

health awareness



CTSI

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DENTAL HYGIENE AWARENESS MONTH

October is dental hygiene month. The American Dental Association recommends that people with healthy gums see their dentist every 6 months for a checkup and a regular cleaning, while people with a history of gum disease should see their dentists more often. Good dental hygiene and regular dental visits are an important part of maintaining overall health.

Gum Disease

Bacterial plaque and tartar can build up on teeth leading to periodontal (i.e., gum) disease. Brushing and flossing can lessen plaque, but only a professional dental cleaning can remove tarter, the hardened form of plaque. The longer plaque and tarter remain on teeth the more harmful they become as they cause gingivitis.

Gingivitis

Gingivitis is inflammation of the gums and is considered a mild form of gum disease. People with gingivitis have gums that become red, swollen, and can bleed easily. Fortunately, gingivitis can generally be reversed by daily brushing and flossing as well as regular professional cleanings.

Periodontitis

If left untreated, gingivitis can turn into periodontitis, which means inflammation around the tooth. Gums begin to pull away from the tooth leaving pockets that fill with food particles and become infected. Bacterial plaque spreads and grows beneath the gum line triggering the body's natural immune response.

This combination of bacterial toxins and the body's immune

response break down the bones, gums, and connective tissues that hold teeth in place. Periodontitis can lead to loose teeth and tooth loss.

Risk Factors

Good dental hygiene and routine dental appointments are enough to prevent or treat gum disease for most people. People who smoke, have diabetes, take medications that cause dry mouth, or women undergoing hormonal changes like those caused by pregnancy are at greater risk.

Gum Disease Symptoms

The following symptoms may indicate gum disease and should be discussed with your dentist or dental hygienist:

- Recurrent bad breath

(Article is continued on reverse side.)

- Red or swollen gums
- Tender or bleeding gums
- Pain when chewing
- Loose teeth
- Sensitive teeth
- Receding gums

can be an indication of larger health issues and often work as an early warning sign.

Most oral cancers are diagnosed during routine dental cleanings, which make them an important cancer screening checkup. About 43,000 people are diagnosed with cancer of the mouth, tongue, or throat area annually according to the National Institute of Dental

and Craniofacial Research. Men over the age of 40 have the highest risk.

According to Ann Bolger, M.D., a professor of clinical medicine at the University of California, “the mouth can be a good warning signpost” of health problems, so regular dental exams are an important part of maintaining a healthy lifestyle. [CSTI](#)

Oral Cancer

Gum disease isn't the only health problem found during routine dental exams. Dental problems

Benefits Corner

2018 Renewal and Open Enrollment

The County Health Pool (CHP) held its annual Renewal and Board Meeting on September 16. We are pleased to inform you that medical, dental, vision and life insurance plans will remain unchanged for 2018. There will be no changes to copayments, deductibles, coinsurance, or out of pocket maximums.

The following changes to preventive care will be effective in 2018 as required by the Affordable Care Act (ACA):

- Coverage of low-to-moderate dose statins in network for certain individuals ages 40 to 75 who meet the criteria set forth by the U.S. Preventive Services Task Force
- Coverage of low-dose aspirin in network for the prevention of cardiovascular disease and colorectal cancer in adults ages 50 to 59 who meet the criteria set forth by U.S. Preventive Task Force
- Covered well-women exam-cervical cancer screening for ages 21 to 29 every three years; pap smear screenings every three years for women ages 30 to 65; HPV testing with pap smear every five years or a regular pap smear (without HPV testing) every three years; and extension of certain requirements to adolescents (i.e., well women visits, screening and counseling for interpersonal and domestic violence)

A complete list of these changes is available at www.uspreventiveservicestaskforce.org.

News from the Board Meeting

- CHP will continue using its banded rate formula to determine where each entity falls for contribution and will continue tracking loss ratio numbers for entities.
- Anthem will continue to be the CHP's administrative services only (ASO) provider for medical, prescription, and dental. Express Scripts will continue to be Anthem's partner for prescription mail order service, and VSP will continue as the CHP's ASO provider for vision.
- ACA/IRS tax reporting continues. You will receive a 1095 B or 1095 C form from your employer again in 2018 for the 2017 tax year. Do not submit the form to the IRS. Keep a copy with your 2017 tax documents.
- The Dental network will change from Legacy to Complete network to allow for broader coverage for dental providers for CHP Members. If you are currently enrolled in dental, you will receive a new ID card with a new dental ID number. If you are enrolled in one of our HDHPs, you will also receive a new ID card with a new suffix. All other members will only receive a new ID card if they make changes and/or add dependents for 2018 open enrollment.
- Open Enrollment changes go in effect 1/1/2018. You will be hearing more about open enrollment from your entity contact in the October/November timeframe.