

MAKE REGULAR DENTAL CHECK-UPS PART OF YOUR ROUTINE

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Dear Member

Visiting your dental healthcare professional regularly is vital in preventing dental problems, maintaining good oral health, and improving your overall health and wellbeing. Don't wait until you have a problem before making a dental appointment. The general recommendation is to visit the dentist, dental therapist, or oral hygienist for a regular check-up and cleaning every six months, or at least once a year.



EARLY DETECTION

Regular visits to your dental healthcare professional will help prevent the development of tooth decay (caries) or gum disease as they can detect and treat early oral diseases before they become more serious.



PREVENTATIVE CARE

Plaque and tartar build-up can lead to gum disease. Regular professional cleaning to remove this build-up, usually called a scale and polish, combined with a good oral health routine at home, will help keep your teeth and gums healthy.



OVERALL HEALTH

Poor dental health and periodontal disease have been linked to a range of health problems, including systemic diseases such as heart disease and diabetes. Regular dental check-ups can help you maintain good oral health, which in turn can have a positive impact on your overall health.



DENTAL VISITS FROM AN EARLY AGE

In-hospital treatment under general anaesthesia comes with many risks. Regular dental visits for children from an early age will not only ensure healthy teeth but will help the child to be familiar with treatment on the chair. This will reduce anxiety for the child, allowing the dental healthcare professional to complete the necessary treatment in the rooms and avoid risky treatment later under general anaesthesia.



WHAT HELP IS AVAILABLE FOR CHILDREN?

Fissure sealants for your child are an easy and effective way of preventing tooth decay. Ask your dental healthcare professional for fissure sealants on your children's permanent teeth. What else can you do to prevent tooth decay?

- Brush your teeth for two minutes, every morning and night.
- Floss every day to clean between your teeth.
- Limit sweets, sugary foods, and sugar-filled drinks.

VISIT A DENIS DENTAL NETWORK PRACTICE TO AVOID UNEXPECTED PAYMENTS*

To avoid unexpected payments, consider going to a dental healthcare professional that is part of the DENIS Dental Network. These practices will not charge you more than the POLMED tariffs for conservative dental treatment. This means that if you have the benefits available for the treatment, you will not have to pay any money out of your pocket. Conservative dentistry services include dental check-ups, fillings, extractions, scale and polish treatments (cleaning), dental X-rays, as well as preventative treatment for younger members, i.e. fissure sealants and fluoride treatment. Go to the DENIS website, www.denis.co.za, and click on Find a Network Provider to search for a practice by suburb; or phone the contact centre on 0860 765 633.

*Aquarium option compulsory network: Aquarium members who voluntarily opt to use a non-network provider, will be liable for a 30% co-payment (PMBs apply). At a Network Provider, there should not be any co-payments that are required for conservative dental treatment, subject to the availability of benefits.

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Regards,
POLMED

