



Smile! Pass It On!

by Universal Dental Plan

Produced to improve your dental health and awareness

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Welcome!

We at *Universal Dental Plan* are so excited to bring you the very first issue of our newsletter!

Our newsletter is designed to keep you informed of new ideas and concepts and to educate you on all topics related to your dental health.

Your input is important to us and we encourage you to mention any topics that you would like to see included in a future issue of our newsletter.

We hope you enjoy your issue and please be sure to share our newsletter with a friend who you feel might benefit from the services and care that we provide.

Yours in good dental health,

*Doreen DeMarco
Director of Membership
Universal Dental Plan*

turnthepage

You can get the look of luck!

Make a connection!

Guilt-free habits to keep!

Mouth-Body Connection

Oral health can improve overall health

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

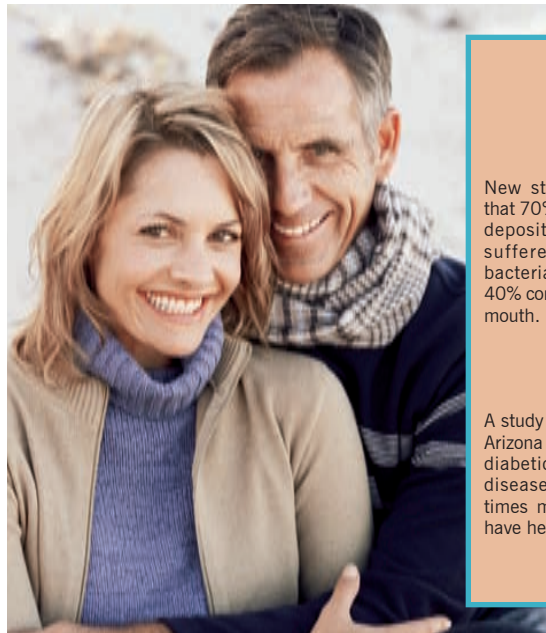
With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases and osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.



Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

A healthy smile will last a lifetime!

Choice ... Where It Belongs

In Your Hands

What is Universal Dental Plan, and how does it differ from a typical dental insurance plan?

What are the benefits of using Universal Dental Plan over more common insurance plan approaches?

What is the importance of maintaining good oral health?

We are all aware of the importance of having coverage for our health care needs. But users of dental insurance plans are rarely happy customers. Most often their first complaint is the high cost of premiums. Then there is the screening process to determine if you are eligible. There are age restrictions and health checks and rules regarding which health care professionals you can and cannot use. There are often waiting lists to access the required care, and deductibles, and waiting periods and yearly maximums. But perhaps the worst aspect of a dental insurance plan is the dreaded "claims form". We have

yet to meet an insurance plan user who enjoys filling out and mailing the form only to have it returned because they missed the checkbox in Section D. And if you have a complaint... we won't even go there.

The perfect alternative to the restrictions and frustration of an insurance plan is our Universal Dental Plan (UDP). Not a form of insurance, UDP is a *network of private practice dentists and specialists* who provide their services for plan members at reduced rates. There are no waiting periods, no deductibles, no yearly maximums, no age limitations, and, best of all, no claims forms. Instead, you select from a list of private practice dentists in your area, make an appointment, and receive the highest quality care available at *substantial* savings! What could be simpler?

And the benefits to you do not stop there. There are no restrictions on treatment. Those choices remain between you and your chosen private practice dentist. There are no limits on visits or services either. You can visit your dentist of choice as often as you require, and no one will ever tell you that you have exceeded your quota of visits. All procedures, even cosmetic treatments, are discounted with savings

Tooth Tips

Drink plain tea without sugar. It helps cut down on plaque and cavities.

Brush after every meal or at least twice a day.

Choose healthy foods like cheese and crunchy vegetables.

If you can't brush after every meal, try chewing sugarless gum or a carrot or apple.



from 20% to 50%. That is our guarantee.

Today's medical science has made great advances in understanding how our bodily systems are interconnected. But no connections are more striking than those linked to oral health. Did you know that the plaques that form on our teeth are directly linked to heart disease? Did you know that migraine headaches, balance, agility, and even upper body strength can be linked to oral health? And we haven't even touched on the psychological benefits of a healthy smile. It is important, therefore, that we make every effort to visit our dentist regularly, and now through UDP, this vital link to your overall health and wellbeing has been made affordable.

At UDP, we have left all the important choices where they belong, in your capable hands. For more information visit our website www.universaldentalplan.com or call us at (617) 859-1777.

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Please visit our web site:

www.universaldentalplan.com

Communication is important to us - don't be afraid to ask questions!



UDP is a network of private practice dentists and specialists who provide their services for plan members at reduced rates.