

# The Mouth Body Connection

A Delta Dental Workshop



## Additional resources

### Periodontal disease information

Gum disease: [www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm](http://www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm)

Lost a tooth?: [www.perio.org](http://www.perio.org)

### Oral health & total body health

How oral and total health are connected:  
[www.deltadentalins.com/oral\\_health/overall\\_health.html](http://www.deltadentalins.com/oral_health/overall_health.html)

Looking for a dental plan?:  
[www.deltadentalins.com](http://www.deltadentalins.com)

### Oral health & diabetes

American Diabetes Association:  
[www.diabetes.org/?loc=bb-dorg](http://www.diabetes.org/?loc=bb-dorg)

### Oral health & heart disease

Gum disease and heart disease: [www.perio.org/consumer/gum-disease-and-heart-disease](http://www.perio.org/consumer/gum-disease-and-heart-disease)

Heart disease and oral health: [www.mouthhealthy.org/en/az-topics/h/heart-disease-and-oral-health](http://www.mouthhealthy.org/en/az-topics/h/heart-disease-and-oral-health)

### Nutrition resources

Common Sense Nutrition:  
[nutrisense.wordpress.com](http://nutrisense.wordpress.com)

Mouth Healthy Nutrition:  
[www.mouthhealthy.org/en/nutrition](http://www.mouthhealthy.org/en/nutrition)

President's Council on Nutrition:  
[www.hhs.gov/fitness/resource-center/nutrition-resources/index.html](http://www.hhs.gov/fitness/resource-center/nutrition-resources/index.html)

### Take the Health through Oral Wellness® risk assessment

Better oral health for you:  
[www.deltadentalor.com/oralwellness/members](http://www.deltadentalor.com/oralwellness/members)

## Need help finding dental care?

### If you have dental insurance:

- Contact your dental plan for help with eligibility, benefits and finding a dentist in your area
- Delta Dental of Oregon members can visit myModa at [modahealth.com](http://modahealth.com) to find a dentist near you

### If you do not have dental insurance:

- **Oregon Dental Association:**  
[www.oregondental.org/for-the-public/low-cost-dental-care](http://www.oregondental.org/for-the-public/low-cost-dental-care)
- **Medical Teams International (mobile dental van)**  
Locations vary, travels throughout Oregon  
**Phone:** 503-624-1026  
[www.medicalteams.org/home/contact-us](http://www.medicalteams.org/home/contact-us)  
**Services:** Limited to extractions and fillings, as needed, to treat severe pain or infection  
**Serves:** Adults and children  
**Hours:** Call for hours, locations and scheduling  
**Fees info/restrictions:** Free, donations are accepted.
- **OHSU School of Dentistry**  
2730 SW Moody Ave.  
Portland, OR 97201-5042  
503-494-8867  
[www.ohsu.edu/sod](http://www.ohsu.edu/sod)  
**Services:** Emergency and comprehensive treatment  
**Serves:** Adults and children  
**Hours:** Open 8 a.m. to 5 p.m.  
**Fees info/restrictions:** Reduced fees at time of service