

## Improve your smile with dental implants

A gap in your smile can make you self-conscious and affect the way your jaw closes. It's harder to chew, and food can get caught in the empty spaces. This can increase your risk for tooth decay and gum disease. In addition, when a tooth is lost, the supporting jaw bone begins to break down. Over time, your other teeth can tilt into the empty space, creating bite problems.

Dentists often replace missing teeth with dentures, false teeth that can be taken in and out. Dentists can also replace missing teeth with a bridge. A bridge is cemented in place and spans the space where the teeth are missing. But there's a another option: dental implants.<sup>1</sup> Dental implants are replacement teeth with the same look and feel as your natural teeth.

## How do dental implants work?

A dental implant is a small, imitation tooth root, made of a metal like titanium. The implant acts like a natural tooth root and is placed in your jaw bone. After the bone grows around the implant, it can hold a crown, bridge or denture.

If you lose a tooth, it's important to replace it as soon as possible to prevent changes in your bite. Once installed, implants can last a lifetime. They need the same care as natural teeth, including brushing, flossing and regular dental checkups.



## You should know:

- Dental implants are replacement teeth. They look and feel like natural teeth.
- Dental implants feel comfortable and secure, because they fuse to your jaw bone.
- Most adults are good candidates for dental implants, but you need to have healthy gums and a healthy jaw bone.



## Who can get a dental implant?

Dental implants are for people with good oral health who have lost one or more teeth due to an injury, tooth decay or gum disease. To get an implant, you need healthy gums and enough bone to support the implant. You must also be willing to take good care of the implant and surrounding gums for the rest of your life.

Dental implants are not for:

- Smokers
- Those with gum disease
- People with uncontrolled diseases

If you need to have a tooth replaced, check with your dentist to see if a dental implant is the right choice for you.



<sup>1</sup> Dental implants are not covered by all plans. To verify coverage, check your plan document or call the Customer Care number on the back of your member ID card.

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