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A DAY AT THE AMUSEMENT PARK

LITTLE KNOWN FACTS:

Does chlorine harm your
teeth and eyes

SMILES AND SERENITY:

Summer activities for a
healthier mind and mouth





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Little known facts:
DOES CHLORINE
HARM YOUR TEETH
AND EYES?

Chlorine is a widely used chemical element that helps keep water clean and safe. It's added to drinking water to kill harmful bacteria and is a key additive in swimming pools and hot tubs to prevent the growth of germs.



So, chlorine is good for your health and oral health, right?

Yes and no — while chlorine plays a key role in reducing waterborne diseases, if used in excess, it can also cause irritation after too much exposure.

Health risks of chlorine

Chlorine has clear benefits when it is used properly, but it lowers the pH level of the water, which means if used in excess, it makes the water more acidic. This is why repeated exposure in a short period of time to a swimming pool with too much chlorine can lead to some health problems.



Skin irritation
Chlorine can cause dry, red, or itchy skin.



Red, burning, or irritated eyes
Burning or irritation in the eyes is a common side effect of chlorine exposure.



Respiratory issues
Breathing in chlorine may trigger asthma symptoms or lung irritation.



Digestive problems
Swallowing chlorinated water can lead to stomach discomfort or diarrhea.



Hair damage
Chlorine can strip natural oils from hair, making it brittle and dry.

Smile risks for swimmers

- **Eroded enamel**, which can lead to tooth sensitivity and tooth decay.
- **Discolored**, yellow-brown mineral deposits (called swimmer's calculus) on your teeth.
- **Dry mouth**, which increases your risk for cavities and gum disease.

How to swim, smile, and see without worry

- **Swim with your mouth closed** to reduce chlorine exposure to your teeth.
- **Rinse your mouth periodically** while you swim and immediately after so the chlorine doesn't linger on your teeth.
- **Wear goggles in the water** to lower your risk for dry, burning, or irritated eyes.
- **Check the pool's pH levels**, if you can. A pH lower than 5.5 can erode enamel, and the recommended pH range for a pool is 7.0 to 7.8.



5 summer foods RANKED BY ORAL HEALTH RISK

Summer is the season of backyard barbecues, poolside snacks, and cool treats. While indulging in a craving or two is part of the fun, it's important to consider how certain foods influence your oral health.

PROTECT YOUR SMILE FROM SUMMER CRAVINGS

Enjoying summer foods doesn't mean sacrificing oral health! Here are a few tips to keep your teeth strong:



- Drink water to rinse away food particles and reduce acidity.



- Choose tooth-friendly snacks like fresh fruits and vegetables.



- Limit sugary and sticky foods to prevent cavities.



- Brush twice, floss daily, and maintain your regularly scheduled dental checkups.

RANKING 5 SUMMER FAVORITES

Some summer foods are packed with nutrients that support oral health, while others contain sugar, acid, or sticky textures that can harm teeth. Here's how a few seasonal favorites stack up:

1



WATERMELON

A hydrating, vitamin-rich fruit with vitamin C and potassium to maintain strong teeth and gums, and vitamin A for healthy eyes.

Verdict: A refreshing and tooth-friendly summer snack.

2



CORN ON THE COB

Corn has calcium and vitamin C for strong teeth, and it's packed with fiber to help your body produce saliva. However, eating directly off the cob can push kernels between teeth and increase your risk of plaque buildup.

Verdict: It's healthy, just make sure you floss when you're done.

3



HOT DOGS

A summer cookout favorite, hot dogs are high in fat and loaded with sodium, which can cause gum inflammation and dry mouth, among other issues.

Verdict: Hot dogs aren't great for your smile. Get your protein from chicken or pork instead.

4



S'MORES

You can probably guess the answer to this one. S'mores combine sticky marshmallows, chocolate, and graham crackers — three sugary ingredients that can cling to teeth and feed cavity-causing bacteria.

