

# Sign up for *Dental Wire* — an online dental health newsletter




We'll do whatever it takes and then some.

Preventive care is the number one way to keep your smile healthy

In *Dental Wire* you'll find great ways to help you care for your teeth:

- Dental news and health tips
- Ways to maximize your Delta Dental plan benefits
- Links to puzzles and games for kids



## Dental Wire

Dental health information to help you keep your teeth for a lifetime.

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### Handling dental emergencies

The trauma of injuries to the mouth and teeth may be reduced if action is taken as soon as the injury occurs. Here are suggestions to help lessen pain, speed the healing process and perhaps even save a tooth following a dental emergency.

### What causes a toothache?

While tooth decay is often the primary cause of a toothache, it's important for you to visit your dentist for a complete oral examination to determine the cause. However, if you are unable to schedule an emergency appointment, here are some self-care tips that can temporarily alleviate pain and inflammation until you can get to the dentist's office.

### When your child's tooth takes a hard knock

What do you do when your four-year-old takes a tumble into the edge of a table and knocks a front baby tooth loose but not completely out? Give your dentist a call and follow these helpful tips.

### Chewing tobacco, boys and baseball

Likely users of chewing tobacco are teenage boys who play baseball. But no matter who is using it, chewing tobacco and other forms of smokeless tobacco can harm oral health. Just because chewing tobacco is smokeless does not mean it is harmless.

**Learn More**

- [Read more articles](#)
- [Dental cavity quiz](#)
- [Gum disease quiz](#)
- [Oral health videos](#)
- [Just for kids](#)
- [About your benefits](#)

**Questions about *Dental Wire*?**  
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### It's free!

*Dental Wire* is Delta Dental's free online newsletter. It provides articles, tips and tools to help you take great care of your smile.

### Sign up now

A new issue of *Dental Wire* can be e-mailed to you every other month. Simply visit the Oral Health and Wellness section of our website and provide us with your e-mail address.

*Privacy notice: Delta Dental will not use subscriber e-mail addresses for any purpose other than Dental Wire and will not share our list with third parties. Subscribers will be able to unsubscribe at any time.*

## WE KEEP YOU SMILING®

Why do 54 million enrollees trust their smiles to Delta Dental?

- More dentists
- Simpler process
- Less out-of-pocket

## Free Newsletter

Get the latest in oral health with *Dental Wire*, our bi-monthly e-mail newsletter. Sign up at: [deltadentalins.com/oral\\_health](http://deltadentalins.com/oral_health)

[www.deltadentalins.com](http://www.deltadentalins.com)

Delta Dental includes these companies in these states:  
Delta Dental of California – CA •  
Delta Dental of Pennsylvania – PA & MD •  
Delta Dental of West Virginia – WV •  
Delta Dental of Delaware – DE •  
Delta Dental of the District of Columbia – DC •  
Delta Dental of New York – NY •  
Delta Dental Insurance Company – AL, FL, GA, LA, MS, MT, NV, TX, UT

## How healthy is your smile? Take our online quizzes to find out!



Visit the Oral Health & Wellness section on [www.deltadentalins.com](http://www.deltadentalins.com) to take the following quizzes:

- Dental Cavity Quiz
- Gum Disease Quiz

## Questions about oral health?

If you've got questions about oral health, be sure to check out our website at [www.deltadentalins.com](http://www.deltadentalins.com) for answers.

To help you and your family keep your smiles healthy, we've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

### Mouth-Body Connection

- Diabetes and oral health
- Heart disease and oral health
- Men's oral health
- Oral cancer
- Osteoporosis
- Pregnancy and oral health
- Stress and oral health
- Tobacco use and oral health

### Preventive Care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
- Fluoride
- Nutrition and oral health
- Choosing and caring for your toothbrush

### Emergency Care

- Dental care when traveling
- Handling dental emergencies

### Kids & Teens

- Baby bottle tooth decay
- Children's oral health
- Eating disorders
- Teens' oral health

### Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

### Dental Treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Dental x-rays
- Sealants

### Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