

# Why it's important to have dental insurance when you retire.



**Help mitigate common problems:** Gum disease (68%) and dry mouth (30%) are widespread among Americans 65 and older. In addition, people over 65 are more susceptible to oral cancer.



**Get access to quality dentists in your area:** More than 1 in every 4 seniors have not visited their dentist in the last five years.



**Maintain your overall wellness:** Studies show a strong correlation between dental health and overall health.



**Original Medicare and Medigap do not cover routine dental care.** Only certain Medicare Advantage policies include dental coverage. 19% of Medicare beneficiaries spent more than \$1,000 on out-of-pocket expenses for a year. Take control of your costs: Dental insurance typically covers services from routine cleanings and checkups to major procedures.

## Did you know?



**Seniors have special dental challenges, including:**

- Greater risk of tooth rot or decay if gum tissue has receded
- Faster plaque build-up
- Maintaining daily dental hygiene habits with mobility or vision challenges



**Xerostomia, known commonly as dry mouth, is listed as a side effect on more than 400 medications.** A lack of adequate saliva flow makes a person more vulnerable to gum disease and tooth decay. Since we tend to require more regular medications as we age, it is important to inform your dentist about any prescription or non-prescription drugs that you are using so they can monitor your oral health.

Information source: [DeltaDental.com](https://www.DeltaDental.com)