Verdict: No more s'mores. Or at least, don't indulge often. For a healthier summer treat, try strawberries covered in dark chocolate.

5



LEMONADE

Sugary, acidic drinks like lemonade and soda can weaken your enamel and help mouth bacteria multiply, contributing to cavities and tooth decay.

Verdict: Choose water or fruit-infused water instead of highly sweet beverages such as lemonade.

Some summer staples can strengthen teeth and gums, while others may increase the risk of cavities or enamel erosion. Take care of your smile so you can have fun in the sun all season long.

INGREDIENT SPOTLIGHT



Salmon

Salmon is ready to make waves on your summer menu. Whether you serve it as a grilled entrée or create the burger of your dreams, this fresh, filling fish is packed with nutrients that boost your oral, vision, and overall health. Just a few of these health benefits include:



Omega-3 fatty acids to protect against gum disease, help moisturize your eyes, support brain health, and more.



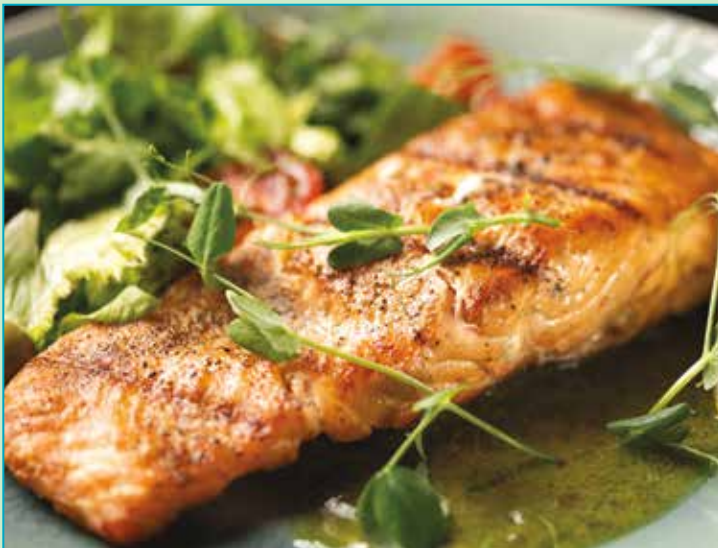
Vitamin D to help your body absorb calcium for stronger teeth and bones.



Vitamin B6 supports brain health, Vitamin D helps regulate mood, and reduces risk for eye disease.



MOUTH-FRIENDLY RECIPE



Grilled salmon with garlic and herbs

Crispy on the outside, tender on the inside, this herb-seasoned salmon is a simple yet satisfying way to enjoy a protein-packed, smile-friendly meal.

INGREDIENTS:

- 6 skinless salmon fillets, 4-6 ounces each
- 5 tablespoons olive oil
- 1 ½ tablespoons brown sugar
- 1 ½ tablespoons soy sauce
- 1 teaspoon lemon zest
- 1 teaspoon Dijon mustard
- 1 tablespoon parsley leaves, chopped
- 2 teaspoons thyme leaves, chopped
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon minced garlic

DIRECTIONS:

- 1 Add the olive oil, brown sugar, soy sauce, lemon zest, Dijon mustard, parsley, thyme, salt, and pepper to a bowl. Whisk until combined.
- 2 Place 1 tablespoon of the marinade aside for later use.
- 3 Add garlic to the bowl.
- 4 Add the salmon to the marinade, making sure that all the salmon is covered.
- 5 Marinate and refrigerate for 1-8 hours.
- 6 Preheat your grill to medium-high heat.
- 7 Remove the salmon from the marinade.
- 8 Cook the salmon fillets 5-6 minutes on each side or until desired doneness.
- 9 Brush the fillets with the reserved marinade and serve.



Avocado salmon burgers

With omega-3s, fresh herbs, and sliced avocado, this Mediterranean salmon burger is a delicious way to support your vision, heart, and oral health.

