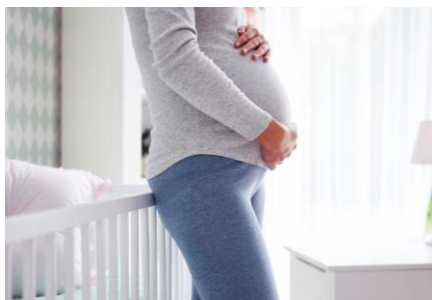


## Blue Cross Blue Shield of Michigan Healthy Kids Dental Newsletter



### Pregnancy and Oral Health

Did you know that it is important and safe to have a dental check-up during pregnancy? Changes in your body during pregnancy can affect your mouth. Gum disease and tooth decay are some of the things that can occur.

Gum disease and tooth decay don't always hurt. Pregnant women should see a dentist at least one time during their pregnancy. The dentist can check your teeth for cavities and screen for gum disease. It is safe to have dental care at any time during pregnancy.

#### Follow these steps to help you have a healthy mouth and baby:

- Brush twice a day and floss once a day.
- Use toothpaste with fluoride.
- Use non-alcohol mouthwash.
- Do not drink alcohol or use tobacco.
- To protect your teeth from acid caused by morning sickness, rinse your mouth with one cup of water mixed with one teaspoon baking soda.

#### Eat healthy:

Healthy snacks like fruits and vegetables are great for your teeth and your baby. Drink plenty of water and avoid sugary drinks like soda.

### Protect Your Child's Teeth During Sports

Did you know that your child should wear a mouth guard while playing sports? A mouthguard is a soft plastic protector made to fit over the top teeth. Mouthguards protect the teeth, face, lips, tongue, and jaw from injury.



#### Mouthguards should be worn while playing:

- Football
- Basketball
- Soccer
- Softball
- Most other contact sports

#### How to care for a mouthguard:

- Wash and rinse with cool soapy water
- Allow to dry completely
- Store in container with small holes to allow venting
- Do not leave mouthguards in the sun or soak in hot water
- Check mouthguards for cracks or tears. Replace it if needed
- Ask your child's dentist what type of mouthguard is right for your child



## Important Update - Sealants

Tooth decay (cavity) is one of the most common chronic diseases of childhood. By age 19, most children have one or more decayed teeth. One highly effective option to help prevent decay is the use of dental sealants.

What are dental sealants? A sealant is a thin plastic film that is painted on the chewing surface of teeth. Sealants are now covered for members 0 - 20 years. Sealants application is covered 1 in 3 years for 1st and 2nd primary and permanent molars and premolars under age 21.

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## Juneteenth Holiday is Monday June 19, 2023

Juneteenth is a time to commemorate the emancipation of enslaved Black Americans. Juneteenth is also known as Jubilee or Freedom Day. The celebration includes festivals, partying, parades and church services. Juneteenth has been observed for 156 years! Part of the Black American Heritage is the rich soul food culture.

Here are some nutritional facts and tips about ingredients that are commonly found in soul food dishes.

- Common soul food dishes such as macaroni and cheese, candied yams, and fried foods can lead to tooth decay when not eaten in moderation.
- Cauliflower rice is a healthy alternative to traditional rice or pasta dishes and promotes good oral health.
- Agave or Maple syrup are healthier alternatives for sweetening meals.
- Incorporating baked meal options and lowering salt use also promotes good oral health and overall health.

<https://nationaltoday.com/juneteenth/>

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## We Speak Your Language

You have the right to receive culturally competent care. If you or someone you're helping needs assistance, you have the right to get help and information in your language at no cost. You can also get help finding a dentist that speaks your language. To talk to an interpreter, call the Customer Service number on the back of your card.

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## Report fraud, waste, and abuse in the following ways:

**Report fraud, waste, and abuse in the following ways. You can remain anonymous.**

Call:

Fraud hotline: 1-800-237-9139  
Anonymous hotline: 1-866-654-3433

Mail:

Blue Cross Blue Shield of Michigan  
P.O. Box 491  
Milwaukee, WI 53201-0491

Fax: 262-241-7366

**Fraud, waste, and abuse can also be reported directly to the Michigan Department of Health and Human Services using the following methods.**

Write to:

Michigan Department of Health and  
Human Services  
Office of Inspector General  
P.O. Box 30062  
Lansing, MI 48909

Call:

1-855-MIFRAUD (643-7283)

Online:

[michigan.gov/fraud](https://michigan.gov/fraud)

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## Contact us:

Phone:  
1-800-936-0935; TTY:711

Helpful resources available on the website:  
[bcbsm.com/healthykids](https://bcbsm.com/healthykids)

