



Think about it

- More than 75 percent of people over age 35 will be affected by some form of periodontal (gum) disease.¹
- Poor oral health can make diabetes harder to control, resulting in infections that lead to higher blood-sugar levels.²
- People with untreated periodontal disease have a two-fold increased risk for heart disease.³
- Advanced gum disease affects 4 to 12 percent of adults.⁴
- Pregnant women with gum disease may be seven times more likely to deliver premature, low birth weight babies.⁵
- Periodic oral cancer screening examinations can lead to early detection and improved outcomes.

¹ ADA. (2015, June 15). Periodontal Disease Affects Nearly Half of the U.S. Population. www.ada.org.

² Llambes, F., Arias-Herrera, S., & Caffesse, R. (2015, July 10). Relationship Between Diabetes and Periodontal Infection. Retrieved from www.ncbi.nlm.nih.gov.

³ www.ada.org.

⁴ www.cdc.gov.

⁵ Perio.org. (2013, August 28). *Expectant Mothers' Periodontal Health Vital To Health Of Her Baby*. www.perio.org.

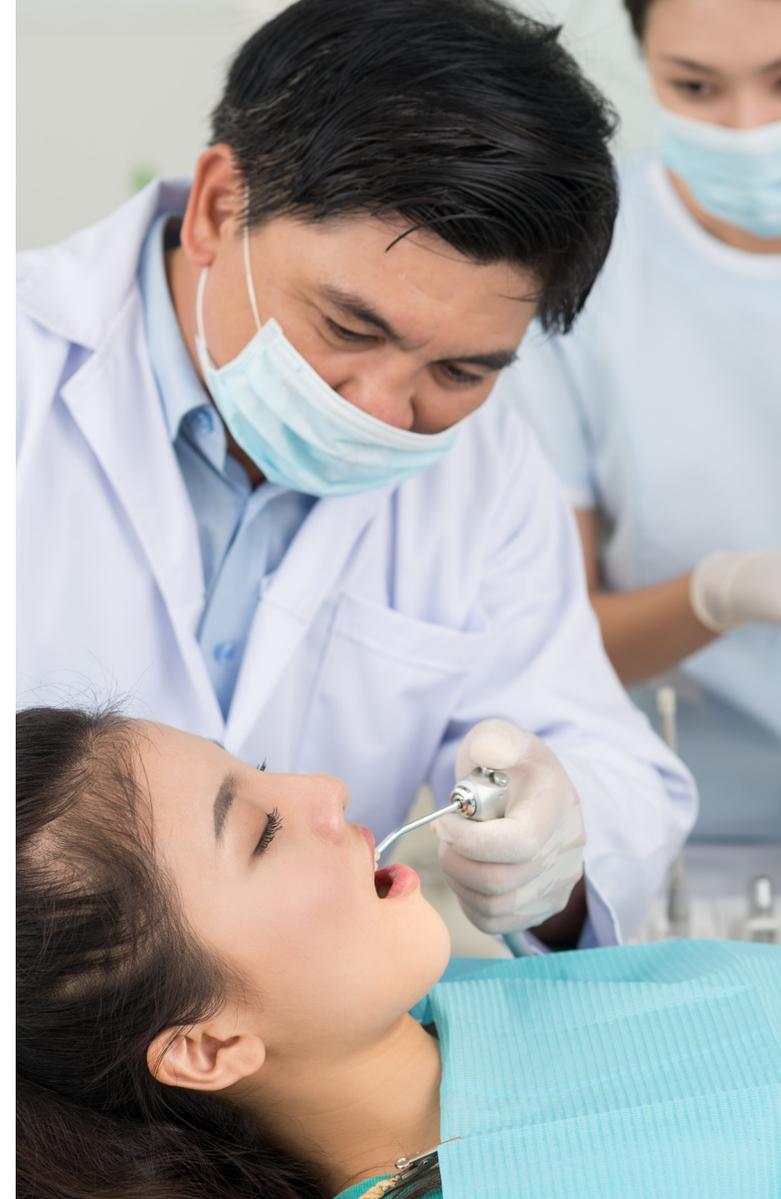
⁶ American Academy of Periodontology. (n.d.). Gum Disease and Heart Disease. www.perio.org.

