

# Do you know your Dental IQ?

## Dental quiz produces an action plan just for you

You brush your teeth and floss daily, and have regular dental checkups. What more can you do to improve your oral health?

To find out, take the My Dental IQ quiz, a new online tool from HumanaDental. The dental health risk assessment at **MyDentalIQ.com** immediately rates your dental health knowledge and delivers a personalized action plan with health tips.

You'll find out more about how periodontal (gum) disease can cause or aggravate problems elsewhere—including heart disease, stroke, diabetes, and underweight babies—and what you can do to improve your oral health.

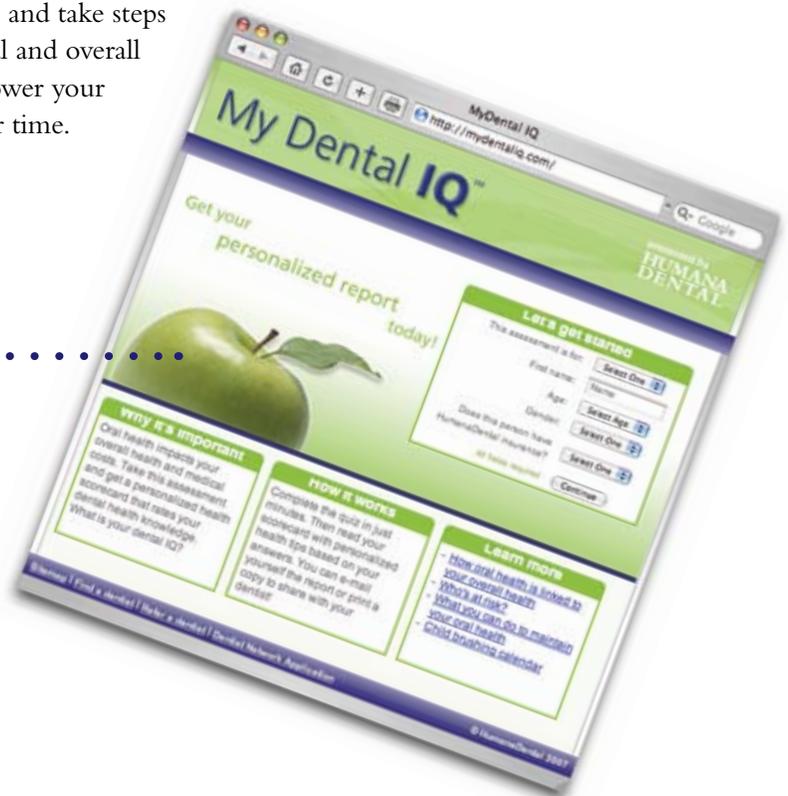
### Some oral health tips:

- › Pay attention to gum disease that may increase your risk for heart disease and stroke, especially if these conditions show up in your family history.
- › Eat the recommended amount of vegetables (one to three servings) every day to reduce your risk of heart disease, stroke, diabetes and cancer.
- › Print the calendar to make it fun for children to track their brushing and flossing, setting the foundation for good lifelong habits.

You can print a copy of your scorecard to discuss with your dentist at your next visit.

Complete My Dental IQ and take steps now to invest in your oral and overall health—they may help lower your total healthcare costs over time.

- \* [Go to MyDentalIQ.com](http://MyDentalIQ.com) to find out how to improve your oral health.



A quarterly brush up on your HumanaDental benefits

# BRUSH UP

**HUMANA  
DENTAL**

HumanaDental.com  
1-800-233-4013

**Q:** Does my plan cover sealants and topical fluoride treatments?

**A:** Yes, although age limits differ based on the plan your employer selected. Sealants, limited to one application per tooth in a lifetime, are covered on the occlusal surface of permanent molar teeth that are free of decay and restoration. Fluoride treatments may be limited to one or two treatments per calendar year, depending on your plan.

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.

# Oral cancer

## Watch for early warning signs

Before leaving the house, many of us glance in the mirror to make sure we look all right. The next time, you might want to check your mouth for signs of oral cancer that, if detected early enough, can keep you smiling for years.

**\* Oral cancer, which can be deadly, is diagnosed in almost 30,000 Americans each year, according to the American Cancer Society. \***

Although heredity plays a factor, lifestyle habits and health conditions can increase your risk for developing cancer. Tobacco use accounts for 90 percent of oral cancers. Excessive alcohol use, too much sun, chronic irritation, lack of fruits and vegetables in your diet, and simply being male can heighten the risk.

