

Dental Care at Cal

HEALTH TIP #7 • OCTOBER 8, 2006



Good oral care starts with regular brushing, flossing, and dental appointments, but there might be more you can do. Your dental professional can help you go beyond the basics and do what's best for you. Use these tips to start a conversation at your next dental appointment, and see what more you can do to keep your teeth in top shape!

Keep Those Pearly Whites in Good Shape!

- Replace your toothbrush every three months and after every illness.
- Choose water over soda. Sipping soda can increase the rate of harmful acid attacks on tooth enamel.
- Drink tap water when possible. If bottled water is your main source of drinking water, you could be missing the decay-preventive benefits of fluoride.
- Coffee, tea, red wine and other dark drinks stain teeth.

Smoking: Not only does it stain your teeth, it can cause...

- **Gum disease** even without any signs of bleeding.
- An increased incidence of **periodontal disease** and the bone and tooth loss associated with it.

What is a cavity?

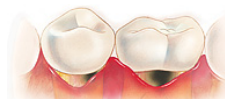
A cavity is the space inside a tooth that remains once decay is removed. There are three different places where a tooth can experience decay.



Decay on the biting surfaces of the teeth occurs when plaque becomes trapped in the grooves. This is most common in children because they often miss these areas when brushing. **TIP:** Brush thoroughly twice a day, with a soft bristled toothbrush - preferably in the morning and before bed.



Decay between the teeth occurs when plaque is left to build up on these hard to reach surfaces. These areas cannot be reached by a toothbrush alone and may develop if you do not floss, or clean between your teeth, regularly. **TIP:** Floss between your teeth daily to remove plaque from areas your toothbrush can't reach.



Decay at the root surfaces of the teeth occurs if you have suffered gum recession or bone loss, often associated with gum disease (periodontitis). It is also more common as you get older because gums have started to recede. If plaque is left to build up on the exposed roots of the teeth, which are not protected with enamel, then cavities will quickly develop. **TIP:** Floss and brush 2x daily.

For Students with SHIP Insurance:

If the care is provided by a...	Dentist who is a member of the Preferred Dentist Program, the plan covers...	Dentist who is not a member of the Preferred Dentist Program, the plan covers...
<i>Preventive and Diagnostic Services:</i> <ul style="list-style-type: none"> • Oral exams (2 per year) • Cleanings (2 per year) • X-rays • Fluoride treatment 	100% of negotiated fees that participating dentists have agreed to accept as payment in full	80% of reasonable and customary charges
<i>Basic Operative and Restorative Services:</i> <ul style="list-style-type: none"> • Fillings • Simple extractions • Oral surgery • Periodontics • Endodontics 	80% of negotiated fees after a \$25 annual deductible	60% of reasonable and customary charges after a \$25 annual deductible <i>Co-payments will be higher than if you use a MeiLife Preferred Dentist</i>

I Don't Have SHIP, What Can I do?

Here are some options:

- First, check and see if your insurance plan does have dental coverage of some kind.
- If not, you can purchase a cheaper student dental plan called **DeltaCare** for Covered services include check-ups, cleanings, x-rays, fillings, crowns, oral surgery, periodontics, and emergency care 24/7.
- To use DeltaCare, you simply choose a dentist from the network of PMI dentists and make an appointment. You pay only a predetermined co-payment for any covered services you receive. Currently, there are two network offices in Berkeley and 10 in Oakland from which to choose.

Resources You Can Use:

-Metlife.com or 1-888-384-5155
 -www.oralb.com
 - One of the dentists working with Metlife/ SHIP:
SMITHERS, THOMAS E
 2300 DURRANT AVE
 BERKELEY, CA 94704
 510-843-2902

This Health Tip based on:

1. www.uhs.berkeley.edu
2. www.oralb.com
3. www.webmd.com/health_and_wellness/tooth_and_dental.htm

Visit the Tang Center for Information on Dentistry.

Student Health Insurance Office: 510-642-5700
Medical Appointments (M-F 8-4:45): 642-2000
Advice Nurse (M-F 8-4:30PM): 643-7197
After Hours Assistance (referrals only): 643-7197
Self-Care Resource Center (M-F 11-4): 642-7202
www.uhs.berkeley.edu

Reminder: All students can use Tang even if they waived out of Student Health Insurance Plan (SHIP).

Your International House Health Worker is:

Natalie Wilson
 Room 439
 510-664-2751
ndw@berkeley.edu
Office Hours
 4-6pm Wed.

Health Tip Archive:
<http://ihouse.berkeley.edu/residents/healthtips.html>