INGREDIENTS:

- 1 pound fresh, skinless salmon
- 2 tablespoons fresh dill, chopped
- 2 teaspoons horseradish
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- Ground black pepper, to taste
- 1 egg white
- 4 whole wheat buns
- ¼ cup sour cream
- ½ avocado, sliced

Toppings (optional): Lettuce, tomato, onion, feta

DIRECTIONS:

- 1 Chop the salmon into small pieces.
- 2 In a bowl, mix the salmon with dill, horseradish, Dijon mustard, salt, pepper, and egg white.
- 3 Shape the mixture into four even patties.
- 4 Heat grill or pan to medium-high heat.
- 5 Cook the patties for about 4 minutes per side, until firm and cooked through.
- 6 Spread sour cream on the buns, then layer with avocado slices.
- 7 Place the salmon patties on a bun, add toppings to taste, and enjoy!

A DAY AT THE AMUSEMENT PARK



Roller coasters, carnival snacks, and laughter-filled moments make amusement parks the ultimate summer destination. But in between the thrills, it can be easy to forget about protecting your oral and overall health from sugary treats, the blazing sun, and other risks.

Don't worry, though — with a little preparation, you can enjoy every twist, turn, and loop while keeping your teeth, gums, and eyes safe from harm.

KNOW THE RISKS BEFORE YOU RIDE

To keep your smile (and yourself) healthy and comfortable at the park, consider what risks you might encounter.



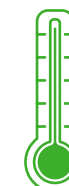
Sweet, sticky foods

Cotton candy, ice cream, kettle corn — these sugary treats are delicious, but they can stick to your teeth and lead to tooth decay and gum disease.



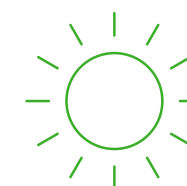
Acidic, sugary drinks

Lemonade, soda, and slushies can weaken enamel and cause sensitivity.



Hot temperatures

Long hours outdoors and physical activity can reduce saliva production and contribute to dry mouth.



UV exposure

A day spent in bright sunlight and heat can cause sunburn, pain or irritation in your eyes, and short-term blurry vision.



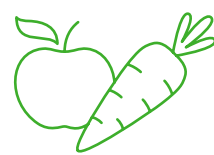
Large crowds

When everyone is running around having fun, it can be easy to lose track of your friends or family, or to accidentally bump into others.



SMART WAYS TO SHIELD YOUR SMILE

A little planning goes a long way toward keeping your smile and vision safe at the amusement park. Here's how to stay protected:



Pack healthy snacks

like apples (which help you produce saliva and clean your mouth) or carrot sticks.



Drink plenty of water

instead of soda or juice to stay hydrated and support saliva production.



Every two hours, apply sunscreen and lip balm

with at least SPF 30 to shield your skin and lips from harmful UV rays.



Wear sunglasses with UV lenses

to prevent eye strain and vision damage.



Make a plan

in case you get lost so that you and your friends or family can find each other.

GRINNING THROUGH THE TWISTS AND TURNS

That's enough talk about safety and planning. What's an amusement park without laughter and thrills? Here are fun ways to enjoy the day while keeping your teeth in top shape:



Take a goofy selfie with a giant mascot.



Laugh your way through a funhouse mirror maze.



Try to win a stuffed animal at a carnival game.



Strike your best pose for a rollercoaster photo and capture a great memory!

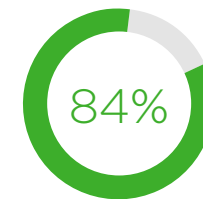


A SMILE SUCCESS STORY: Mouth guard donations

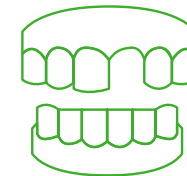
Summer sports and activities are in full swing, from team games like baseball and soccer to solo activities like cycling or skateboarding. No matter how you have fun under the sun, you'll want to protect your teeth from injury — and there's no better way to do that than by wearing a mouth guard.

