

# Take on the day with a *smile*



Let's be honest—most people don't look forward to visiting the dentist. However, regular checkups are more important than you might think. Whether it's been a year or a bit longer than you'd like to admit, taking that step to schedule a dental visit is one of the best things you can do for your health.

## Here's why:



### **There's no better time to act than now.**

Prevention is the most important thing in dental care. And while a cavity can be filled over your lunch break, left untreated, it could require more time and money. Save yourself the aggravation by seeing your dentist early and often.



### **Over 90% of diseases can show signs in the mouth.<sup>1</sup>**

Diabetes, heart disease and stroke can be linked to warning signs like gum disease and oral infections — making routine dental visits an important opportunity for early detection.<sup>2</sup>



### **Your smile can do more than you think.**

Smiling sends a message to your brain to release neuropeptides, which lower stress. It also gives you a boost of dopamine, endorphins, and serotonin, so you feel happier and more relaxed.



**Visit [ExcellusBCBS.com/FindADentist](https://ExcellusBCBS.com/FindADentist) to find a dentist near you, then schedule your next checkup today.**

## **5 Tips to take on dental anxiety**

Do dental visits stress you out?  
Here's how to overcome it:

- 1** Find a dentist that creates a positive experience.
- 2** Avoid caffeine before your appointment to limit stress.
- 3** Focus on breathing slowly and regularly to keep calm.
- 4** Take your mind off your worries by listening to your favorite playlist.
- 5** Talk to your dentist about what makes you anxious and agree on a strategy to help you feel more in control.



**Everybody Benefits**

<sup>1</sup> American Academy of Pediatrics, Campaign for Dental Health, Dentists Are Disease Detectives (2026)

<sup>2</sup> American Dental Association (ADA), Oral-Systemic Health resource page

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