Regular dental checkups that include an examination of the mouth are important in finding oral cancers and precancers early. In addition, watch for these symptoms:

- › A sore that doesn't heal
- › Pain that doesn't go away
- › A persistent lump or thickening in the cheek
- › A persistent white or red patch on the gums, tongue, tonsil, or lining of the mouth
- › A sore throat or a feeling that something is caught in the throat that doesn't go away
- › Difficulty chewing or swallowing

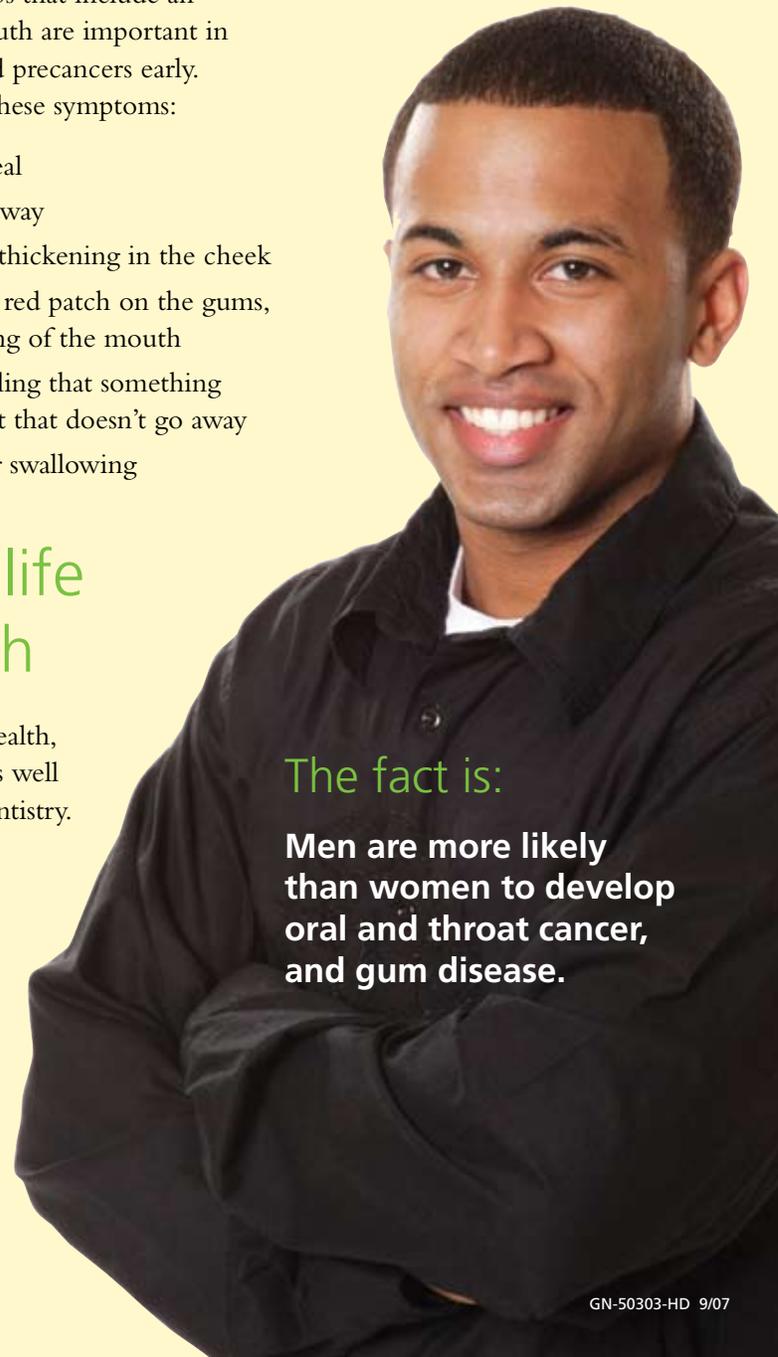
## Encourage the men in your life to look after their oral health

Despite the ever-growing connection between oral and overall health, men are less likely than women to take care of their oral health as well as their physical health, according to the Academy of General Dentistry.

Men may ignore preventative dental care and visit a dentist only when problems arise.

An American Dental Association survey found that about 28 percent of women brush their teeth after every meal, compared with 20 percent of men. Another survey showed that men tend to visit a dentist every five to seven years, while women tend not to delay dental checkups.

This trend may change with increased awareness about the overall health benefits of regular, preventive dental care, as well as the cosmetic value of a dazzling smile.



**The fact is:**

**Men are more likely than women to develop oral and throat cancer, and gum disease.**