Mouth guards make a difference

Whether you're playing contact sports or rollerblading, a single fall or collision can damage a tooth or cut your tongue or cheek. And these injuries happen more than they need to, especially in youth sports leagues. In youth sports:



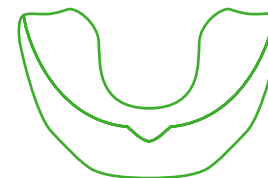
of children
DO NOT WEAR A MOUTH GUARD¹



3,000,000
teeth are
KNOCKED OUT EACH YEAR



60x
INCREASED RISK OF TOOTH DAMAGE
for athletes who skip wearing mouth guards

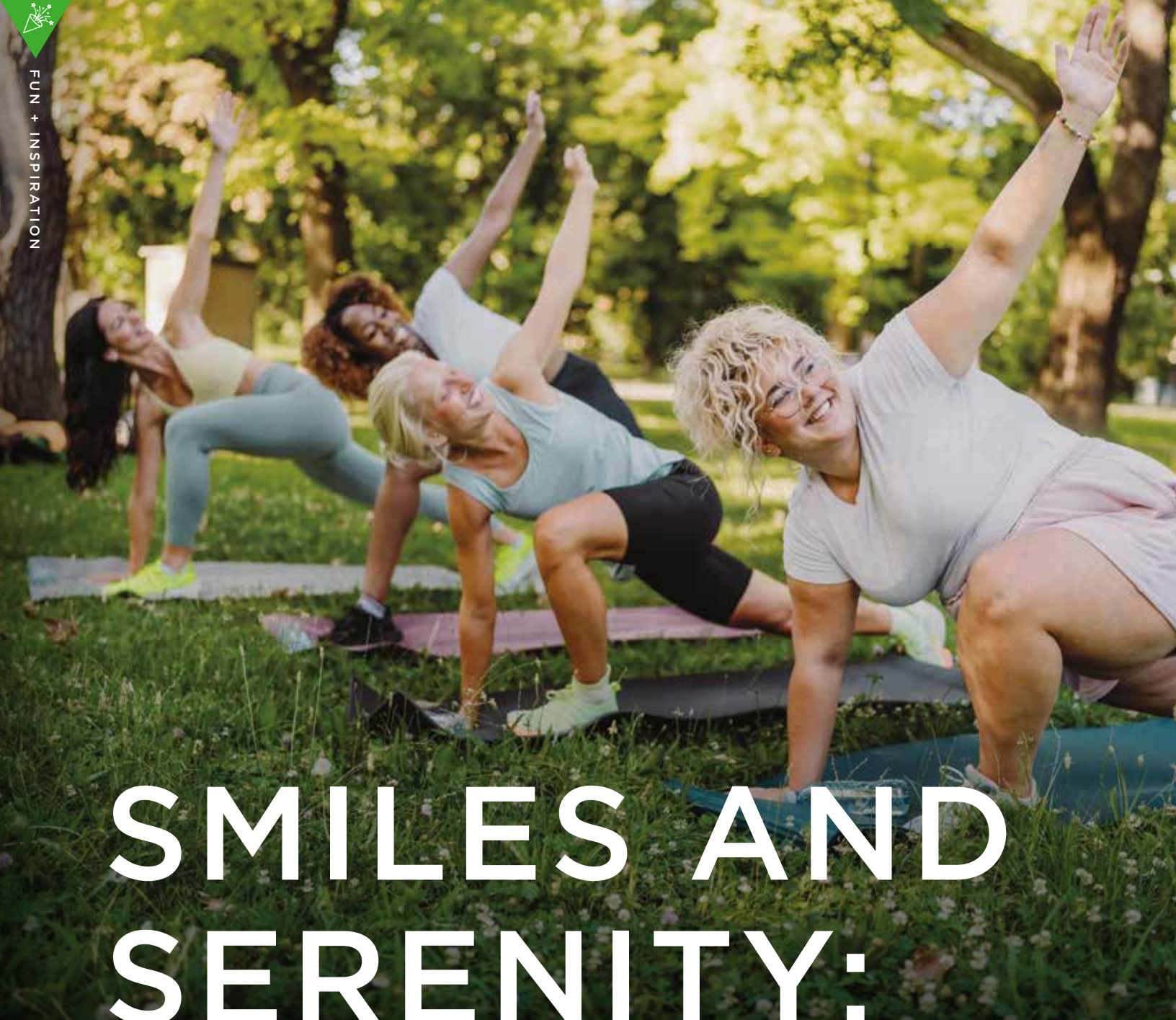


Delta Dental mouth guard donations

Did you know Delta Dental donates hundreds of thousands of mouth guards each year to schools and youth sports leagues across the country?

Visit deltadentalinstitute.com/cir and search for your state to see how Delta Dental has supported oral health in your community.

