6 Reasons to Get a Dental Cleaning



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.

Brighten your smile. Drinking coffee, tea and wine or using tobacco can stain your teeth. A dental cleaning can remove built-up stains and leave you with freshly polished teeth. The result? A whiter, brighter smile!

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

Boost your overall health. Regular dental cleanings may help lower your risk for some diseases, like heart disease and stroke.¹

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.



Visit **mysmileway.com** — a one-stop-shop for oral health-related tools and tips, including interactive quizzes, a risk assessment tool and a subscription to *Grin!*, our free oral wellness e-magazine.



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.