⁷ Sjögren's Syndrome Foundation. (n.d.). Living With Dry Mouth. www.sjogrens.org.

HMSA Dental

The Right Choice

For information about HMSA's Oral Health for Total Health program, visit hmsa.com/oralhealth or call Customer Relations at 948-6440 on Oahu or 1 (800) 792-4672 toll-free.



HEALTHY GUMS
PROTECT
YOUR WHOLE BODY



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ORAL HEALTH FOR TOTAL HEALTH

There's a relationship between a healthy mouth and total health. Dental health can influence conditions such as diabetes, oral cancer, Sjögren's syndrome, coronary artery disease (CAD), stroke, and low birth weight and premature babies. That means it's important to get regular preventive dental care.

We support a multifaceted approach to optimum oral care called Oral Health for Total Health. Because we offer medical and dental plans, we can analyze claims information and identify members who can benefit from focused attention and additional dental education.

The benefits of our Oral Health for Total Health program include:

- Delivering an oral health education campaign to members, providers, and employers.
- Identifying members with diabetes, coronary artery disease, stroke, oral cancer, Sjogren's syndrome and those who are pregnant, for more specific education.
- Working with members who aren't actively maintaining their oral health through focused communication that encourages them to see their dentist.
- Removing financial barriers for condition specific benefits:
 - No copayment.
 - No deductible.
 - Covered outside the annual maximum.
 - Paid 100 percent when visiting a participating provider.

Enhanced dental benefits are paid 100 percent, have no deductibles, coinsurance, or calendar-year maximums when performed by a participating dental provider.

Enhanced dental benefits	Cleaning, scaling in the presence of gingival inflammation, or periodontal maintenance visit every 3 months*	Periodontal scaling once per quadrant every 24 months*	Prediagnostic oral cancer screening every 6 months**	Fluoride treatment every 3 months**
Diabetes	✓	✓		
Coronary artery disease	✓	✓		
Stroke (as of January 1, 2018)	✓	✓		
Oral cancer	✓		✓	✓
Sjögren's syndrome (as of January 1, 2018)	✓		✓	✓
Pregnancy	✓	✓		

* Periodontal maintenance and scaling available with plans that offer periodontal benefits.
 **This benefit is available for members previously diagnosed with oral cancer or for members diagnosed with Sjögren's syndrome.

A focus on good dental care can help avoid major health issues.

Coronary artery disease³

Researchers have found that people with periodontal or gum disease are almost twice as likely to have heart disease. When bacteria from the mouth enter the blood vessels, they attach to fatty proteins, which may lead to blood clots and plaque build-up. Inflammation caused by periodontal disease could also increase plaque build-up, which may cause arteries to narrow and harden. Gum disease can also worsen existing heart conditions.

Stroke⁶

According to the American Academy of Periodontology, studies show an association between periodontal disease and strokes. Research suggests that treating gum disease may reduce this likelihood.

Diabetes²

People with diabetes are more susceptible to periodontal disease. Periodontal disease may increase blood-sugar levels, the progression of prediabetes, insulin resistance and disrupt glycemic control.

Low birth weight and premature birth⁵

Pregnant women may have red, tender gums that are likely to bleed. This condition is known as pregnancy gingivitis and occurs when rising hormone levels make the gums more sensitive to plaque. This inflammation may increase the likelihood of a woman having a premature, low birth weight baby.

Oral cancer

People with a history of oral cancer are at risk for developing new primary lesions. Enhanced dental benefits will help dentists identify suspicious oral lesions early for possible treatment, and treat the side effects of previous oral cancer treatment.

Sjögren's syndrome⁷

Sjögren's syndrome is an autoimmune disease that causes inflammation in the glands that produce saliva and tears. Insufficient saliva production greatly increases your risk for cavities and oral infection. It's important for you to practice good oral hygiene and have regular cleanings and exams so that your dentist can spot developing problems at an early stage.

Brush up on your oral health knowledge. Visit hmsa.com/oralhealth to learn more.