



Healthy
Smiles All
Year Long



Smart Oral Health Tips

Oral health is a foundation for overall wellness, so regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease.

See Your Dentist Right Away If

- Gums bleed often or appear red or swollen
- Teeth are loose or separating
- Mouth or jaw pain persists
- You have problems swallowing or chewing

Healthy Smile, Happy Life

Make sure to schedule regular dental exams, and in between visits, take advantage of numerous free resources for improving your oral health from Delta Dental at **DeltaDentalNC.com**.

