



FOCUS ON DENTAL HEALTH

# Smile! You're On Camera: Dental X-Rays



## Getting Beneath the Surface of Your Smile

You've probably had dental X-rays taken at your annual dentist appointment a handful of times. They seem quick and simple, but they can provide a lot of information about your dental health that might not be easy to detect otherwise.

## Why Are Dental X-rays Important?

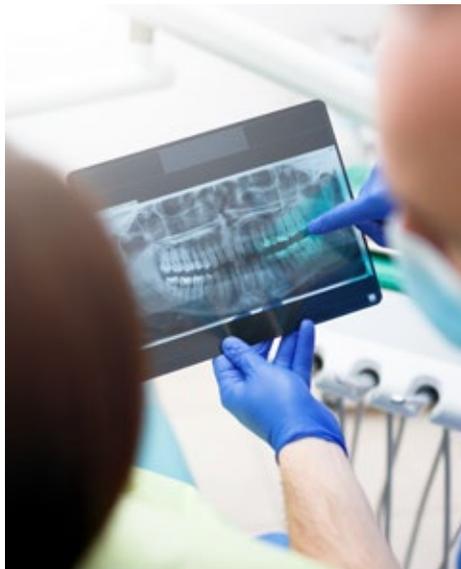
Dental problems can start to develop before they can be easily seen by your dentist. X-rays are immensely helpful in detecting and treating these problems early on. Early treatment can help protect other areas of the mouth and prevent further damage in the future.<sup>1</sup>

## Common Types of Dental X-Rays

- **Bitewing X-rays** capture details of the upper and lower teeth in one area of the mouth.<sup>2</sup>
- **Occlusal X-rays** are done when your jaw is closed to show how your upper and bottom teeth are lining up.<sup>3</sup>
- **Periapical X-rays** capture an image of the whole tooth to identify any unusual changes in the root or surrounding bone structures.<sup>2</sup>

## What Can Dental X-Rays Detect?\*

- Tooth decay that may develop between the teeth or under the surface of fillings
- Bone disease
- Periodontal disease
- Developing infections under the gums



VBA, in partnership with TruAssure Insurance Company, offers plans that provide easier access to dental care. **To learn more, visit [vbaplans.com/dental](http://vbaplans.com/dental).**



VBA dental plans are administered and underwritten by TruAssure and are offered in association with the DenteMax Plus dental network arrangement, which includes participating dentists from the United Concordia, DenteMax and Connection dental networks in all states but North Carolina, where the DenteMax Plus network arrangement includes DenteMax and Connection dental networks.

## What Does a Dental X-Ray Show?

Dental X-rays use low levels of radiation<sup>3</sup> to capture images that allow your dentist to get a closer look at the condition of your teeth, roots, jaw placement and facial bone composition.<sup>2</sup>

## When Should I Get a Dental X-Ray?†

Based on your oral health, age, health history and risk of oral disease, your dentist will determine how often you need a dental X-ray.

## Did You Know?



Dental X-rays are able to give dentists a better idea of how children's teeth and jawbones are developing.<sup>1</sup>



A coast-to-coast flight emits more radiation exposure than a standard dental X-ray.<sup>4</sup>



Dental X-rays can help your dentist determine if you have wisdom teeth developing.<sup>2</sup>

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The information contained above is intended to be educational in nature, does not constitute medical advice and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

\* Adult orthodontics option is only for Large Group Plans (50+ eligible employees).

1. American Dental Association ([https://www.ada.org~/media/ADA/Publications/Files/for\\_the\\_dental\\_patient\\_sept\\_2011.pdf?1a=en](https://www.ada.org~/media/ADA/Publications/Files/for_the_dental_patient_sept_2011.pdf?1a=en)) 2. Cleveland Clinic (<https://my.clevelandclinic.org/health/articles/11199-dental-x-rays>) 3. Healthline (<https://www.healthline.com/health/dental-x-rays#types>) 4. RadiologyInfo.org (<https://www.radiologyinfo.org/en/info/safety-xray>)