

How to soothe those sensitive teeth

Sensitive teeth can quickly end your enjoyment of ice cream or hot chocolate. If your dentist rules out cavities and fractures, the cause of this common problem could be worn tooth enamel, a cracked tooth or an exposed root, according to the American Dental Association.

- › Your dentist may suggest brushing with a desensitizing toothpaste containing compounds that prevent sensations from being transmitted to the nerves and cells inside the tooth from the surface.
- › If that fails, your dentist may apply a fluoride gel to strengthen the enamel and reduce the transmissions.
- › If receding gums are responsible, bonding agents can seal the roots of sensitive teeth.
- › For severe, persistent hypersensitivity that doesn't respond to these treatments, your dentist may recommend a root canal.

To prevent sensitive teeth, keep gums from receding by brushing correctly with a soft toothbrush. Avoid over-brushing.

A quarterly brush up on your Humanadental benefits

BRUSH

UP



**HUMANA
DENTAL**

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



When you're away from home and need to see a dentist

When dental discomfort strikes, you can count on the benefits of your HumanaDental plan no matter where you are. Here's what to do:

Socialize for healthy teeth?

The risk of periodontal disease seems to be up to 30 percent lower among people with at least one close friend, according to a study cited by www.realage.com. Researchers believe that friends reduce stress, which is associated with poor oral hygiene.

If you have a PPO plan

- › Access our dentist directory at www.humanadental.com or call us at 800-233-4013 to find a nearby dentist who participates in our nationwide network. We'll pay participating benefits based on your plan provisions.
- › If you are unable to do this, choose any dentist. We'll pay benefits to a dentist who doesn't participate in our network based on your plan.

If you have a Prepaid/DHMO plan

- › Check our online directory for a participating dentist in the area.
- › If you can't find one and it's an emergency—a sudden onset of pain, swelling or bleeding—call HumanaDental as soon as you can so we can determine out-of-network emergency benefits.

If the dentist will file the claim with HumanaDental, you don't have to do anything more. If the dentist will not, send an itemized statement to the address on the back of your member identification card. Be sure to indicate any payments you made.

QA **Do you provide benefits for veneers?**
 Yes, on permanent teeth if the teeth are extensively decayed or fractured.

Note: Benefits are subject to deductibles, annual maximum benefits, and frequency limits, based on plan provisions, that may impact your share of the cost. See your group benefit plan document for details.

Fido, Felix need checkups, too

Here's something to chew on:

Signs of oral disease show up by age 3 in 80 percent of dogs and 70 percent of cats that don't get proper dental care, according to the American Veterinary Dental Society.

Just like their human companions, dogs and cats are at risk of tooth decay and periodontal disease when plaque and bacteria build up along teeth and gums. In fact, periodontal disease is the No. 1 health problem in our pets, and ultimately can damage their hearts and other organs.

Symptoms of oral disease include brown and yellow tartar buildup at the gum line, inflamed gums, and persistent bad breath.

A veterinary group recommends a three-step approach:

- 1** Dental exam and cleaning, if needed, by a veterinarian.
- 2** Home-care regimen that includes regular brushing and a nutritious diet.
- 3** Regular veterinary checkups.

