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A quarterly brush up on your Humanadental benefits

BRUSH  
UP

## Low carbs can spell bad breath

Everywhere you look you can find low-carb this and no-carb that. If you're part of the diet craze, you may find yourself with bad breath. When you remove carbohydrates from your diet, your body burns excess fat. The chemicals released when your body burns fat can cause bad breath.

The American Dental Hygienists' Association suggests you use automated toothbrushes, clean your tongue, and visit the dentist for a professional cleaning. Chewing on parsley can also help curb bad breath.



**HUMANA  
DENTAL**

[www.humanadental.com](http://www.humanadental.com)  
1-800-233-4013



## Protect your teeth from sports injuries

As you and your kids keep-in-shape with sports, you'll probably want to add another piece of gear to your athletic bag—a mouth guard. A misdirected elbow in a one-on-one basketball game or a spill off a bicycle can leave you with chipped or broken teeth, nerve damage to a tooth, or even tooth loss.

A mouth guard can keep you smiling, and there are several options:

- **Ready-made**—pre-formed and you can find them at most sporting goods stores or pharmacies.
- **Boil and bite**—you soften them in water and mold them to your mouth. Look for them at sporting goods stores.
- **Custom-fitted**—your dentist makes them specifically for you.

Mouth guards vary in comfort and cost. Check with your dentist to see which one will work best for you.

## More in-network dentist choices

HumanaDental adds new participating dentists to the network every day. With more than 62,000 dentist locations, you can find an in-network dentist near your work or home and save money on out-of-pocket expenses. Go to [humanadental.com](http://humanadental.com) or call 1-800-233-4013 to find a participating dentist.



## Tooth emergency 911

You've chipped or knocked out a tooth. Now what do you do?

The American Dental Association offers the following advice for dental emergencies:

### Broken tooth:

Rinse your mouth with warm water. Use a cold compress to keep any swelling down, and call your dentist.

### Knocked out tooth:

Hold the tooth by the crown (the part of the tooth above the gum line). If it's dirty, rinse the root in water. Do not scrub it or remove any attached tissue. If you can, gently insert and hold the tooth in its socket. If that isn't possible, place the tooth in a glass of milk and see your dentist as quickly as possible.