

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, making them pull away. 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 built-up stains and leaves you with freshly polished teeth. The result? A whiter, brighter smile!

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, like heart disease and stroke.¹

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



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¹ Chen et al. The association of tooth scaling and decreased cardiovascular disease: a nationwide population-based study. *Am J Med.* 2012;125(6):568-75.