

# Sign up for *Dental Wire* — an online dental health newsletter

## It's free!

*Dental Wire* is Delta Dental's free online newsletter. It provides articles, tips and tools to help you take great care of your smile.

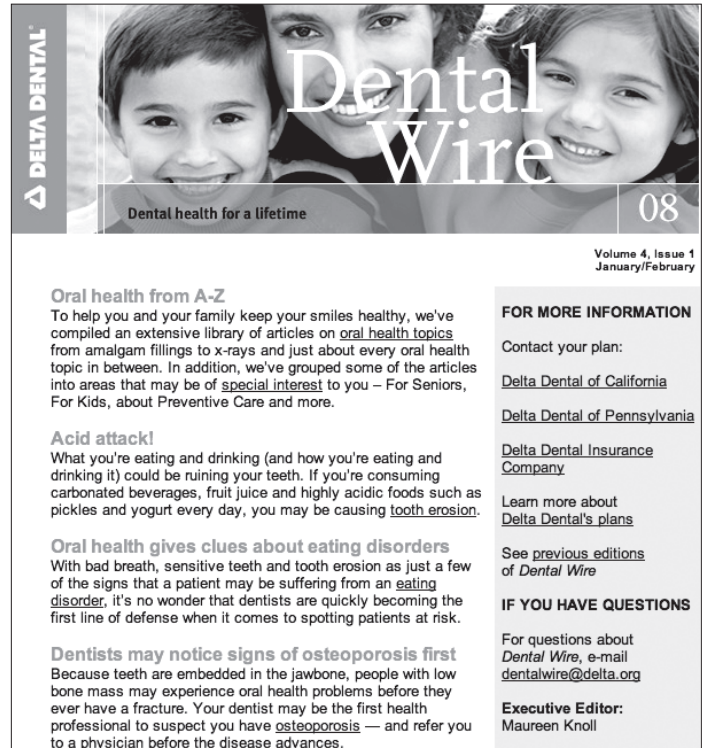
## Learn more about oral health

Preventive care is the number one way to keep your smile healthy. In *Dental Wire* you'll find great ways to help you care for your teeth:

- Dental news and health tips
- Ways to maximize your Delta Dental plan benefits
- Links to puzzles and games for kids
- Helpful guides to dental terminology

## Sign up now

A new issue of *Dental Wire* can be e-mailed to you every other month. Simply provide us with your e-mail address at [www.deltadentalins.com](http://www.deltadentalins.com). Click on "Enrollees" in the left column, then on "Sign up."



**DELTA DENTAL**  
Dental Wire  
Dental health for a lifetime  
08  
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**Oral health from A-Z**  
To help you and your family keep your smiles healthy, we've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between. In addition, we've grouped some of the articles into areas that may be of special interest to you – For Seniors, For Kids, about Preventive Care and more.

**Acid attack!**  
What you're eating and drinking (and how you're eating and drinking it) could be ruining your teeth. If you're consuming carbonated beverages, fruit juice and highly acidic foods such as pickles and yogurt every day, you may be causing tooth erosion.

**Oral health gives clues about eating disorders**  
With bad breath, sensitive teeth and tooth erosion as just a few of the signs that a patient may be suffering from an eating disorder, it's no wonder that dentists are quickly becoming the first line of defense when it comes to spotting patients at risk.

**Dentists may notice signs of osteoporosis first**  
Because teeth are embedded in the jawbone, people with low bone mass may experience oral health problems before they ever have a fracture. Your dentist may be the first health professional to suspect you have osteoporosis — and refer you to a physician before the disease advances.

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**IF YOU HAVE QUESTIONS**  
For questions about *Dental Wire*, e-mail [dentalwire@delta.org](mailto:dentalwire@delta.org)  
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Advancing dental health and access

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Delta Dental is committed to working with you to provide you with the tools and information you need to improve your access to oral health. In this section you will find links to patient benefits information, claim forms and news on oral health and wellness.

**Just for Delta Dental enrollees**  
Check the [resources page](#) for FAQs, video clips, and more.  
Download and print a [claim form](#).  
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Delta Dental's Mission: To advance dental health and access through exceptional dental benefits service, technology and professional support.

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