



## HealthPrint: Get 10% discount on DRUM dental insurance

From a young age we are taught to practise good oral hygiene to help prevent bad breath, tooth decay and gum disease. A healthy mouth is good for your overall health, too, as recent studies suggest there may be a link between oral infections – primarily gum infections – and poorly controlled diabetes, cardiovascular disease and preterm birth.

If you don't brush and floss regularly to keep your teeth clean, plaque can build up along your gum line, creating an environment for bacteria to gather in the space between your gums and your teeth. When this happens, you run the risk of developing gingivitis, a mild form of gum disease that causes irritation, redness and swelling of gums. Left untreated, gingivitis can lead to periodontitis and other conditions such as trench mouth, a serious oral infection characterised by painful, bleeding gums and ulcers in the gums.

Bacteria from your mouth normally don't enter your bloodstream. However, sometimes even just routine brushing and flossing if you have gum disease can provide a port of entry for these microbes. For people with weakened immune

systems, the presence of oral bacteria in the bloodstream (bacteraemia) may lead to an infection in another part of your body. Even if you take excellent care of your teeth and gums, you still need to visit a dentist preferably every six months for a check-up, as this can help identify problems or diseases early enough to treat while still at a manageable stage.

### Why DRUM dental insurance?

Dental treatments can be expensive and additional insurance will go a long way in providing for dental expenses if your medical scheme product does not provide cover. DRUM dental insurance processes claims outside of the medical aid environment. Furthermore, you can use any provider of your choice.

### Special rates for HealthPrint members

DRUM offers HealthPrint members 10% discount on all its dental insurance products. Plans range from basic dentistry services – including check-ups, fillings, X-rays and scale and polish treatments – to comprehensive plans offering cover for members with more extensive dental treatments such as crowns, bridge work and dentures. The two top options also include a benefit for dental implants.



For more information or to apply, **log in** to HealthPrint and select "DRUM" under HealthPrint's partners on the dashboard. If you are not a HealthPrint member yet, **click here** to register **free of charge** and get access to this offer and other exclusive discounts, special offers and health programmes which will add value to your Medihelp experience. **é**

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