



# Reasons To Visit The Dentist

## What does going to the dentist do?

The standard recommendation is to see your dentist at least once per year. This sounds small, but when it comes to your health, the impacts are BIG!

### A single appointment with your dentist can:

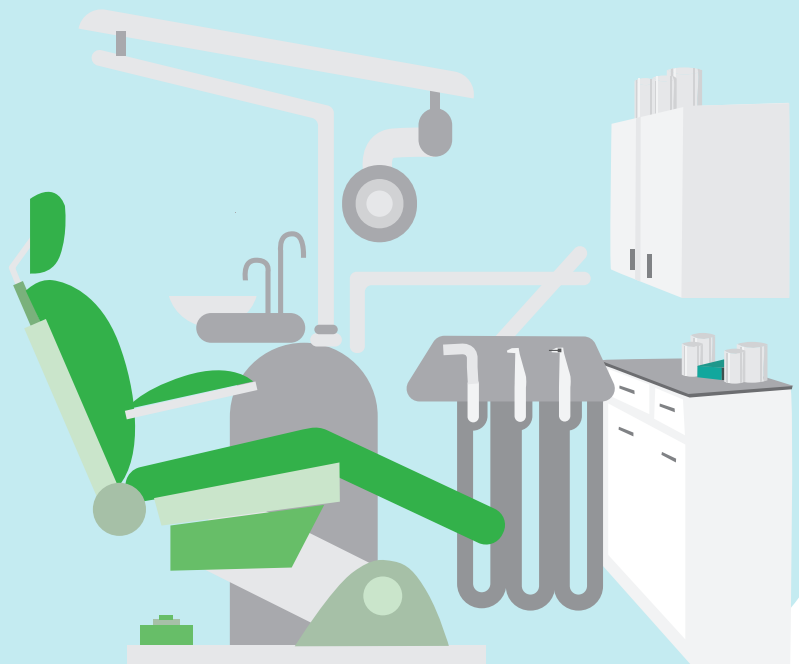
- Improve the health of your teeth & gums with a thorough cleaning.
- Reveal oral health issues such as cavities & gum disease.
- Provide an opportunity to screen for more serious underlying health conditions.
- Give you the chance receive oral health advice and care that is personal to you, so you have the best information to keep your mouth healthy.

**So...**  
what are you waiting for?

Give your dentist a  
call to schedule your next visit!

Looking for a dentist in the  
Delta Dental network?

Try our Find a Dentist Tool  
at [DeltaDentalMN.org](https://DeltaDentalMN.org)



**The Power of Smile™**  
Learn more about how your oral health  
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