How Does Family Health Network Help You?

At Family Health Network, we want to make sure you are getting the best healthcare possible. That’s why we offer more than just the dental services that are covered by Medicaid. We also offer these extra dental benefits for adults:

- **Exam and dental cleaning twice a year**
- **Advanced cleaning every 3 years**
- **Periodontal maintenance and cleaning procedure twice a year (for the control of gum disease)**
- **Root planning and scaling for gum disease once per lifetime**
- **Be sure to see your dentist at least twice a year**

If you have questions about dental benefits or need to choose a provider, please call Family Health Network Member Services at:

**888.346.4968**

**(TTY/TDD: 711)**

You can also visit us online at:  
www.fhnchicago.com

Illinois Client Enrollment Services will send you information about your health plan choices when it is time for you to make a health plan choice and during your Open Enrollment period.

Family Health Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-346-4968 (TTY: 711).


Adult Dental Services is published by Family Health Network to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a dentist or doctor.

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Healthy Mouth, Healthy Body!

The mouth is a window into the health of the body – it can show poor eating habits, disease or cavities. Brushing and flossing will keep more than just your mouth healthy. Take good care of your teeth or you could face more problems than just a toothache.

Health Concerns Due to Lack of Oral Hygiene

- **Heart Disease**: Gum disease can enter your bloodstream or the arteries in the heart. When this happens, it could harden your arteries. Plaque can then form on the walls of the arteries. When this happens, blood flow may be cut or blocked throughout the body. This can cause a greater risk of heart attack or stroke.

- **Dementia**: Germs from gum disease may enter the brain through your bloodstream. It can also enter through nerve channels in your head. This might lead to dementia.

- **Respiratory infections**: The Journal of Periodontology warns that long-term gum disease could cause health issues such as pneumonia and infections.

- **Diabetic problems**: Diabetics have a greater risk of gum disease. Gum disease can make it hard to control your blood sugar. This makes taking care of your teeth even more vital.

**Poor dental care may be a cause for other health issues such as:**

- Immune system disorders
- Weak bones
- Problems with pregnancy
- Low birth weight

When Should You See Your Dentist?

If you notice any of these signs, see your dentist:

- Gums that bleed during brushing and flossing;
- Red, swollen or tender gums;
- Gums that have pulled away from your teeth;
- Bad breath which does not go away;
- Pus between your teeth and gums;
- Loose or separating teeth;
- A change in the way your teeth fit together when you bite;
- Visit your dentist at least twice a year

Tell your dentist when you are sick or have long-term health problems. Give your current health record, along with medication use – both prescription and over-the-counter products. If you use tobacco, talk to your dentist about choices for quitting.

If you are pregnant or thinking about having a baby, take care of your teeth and gums. That’s because changing hormone levels in pregnancy can create some dental problems. Taking good care of your teeth is vital for you and your baby.

Form Good Clean Habits

The message is clear: practicing proper care of the mouth is vital.

Encourage your family to:

- Brush after each meal with fluoride toothpaste;
- Floss daily;
- Use a mouth rinse to kill germs;
- Visit your dentist at least twice a year for cleanings to prevent and take care of cavities.

Doing so can protect more than just your teeth – it can save your life!