

A monthly wellness newsletter from Better You

The power of preventive dental care

One of the biggest misconceptions in healthcare is simple: if it doesn't hurt, it's not a problem. When it comes to oral health, that assumption can be misleading — and sometimes costly.

Dentists see this all the time. Patients go in feeling fine, expecting a routine visit, and are surprised when they find early signs of gum disease, inflammation, or decay. Nothing hurts yet — but problems are already developing.

Many oral diseases develop quietly. By the time something becomes painful, it has often been progressing for months — or even years.

When left untreated, these issues don't stay small. In many cases, they escalate to the point where people seek care in urgent or emergency settings — often for conditions that could have been prevented or managed much earlier through routine dental care. When these situations occur, they are not only stressful, but also far more expensive than preventive care. A simple filling or early gum treatment is significantly less costly — in both time and money — than procedures like root canals,



extractions, or emergency interventions.

The good news is that when these issues are caught early, they're usually easier to manage. Early treatments are relatively quick and simple while advanced disease requires more complex, time-consuming, and costly care.

There's also a bigger picture to consider. Oral health doesn't exist in isolation. The inflammation we see in the mouth is linked to conditions like diabetes, heart disease, and even pregnancy outcomes. For example, **treating gum inflammation during pregnancy can reduce the risk of a baby being born preterm by 50%.¹** That connection is the foundation of efforts like [Oral Health for Overall Health](#) — helping people understand that

taking care of their mouths is part of taking care of their whole body.

This is where preventive care really matters. Routine dental visits aren't just about clean teeth — they're about protecting your health and catching what you can't see or feel yet. They give your dentist a chance to spot early changes, address issues while they're still manageable, and help you avoid bigger problems down the road. If you have dental benefits, these visits are often already covered — making preventive care one of the most accessible and valuable steps you can take for your health.

Two visits a year may not seem like much, but they can make a meaningful difference. Because when it comes to your health, pain shouldn't be the first signal that something needs attention.

Resources: [cdc.gov](https://www.cdc.gov); ¹[healio.com](https://www.healio.com); [niddk.nih.gov](https://www.niddk.nih.gov)

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Low impact exercises make a difference

It is easy to believe that the harder the workout, the more effective it will be. But did you know you can do workouts that promote fat loss and still be gentle on your joints? Low-impact workouts can be as effective as high-impact workouts when looking to burn calories and lose weight.

When in doubt, walk it out

Not a fan of running? No problem! Brisk walking is gentler on the joints than going for a jog and is an effective way to promote weight loss and improve your heart health. Aim for a minimum of 150 minutes per week of moderate-intensity exercise. That's just 22 minutes a day! If you don't enjoy walking, cycling and swimming are two great low-impact options to burn calories without hurting your joints.

Don't forget to strength train

Strength training is the most effective form of exercise when it comes to weight loss, because muscle tissue burns more than three times the calories that fat tissue does, even when the body is resting. The more muscle we have, the more fat loss we can expect from our workouts. Low-impact strength exercises are a wonderful way to build muscle without putting too much stress on the joints. Do this twice a week on non-consecutive days.

- **Bodyweight exercises** such as squats, wall push-ups, glute bridges, and step-ups can strengthen major muscle groups.
- **Resistance bands** add challenge while remaining gentle on the body.
- **Light dumbbell exercises**, including shoulder presses,



bicep curls, and lunges, can help increase strength and support healthy weight loss.

By focusing on both low-impact cardio and strength training, you can lose weight, improve your health, and build a stronger body for the future.

Resources: [ACSM.org](https://www.acsm.org); [nih.gov](https://www.nih.gov)

Peanut Butter-Banana Roll-Ups (Serves 1)

Ingredients:

- 2 Tbsp smooth natural peanut butter or sunflower seed butter
- 1 tsp honey
- 1 8-inch whole-wheat flour tortilla, at room temperature
- 1 medium banana, peeled

Directions:

Combine peanut butter and honey in a small bowl. Spread the mixture evenly over tortilla. Place banana on the bottom third of the tortilla; being careful not to tear the tortilla, roll tightly. Slice crosswise into 8 pieces.



Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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