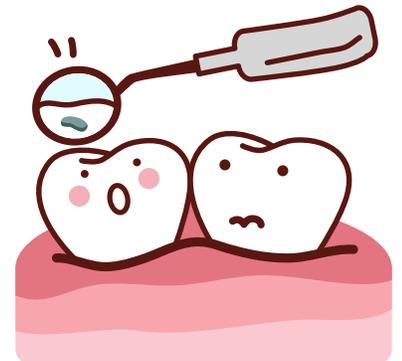
Chips, crackers and cookies are also full of starch, which your body converts to glucose. A fun and tasty alternative would be to bring peanuts⁴ (don't crack the shells with your teeth!) or some unbuttered popcorn⁵ (you just might want to bring some floss). You can probably even buy both options at the concession stand.

Making healthy changes in your life can be as easy as switching out snacks for better options. It's simple, great tasting and great for you!

SMILE STATS



The average American consumes around 152 pounds of refined sugar every year. ⁶



By the age of 39, nearly 90 percent of people have had at least one cavity. ⁷



Nearly half of Americans drink soda daily. ⁸

When Dependents Travel



Summer is a time when many kids go camping with friends, visit grandma and grandpa for a week or even hit the road on their own if they're old enough. What happens if they have a dental emergency and you're not around?

The first step is to make sure your child has a copy of your dental benefits card when they travel without you. Be sure to give copies to grandparents or other temporary guardians if your child is too young to keep it safe themselves. If your child is old enough to carry a cellphone, they can also access the dental ID cards via the free Delta Dental mobile app. It may be beneficial to install the app on the phone using your policyholder information before any travel occurs. Just be sure to log into the app with your login information before your child leaves, then save the information.⁹

Because most Delta Dental plans offer coverage nationwide,¹⁰ your child will likely be able to seek dental treatment wherever they are in the country. Though dental coverage can be used anywhere, you'll realize the most cost savings if you can direct your child to an in-network dentist. That's because Delta Dental network dentists have agreed to provide services at lower costs to members. You can visit deltadental.com and use the "Find a Dentist" tool to locate an in-network dentist in your dependent's ZIP code.¹¹ The "Find a Dentist" tool is also available on the Delta Dental mobile app.

Additionally, some plans offer coverage abroad. If your child plans to leave the country over the summer, be sure to check with your benefits administrator or call Delta Dental to clarify before travel.¹²

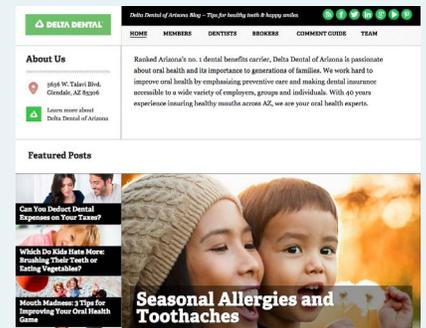
MOUTH-HEALTHY RECIPE: FROZEN BLUEBERRY BITES

<p>Ingredients:</p>	<p>Directions:</p>
	<p>Line a baking sheet with parchment paper. Combine the</p>
<p>1 cup vanilla Greek yogurt</p>	<p>yogurt and sugar substitute together in a bowl, and then</p>
	<p>gently fold the blueberries in to coat with the yogurt</p>
<p>1 tablespoon sugar substitute</p>	<p>mixture. Scoop the coated blueberries up with a fork,</p>
	<p>tapping to remove the excess yogurt. Place them on the</p>
<p>1 pint blueberries</p>	<p>baking sheet and try not to let them touch. Put the baking</p>
	<p>sheet in the freezer for about an hour. Then, remove the</p>
	<p>frozen berries and store in an airtight container.</p>

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SOURCES

- ¹<http://oralhealth.deltadental.com/Search/22,21544>
- ²<http://www.knowyourteeth.com/infobites/abc/article/?abc=S&iid=331&aid=1324>
- ³<http://oralhealth.deltadental.com/Search/22,21408>
- ⁴<http://www.self.com/food/2013/03/ballpark-food-dos-and-donts-slideshow/2>
- ⁵<http://oralhealth.deltadental.com/Search/22,DD39>
- ⁶<http://www.usda.gov/factbook/chapter2.pdf>
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- ⁸<http://www.gallup.com/poll/156116/nearly-half-americans-drin-soda-daily.aspx>
- ⁹<https://www.deltadental.com/Public/Mobile/MobileApp.jsp>
- ¹⁰<http://oralhealth.deltadental.com/Search/22,DD123>
- ¹¹<https://www.deltadental.com/DentistSearch/DentistSearchController.ccl>
- ¹²<https://www.deltadental.com/Public/Inquiry/inquiryStart.jsp?DView=AboutCustServiceInquiry>