

spring 2004

A quarterly brush up on your HumanaDental benefits

BRUSH

UP



It will make you happy

You've heard it before

—frowning takes more muscle strength than a simple smile. But did you know that a genuine smile can actually help make you happy?

Improving your smile can have a life-changing effect on you, and it can improve your overall mood. Researchers state that a genuine smile increases the production of serotonin—commonly known as the happy hormone. The American Academy of Cosmetic Dentistry reported that 74 percent of adults surveyed believed an unattractive smile could hurt a person's chances for career success.

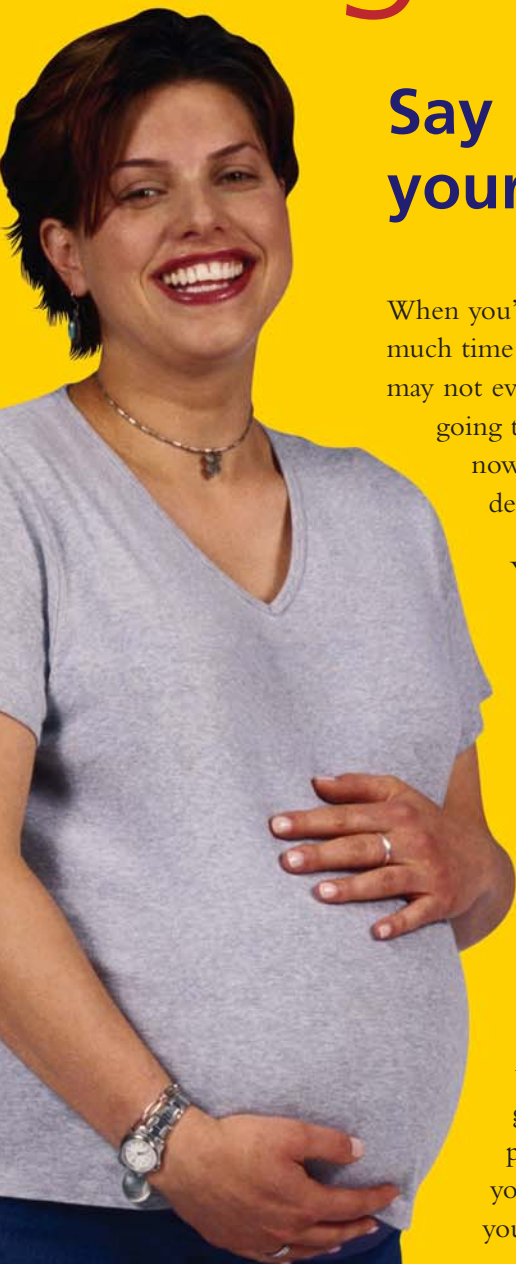
So take care of those pearly whites. See your dentist regularly to keep your smile looking its best.



**HUMANA
DENTAL**

www.humanadental.com
1-800-233-4013

Pregnant?



Say hello to your dentist

When you're pregnant, you spend so much time in doctor's offices that you may not even want to think about going to the dentist. However, now you may need your regular dental visits more than ever.

Your body's hormone levels increase when you are pregnant. This increase can cause your body to react differently to plaque, which can lead to red, tender, bleeding gums. The American Dental Association says having severe gum disease may increase your risk of having a pre-term baby. Take a trip to your dentist and maintain good oral health during pregnancy and you'll be on your way to keeping you and your baby healthy.

Children & fluoride

It's important for children to brush their teeth twice a day, but is it safe for them to use fluoride toothpaste?



Yes. The American Dental Association recommends using a pea-sized amount of fluoride toothpaste for children age two and older. When finished brushing, have your child spit out the toothpaste instead of swallowing it.

Send a message 24/7

Get answers to your questions online. Log on to humanadental.com and send us a secure message from your personal home page. We'll respond within about 48 hours with the information you need. You can send a message any time of day or night. To access your personal home page, register on humanadental.com. Click "member" and follow the online instructions.

