

Blue Cross Blue Shield of Michigan Healthy Kids Dental Newsletter

Spring/Summer | 2021



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Spring forward, brush often

It's spring and brushing your teeth should not be an afterthought. Spring is a great reason to show off your smile.

Here are some tips to keep it bright and healthy:

- Replace toothbrushes every three months or after being sick.
- Use a toothpaste that contains fluoride. Fluoride makes teeth strong.
- Limit soda, candy, and other sugary foods.
- Replenish your floss supply.
- Visit your dentist every six months.

Spring break dental activities

Parents should take advantage of this time and focus on dental activities they can do with their children.

- Brush your teeth together.
- Prepare healthy snacks together.
- Visit your local library.
- Put together a dental craft.
- Prepare your child for his or her first dental visit.

COVID-19 Reminders

It's important to continue oral health safety during COVID-19.

Here are a few oral health safety tips:

- Use interdental brushes (a small hand-held brush) or floss to clean in between the teeth.



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- Brush your teeth for two minutes, twice a day with a fluoride toothpaste.
- The best time to brush is first thing in the morning and at night, before you go to bed.
- Cut down on how much sugar you have and how often you have it.
- Wash your hands.
- Continue to wear a mask.

Resource: Oral Health Foundation

Can I ask the dentist questions?

Did you ever wonder why the dentist does a certain kind of treatment? Or why you sometimes need to make more than one appointment to fix your child's teeth? Sometimes dentists explain what they are doing during your dental treatment, and sometimes they don't. If they don't, it's okay to ask questions. Dentists will be happy to give you answers.

It is important to find a dentist you like and trust, because then asking questions is easy.

Pregnancy and oral health

One way to prevent cavities in young children is to improve pregnant women's oral health. Pregnancy may make women more prone to periodontal (gum) disease and cavities. Oral health is considered an important part of prenatal care, given that poor oral health during pregnancy can lead to poorer health outcomes for the mother and baby.

Oral care is safe to have at any stage of pregnancy. A pregnant woman should see her dental provider at least once during pregnancy.

Here are some oral health concerns for pregnant women:

Frequent eating:

- During pregnancy, women are likely to eat and drink more frequently throughout the day.
- Frequent sugar intake can lead to an increased risk for cavities.
- It's important to stick with a sound tooth brushing and flossing routine.

Hormonal changes:

- Some women may develop red, puffy gums during pregnancy.
- If your gums are sensitive, try a soft floss that slides easily and comfortably between teeth, or a interdental (a small hand-held brush) cleaning tool.

Resource: CDC Foundation and Oral B



Michigan Free Fluoride Varnish Program for Medical Providers

Ask your medical provider about free fluoride varnish. Fluoride varnish should be applied to the teeth of all infants and children when the first tooth erupts.

Contact us

Phone

1-800-936-0935, TTY:711

Website

bcbsm.com/healthykids

Helpful resources

***Available on website**

Benefit Summary

HKD Member Handbook

Dental Certificate of Coverage

