



What You Should Know About:

Tooth Decay, Prevention, and You

Be Your Own Health Advocate!

- Your Medicaid benefits include dental coverage.
- Use your dental benefits to help you have a healthy mouth.

These Medicaid benefits can help you prevent tooth decay:

- Routine exams, x-rays, and cleanings
- Supplemental fluoride, including:
 - A **prescription for fluoride** if you live in a non-fluoridated community
 - **Fluoride varnish** (painted on teeth to protect them from decay)
 - **Fluoride gel or foam** (put in a tray that is placed in the mouth for several minutes)
 - **Silver diamine fluoride** (painted on teeth to stop tooth decay)
- **Dental sealants** (a coating applied to the back teeth where decay often starts).

If you have questions about using your benefits, call the phone number listed on your Medicaid card.

UNDERSTANDING TOOTH DECAY

Did you know...?

- Tooth decay is caused by **PLAQUE**. Plaque is a soft, sticky layer of bacteria that can build up on teeth.
- Bacteria in your mouth feeds on sugar and creates acid. The acid breaks down the outer layer of the tooth. This causes tooth decay.
- Tooth decay can cause bad breath, pain, infection, and tooth loss.
- Tooth decay is the most common **PREVENTABLE** disease in America.

PREVENTING TOOTH DECAY

What can you do?



Get rid of **PLAQUE!** Brush twice a day with a fluoride toothpaste.



Clean or floss between your teeth daily.



Visit your dentist regularly for routine exams, x-rays, and cleanings.



Discuss with your dentist:

- Supplemental fluoride to strengthen your teeth.
- Dental sealants to protect your teeth from decay.