Renaissance®
BENEFITS

EXTRA BENEFITS WHEN YOU NEED THEM
Evidence-Based Dental Benefits

To keep your body healthy, Renaissance provides up to four total cleanings for individuals with at risk conditions

Oral health and overall health are connected. Renaissance works hard every day to develop plans that can help everyone live a healthy lifestyle. That means developing dental plans that include two additional cleanings (prophylaxis) or two periodontal maintenance cleanings - in addition to the plan's standard cleanings - per benefit period for individuals with certain at-risk conditions.

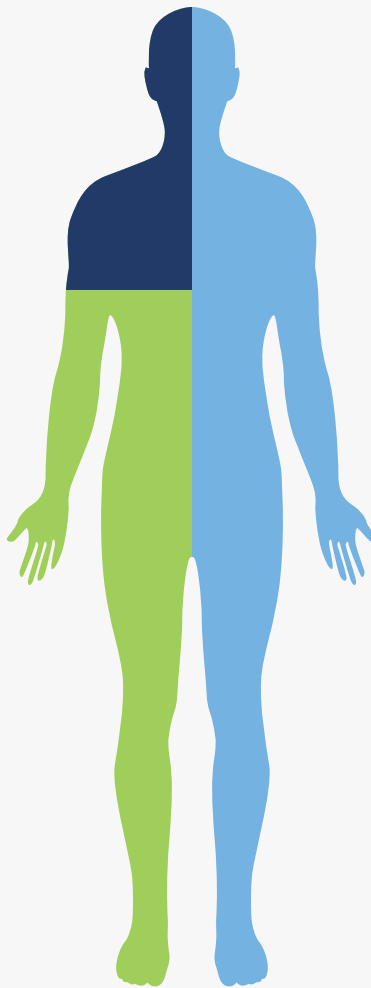## WHAT MAKES DENTAL CARE SO IMPORTANT?

Dentists are in a unique position to detect 120 signs and symptoms of non-dental disease, all through routine examinations.[1] Help keep your whole body healthy with good oral health habits and regular dental visits. Renaissance provides quality dental plans to complete your health benefits and help you save money.

DIABETES & GUM DISEASE

Research has confirmed that diabetes worsens gum disease, and it strongly suggests that severe gum disease increases the severity of diabetes.[2] Studies strongly indicate that when people with diabetes receive more frequent professional teeth cleanings, their blood glucose levels are much better controlled.[3]

PREGNANCY & GUM DISEASE

High maternal levels of the bacteria that causes cavities may contribute to low infant birth weight.[4] Clearly, it is important to maintain good oral health during pregnancy for the health of both mother and baby.

INDIVIDUALS AT RISK FOR INFECTIVE ENDOCARDITIS

Despite medical advances, there's still a 20 percent mortality rate from infective endocarditis, a potentially deadly heart infection.[5] The American Heart Association states that good oral health is important in reducing the risk for infective endocarditis.[6]

OTHER AT-RISK CONDITIONS

People with serious health conditions are often at increased risk for infection due to weakened immune response. Having teeth cleaned professionally on a frequent basis helps lower the risk that bacteria will enter the bloodstream, create infection, and further compromise the person's condition. [7]

Head and neck radiation may cause certain oral health problems, including an increased risk of cavities. The National Institute of Dental and Craniofacial Research encourages seeing a dentist before beginning cancer treatments.[8]

Enhanced coverage is available for people:

- In renal failure or undergoing dialysis
- With a suppressed immune system, such as someone:
  - With HIV
  - Who is an organ/stem cell recipiant,
  - Undergoing chemotherapy or radiation

If you have one or more of the conditions for which enhanced coverage is available, ask your dentist and physician how you can better manage your oral health to prevent infection and improve your condition.

Learn more at *RenaissanceBenefits.com*

(1) American Dental Association. "Health Topics: Diabetes." http://www.ada.org/3069.aspx?currentTab=1, accessed October 2013. Perio.org. "Gum Disease Links to Heart Disease and Stroke." http://www.perio.org/consumer/heart_disease, accessed October 2013 (2) Mealey, BL, "Periodontal Disease and Diabetes," Journal of the American Dental Association 137 (2006): 25S–31S. (3) Teeuw, WJ, Gerdes, EA and Loos, BG, "Effect of Periodontal Treatment on Glycemic Control of Diabetic Patients: A Systematic Review and Meta-analysis," Diabetes Care 33 (2010): 421–27. (4) Li, Y et al., "Mode of Delivery and Other Maternal Factors Influence the Acquisition of Streptococcus Mutans in Infants," Journal of Dental Research 84, no. 9 (2005): 806–11. (5) Cleveland Clinic Center for Continuing Education, "Infective Endocarditis," web. (6) WebMD, "Dental Health and Endocarditis Prevention," web. (7) Healthline, "Immunodeficiency Disorders," web. (8) National Institute of Dental and Craniofacial Research, "Head and Neck Radiation Treatment and Your Mouth," web.