¹Mouth Guards in Sports: A Necessary Piece of Equipment. (n.d.) from <https://www.nationwidechildrens.org/specialties/sports-medicine/sports-medicine-articles/mouth-guards-in-sports-a-necessary-piece-of-equipment>



SMILES AND SERENITY:

SUMMER ACTIVITIES FOR A HEALTHIER MIND AND MOUTH

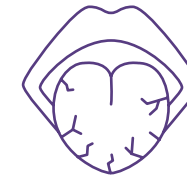
Summer is the perfect time to embrace activities that support both mental and physical well-being. Whether you're working on a DIY project, exercising, or simply soaking up the sun, the summer months offer plenty of opportunities to nurture your oral health, vision health, and mental wellness.

HOW YOUR ORAL AND MENTAL HEALTH ARE CONNECTED

Your oral health, vision health, and mental well-being are more intertwined than you might think. Too much stress can cause:



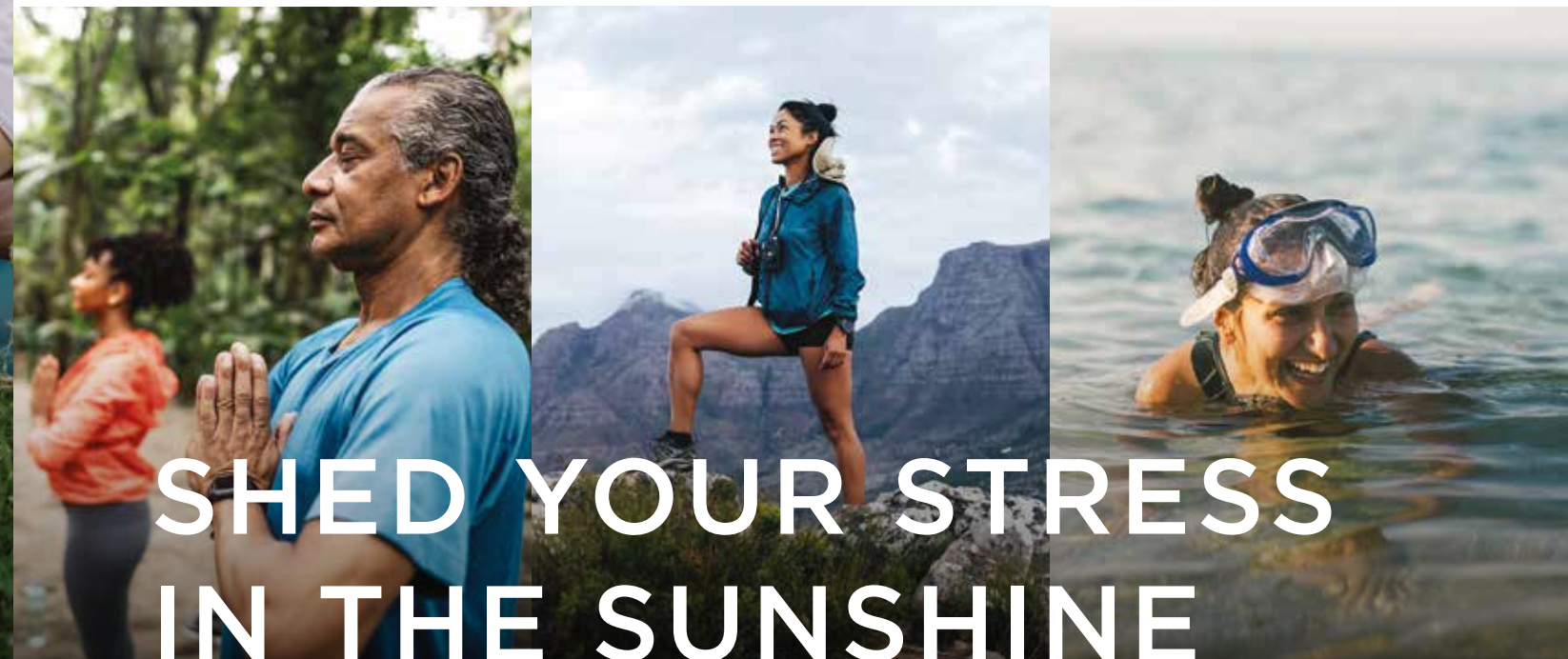
Teeth grinding, which wears down your tooth enamel and can cause jaw pain and headaches.



