

# Components of oral health

## Mouth and Body Connection

Antidepressants can cause teeth grinding

Strokes and heart attacks

Inhalers used for asthma can cause oral yeast infection

Premature birth and complications with pregnancy

Anemia can cause irregularly smooth tongue

Rheumatoid arthritis

Oral piercings increase the potential of dental injuries / oral infections

Arterial plaque creates high risk for heart disease

Leukemia can cause swelling of gums and ulcers

Acid reflux can cause erosion of tooth structure, redness on the palate, bad breath

Thyroid disease (Hypothyroidism) can cause swelling of lips and tongue

Women can develop gingivitis during pregnancy

Eating disorders can cause erosion of tooth structure, dry mouth

Diabetes

Cancer

Endocarditis (infection of the lining of your heart)

High blood pressure medications can cause gum inflammation

Long term use of cough drops, antacids, and syrup-based medications can cause dental decay

Alzheimer's disease

Respiratory disease (emphysema, pneumonia, and Chronic Obstructive Pulmonary Disease)

Snoring or Sleep Apnea creates indentations on the side of your tongue

Antidepressants, chemotherapy drugs, and radiation can cause dry mouth

**More than 8 in 10** adults say oral health is important to them, although only about half of all adults recognize the important connection between oral health and overall health and wellness.





Do cavities in baby  
teeth really need to be  
filled?

YES!



# Components of Oral Health

## Mouth and Body Connection: Primary tooth decay

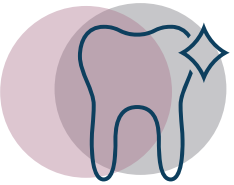
### Pain and Infection



Untreated cavities can cause **unnecessary pain** and discomfort.

Cavities can lead to **infection**.

### Overall Health and Function

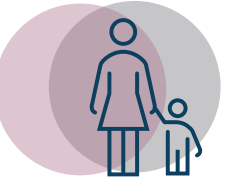


Your child's dental health has an impact on their **overall health**, just like in adults.

Teeth are important in **performing** important functions like speaking and eating.

The presence of cavities can suggest the presence of other concerns such as **poor diet** or oral hygiene.

### Predictor of Future Oral Health



Poor dental care as a child is a **predictor** for poor dental care as an adult.

Baby teeth not only allow for chewing food, but they also **maintain the space** in the mouth, enabling the adult teeth to erupt properly.

# Dental Care When and Where Employees Need It

Changing the way dental benefits are delivered – available to PPO members



## byte® at-home orthodontia

- byte®, the at-home invisible orthodontic aligner, is offered at a discount for all Guardian dental members and as an in-network benefit for Guardian plans that include orthodontic benefits.
- Guardian members can straighten and whiten their teeth from their home.
- Benefits include: no office visits, faster treatment time, ongoing support, and a lifetime guarantee.
- Ortho on High Plan ONLY



## Onsite dental visits with Jet Dental

- Guardian planholders can bring easy and convenient dental care to their workplace.
- Covered treatments include exams, x-rays, cleanings and fillings. If the patient needs a more complex procedure, they will be referred to an in-network provider in the area.
- The employer calls Jet Dental to schedule workplace visit in an office conference room, and Jet Dental manages employee communications and scheduling. Each appointment lasts < 1 hour.



## Teledentistry.com

- An easy-to-use option for PPO dental members when they need urgent dental care and they don't have a dentist or their dentist is unavailable.
- If additional care is needed after the visit, a TeleDentistry.com dentist will refer the member to an in-network dentist.
- Members sign up at [teledentistry.com/insurance-carriers/guardian/](https://teledentistry.com/insurance-carriers/guardian/) or call 866-979-1116.

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# How did working Americans score on our oral health quiz?

