



Brushing your teeth may be more important than you think. Gingivitis, an early phase of gum disease, is inflammation of the gums caused by the accumulation of plaque and bacteria above the gum line. If left untreated gingivitis can progress to periodontitis, a more serious and damaging stage of infection resulting gum inflammation. Recent studies have demonstrated there is an association between periodontitis and certain systemic diseases, such as stroke, diabetes, and heart disease, which remains a leading cause of death in both men and women.

The Dental Care Advantage program offered to Missouri Farm Bureau members for an exclusive rate of \$33.60 per year for your whole family is a discount program that provides members with savings of 20-55% on dental services when seen by a participating dentist.

Also included is the chiropractic discount program which saves members even more!

For more information or to enroll, please visit the Missouri Farm Bureau website, [www.mofb.com](http://www.mofb.com), or call 1-888-540-9488 for an application.

#### *How To Help Your Family Keep Their Teeth Healthy*

- 1. Brush at least twice a day - after breakfast and before bedtime. Brushing correctly breaks down plaque.*
- 2. Take your time while brushing. Spend at least 2 minutes each time you brush.*
- 3. Brush all of your teeth, not just the front ones. Spend some time on the teeth along the sides and in the back. Brush away from your gums.*
- 4. Learn how to floss, this is an important way to keep your teeth healthy.*
- 5. Be sure your toothbrush has soft bristles and that you get a new toothbrush every 3 months.*
- 6. Be sure to make regular visits to your dentist!!*