

# 6 reasons to get a dental cleaning



## 1. Prevent cavities.

Cleanings remove plaque, a sticky bacterial film that builds up on your teeth. This acidic substance can eat away at your enamel, eventually causing tooth decay.

## 2. Stop tooth loss.

Plaque can irritate your gums. When your gums are unhealthy, your teeth can become loose and fall out.

## 3. Brighten your smile.

Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning removes stains and leaves you with freshly polished teeth.

## 4. Freshen your breath.

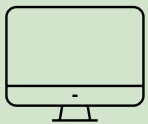
Good oral hygiene is the best way to prevent bad breath. Even if you brush and floss regularly, getting a cleaning can help keep your mouth healthy and odor-free.

## 5. Boost your overall health.

Regular dental cleanings may help lower your risk for some diseases, such as heart disease and stroke.<sup>1</sup>

## 6. Save money.

Under most plans, cleanings and exams are available at low or no cost. And by treating problems before they worsen, you'll save money in the future.



Visit Delta Dental's Wellness library at [www1.deltadentalins.com/wellness](http://www1.deltadentalins.com/wellness) for oral and overall health insights.

<sup>1</sup> Sanz, et al. "Periodontitis and cardiovascular diseases: Consensus report". Journal of Clinical Periodontology. 2020. <https://onlinelibrary.wiley.com/doi/abs/10.1111/jcpe.13189>

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