**A: 90-100%**

**C: 70-80%**

**B: 80-90%**

**D: 60-70%**

# 4 in 10 Working Americans Failed our Oral Health Quiz

# D +

Average grade, or 67%

**Scored an "F"**



Millennials  
**52%**



Gen X  
**43%**



Baby Boomers  
**35%**

Source: Guardian 8th Annual Workplace Benefits Study, 2018

## Lowest scores on ...



For how long should you brush your teeth during each brushing?  
***(2 minutes, per ADA)***



How often is it recommended that you see the dentist?  
***(At least twice a year, per ADA)***



At what age should you take a child for a first dental visit?  
***(1 year, per ADA)***

# Components of good oral health

## Mouth and Body Connection: Primary tooth decay

- Your child's dental health has an impact on their overall health, just like in adults.
- Teeth are important in performing important functions like speaking and eating.
- The presence of cavities can suggest the presence of other concerns such as poor diet or oral hygiene.
- Poor dental care as a child is a predictor for poor dental care as an adult.



**Pain and infection**



**Overall health and function**



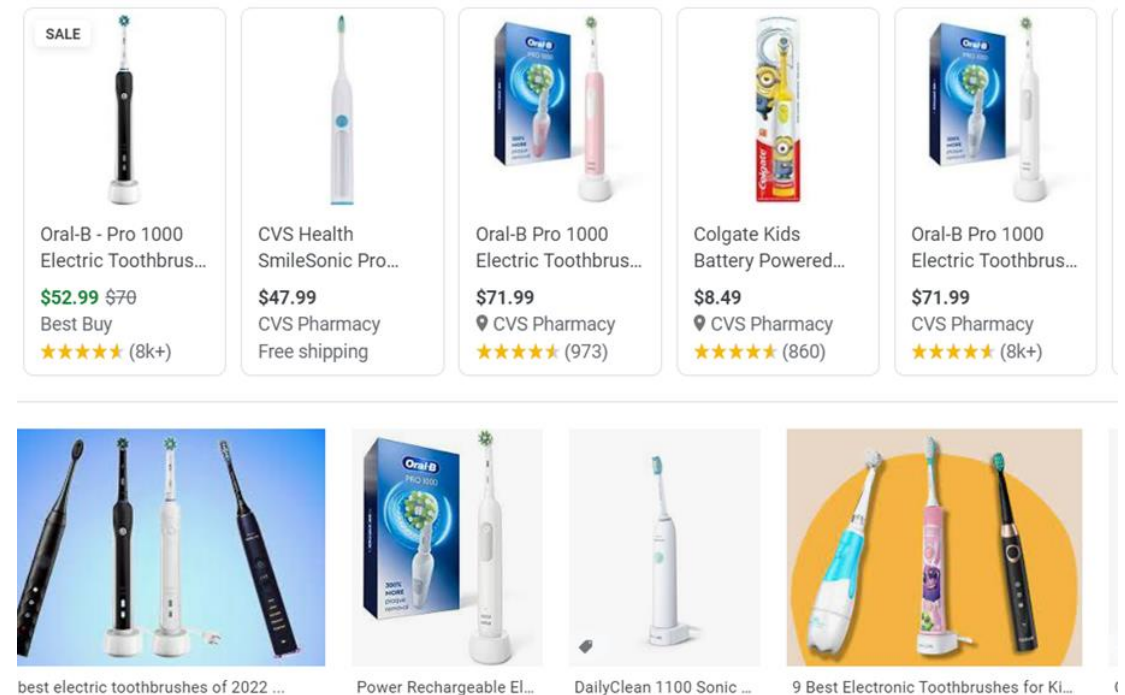
**Predictor of future oral health**



# Good oral health habits begin at home

- Maintain good oral hygiene and eating habits
- Brush your teeth twice a day for two minutes
- Use a soft bristled toothbrush or electric toothbrush
- Use fluoride toothpaste
- Floss daily
- Use a water pick
- Eat healthy foods and limit sugary drinks and food
- See your dentist for regular checkups and cleanings
- Do not smoke
- Exercise regularly and maintain a healthy lifestyle

**NO SMOKING**  
  
**VAPING**



# Good oral health continues at the dentist



**1 in 4 fail** to go to the dentist  
annually, though a majority  
have coverage

Guardian's 5th Annual Workplace Benefits Study – Dental Benefits: A Bridge to Oral Health & Wellness.

