

HEALTHPLEX PARTNERS WITH CAREINGTON INTERNATIONAL CORPORATION

Our goal at Healthplex is to offer the best dental benefit to fit the precise needs of each and every one of our groups. One of the ways we do this is to seek out and develop relationships with a variety of corporate partners.

Most recently Healthplex has partnered with a national dental network called Careington International Corporation. Now our plans can provide excellent coverage for all of your subscribers wherever they reside.

Careington International Corporation was established in 1979. It is one of the most recognized professional dental networks in the nation and boasts a provider network of over 70,000 general dentists and specialist access offices around the country.

Whether your group is self-funded, fully insured, or a combination of both, we have exactly what you need for all of your employees.

WINTER SMILES

Winter holidays are festive times, filled with family and friend gatherings that can lead to unhealthy eating habits! As an alternative, the winter season has a variety of fruits and fresh vegetables that can help your body and your teeth!

During the dark winter months, it is especially important to eat at least 5 servings of brightly colored fruits and vegetables. Many of them are available in abundance during the winter months and are a great source of the following nutrients:



*IRON: Can help prevent infections and may reduce risk of oral cancer

*RIBOFLAVIN: Keeps the mouth healthy and may reduce risk of oral cancer

*VITAMIN C: Can prevent gum disease and may shorten duration of colds

*FIBER: Foods high in fiber may help clean your teeth

*CALCIUM: Helps build strong teeth and bone

Here are some healthful choices that contain these nutrients and that will keep you smiling all winter long:

Oranges	Spinach
Apples	Pears
Brussels Sprouts	Winter Squash
Grapefruits	Sweet Potatoes
Broccoli	

During the hustle and bustle of the holiday season, remember, flossing and brushing are especially important to make sure your teeth are around for generations to come. It is up to you to be “nice” to your teeth!

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CHEW ON THIS



THE GIFT OF ORAL HEALTH

During the holiday season, it's a good time to reflect upon the things that truly matter the most to us. Many would probably choose "Good Health" as their top priority. And an essential part of good health is consistent oral hygiene.



The first ever Surgeon General's report on oral health was issued by David Satcher, M.D., Ph.D., in May of 2000**. Many of its findings stress the vital importance of oral health as well as its relationship to overall health and well-being. According to Dr. Satcher, "serious oral disorders may undermine self image and self esteem, discourage normal social interaction and lead to

chronic stress and depression as well as incurring great financial cost."

Oral disorders may also "interfere with vital functions such as breathing, eating, swallowing and speaking. The burden of [oral] disease restricts activities in school, work and home," which can significantly diminish the quality of life.

Therefore dental visits help to prevent many oral diseases from occurring or can improve upon its current state. This is achieved through routine dental procedures such as regular cleanings, flossing and x-rays.

So keep in mind, in addition to your goals to work out and eat healthy, remember a visit to the dentist every 6 months can improve upon your health as well.

** http://www.surgeongeneral.gov/news/pressreleases/pr_oral_52000.htm

DENTAL TRIVIA

Did you know that certain cheeses, including Aged Cheddar, Swiss and Monterey Jack, have been found to protect teeth from decay?

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