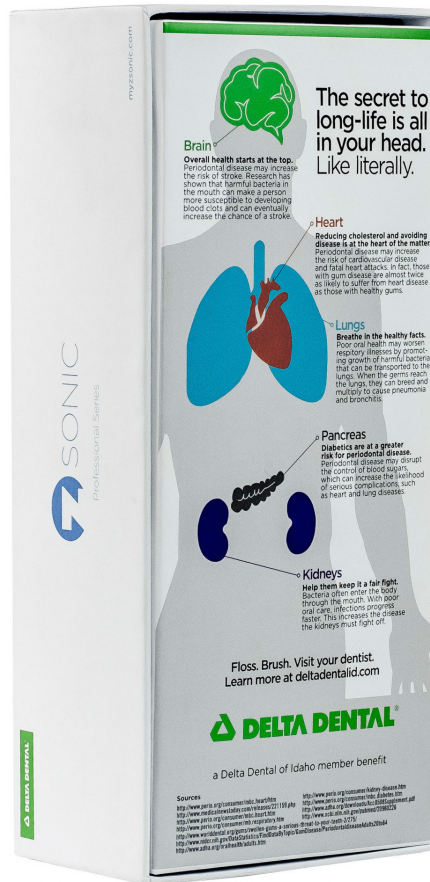


# Delta Dental of Idaho members pay only \$62<sup>95</sup>

Replacement head price locked in for the  
life of your toothbrush! Shipping is FREE!

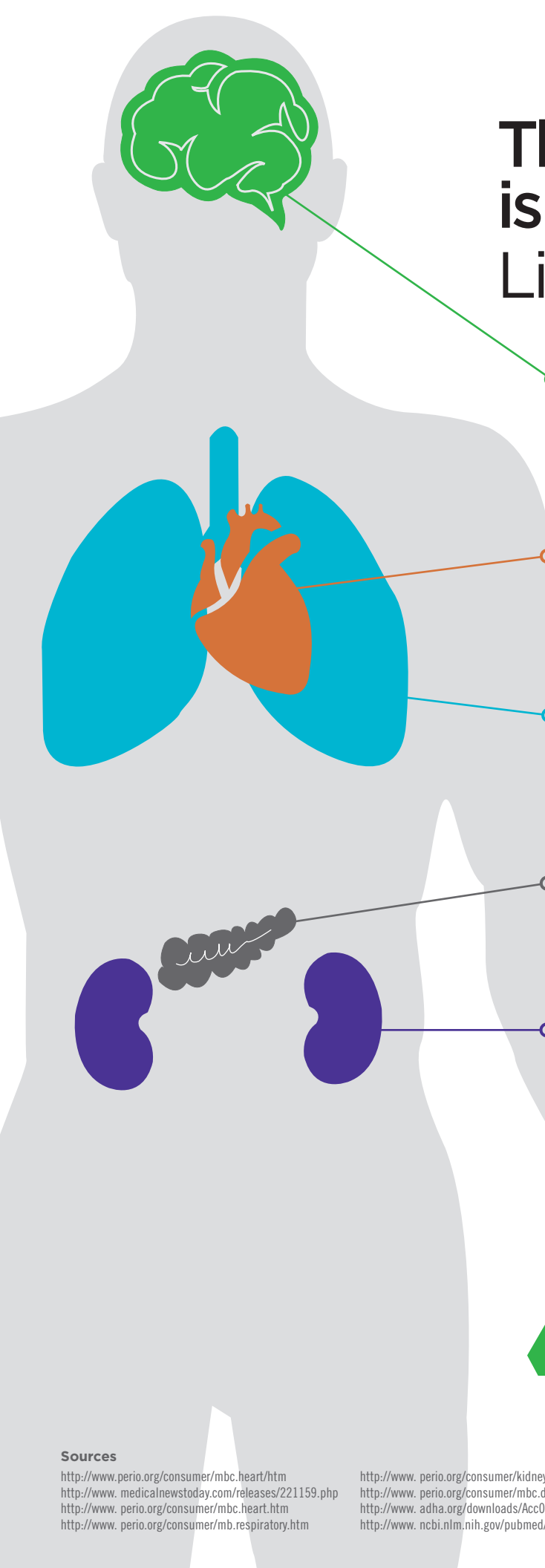


*"Perfect for my father! He has sensitive teeth and the Z Sonic has soft bristles AND a sensitive setting."*

*"It holds a charge longer than my other brush!"*

A good toothbrush can enhance your oral health, and your oral health can improve your overall health. That's why Delta Dental of Idaho has partnered with Z Dental to make it easier for you to kick your tooth brushing up a notch. To buy Z Sonic tooth brushes for you and your family go to:  
[www.myzsonic.com/deltadental-id/](http://www.myzsonic.com/deltadental-id/)

**DELTA DENTAL®**



# The secret to long-life is all in your head. Like literally.

## Brain

**Overall health starts at the top.** Periodontal disease may increase the risk of stroke. Research has shown that harmful bacteria in the mouth can make a person more susceptible to developing blood clots and can eventually increase the chance of a stroke.

## Heart

**Reducing cholesterol and avoiding disease is at the heart of the matter.** Periodontal disease may increase the risk of cardiovascular disease and fatal heart attacks. In fact, those with gum disease are almost twice as likely to suffer from heart disease as those with healthy gums.

## Lungs

**Breathe in the healthy facts.** Poor oral health may worsen respiratory illnesses by promoting growth of harmful bacteria that can be transported to the lungs. When the germs reach the lungs, they can breed and multiply to cause pneumonia and bronchitis.

## Pancreas

**Diabetics are at a greater risk for periodontal disease.** Periodontal disease may disrupt the control of blood sugars, which can increase the likelihood of serious complications, such as heart and lung diseases.

## Kidneys

**Help them keep it a fair fight.** Bacteria often enter the body through the mouth. With poor oral care, infections progress faster. This increases the disease the kidneys must fight off.

**Find out how your oral health impacts your overall health (and how dental benefits from Delta Dental of Idaho can improve both) by visiting [DeltaDentalID.com](http://DeltaDentalID.com).**



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