Dry mouth, which can lead to bad breath and increase your risk for cavities and gum disease.



A reduced immune response, which contributes to gum inflammation.



SHED YOUR STRESS IN THE SUNSHINE

Now for the fun part — maintaining (or improving) your oral and mental health with summer activities that promote relaxation and self-care! When you feel your stress level start to rise, find serenity with an outdoor experience:



Yoga in the park
Practicing yoga outdoors helps reduce stress, improve posture, and promote relaxation. Deep breathing also increases saliva production, which helps protect teeth from decay.



Scenic hiking
Walking in nature boosts your mood and lowers stress. Just make sure you stay hydrated to keep your mouth clean and prevent dry mouth.



Swimming
A refreshing swim can ease tension and provide a full-body workout. Just be mindful of chlorine overexposure — see page 3 to learn more.



Gardening

Time in a garden promotes mindfulness and reduces anxiety. Plus, you can grow fresh fruits, vegetables, and herbs that benefit your teeth and gums.



Cycling

A leisurely or active bike ride is a great way to stay active while enjoying the outdoors. Just be sure to protect your skin, lips, and eyes — page 10 has more details about shielding yourself from too much sun.

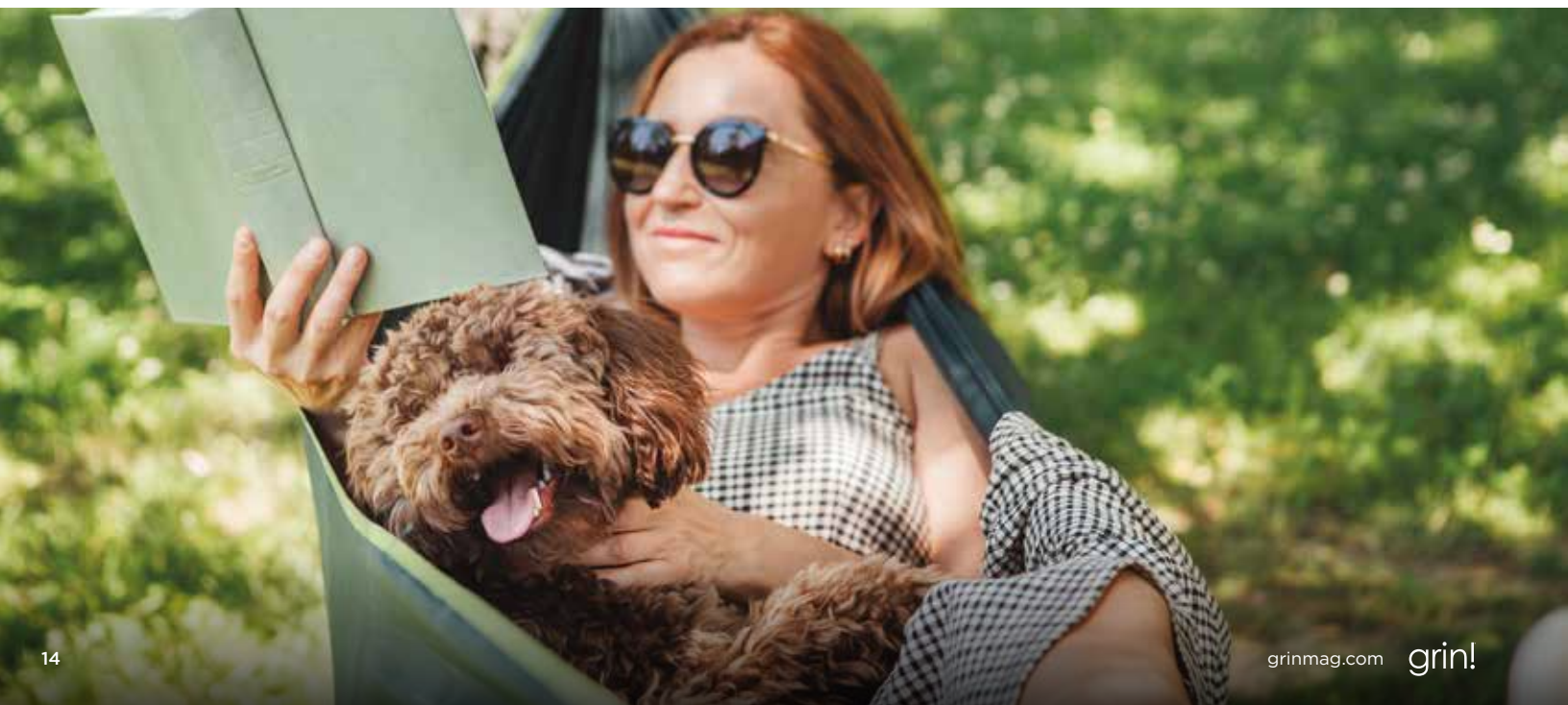


Want a smile-friendly garden? Carrots have vitamin A for healthy teeth (and eyes), spinach is packed with calcium for strong teeth and bones, and bell peppers offer vitamin C for gum health.



De-stress your summer

Summer is a time for relaxation, adventure, and self-care. By choosing activities that support oral health and mental well-being, you can keep your smile healthy and your mind at ease.



DO DENTAL AND VISION BENEFITS change after tying the knot?



It's wedding season! A time for romance, celebration, and big, healthy smiles. But in the middle of all the fun, don't forget to take care of your dental and vision benefits.

How to update benefits after marriage

Whether you and your spouse continue to have separate plans or combine coverage, understanding your options can help you make the best choice for your oral health, eye health, and budget. Here's what you need to do:



Review your current coverage

Start by checking your and your spouse's existing dental and vision plans. Look at the benefits, costs, deductibles, and coverage details to see how they compare.



Decide if you'll be on the same plan

It may seem like you need to have the same plan once you are married, but there are actually a few different options depending on what's right for your new family. You could:

- **Keep your individual plans.** This can be helpful if each plan offers specialized benefits, like orthodontic coverage or lower costs for specific procedures.
- **Add a spouse as a dependent on the other's plan.** This can simplify billing and, depending on your situation, can cost less than two individual plans.
- **Enroll in dual coverage, where both spouses are listed on both plans.** It can be complicated coordinating payment between two plans, but in some instances, it may also help reduce treatment costs.



Check enrollment deadlines

Marriage is a qualifying life event, which means you typically have 30-60 days to update your dental and vision benefits after the wedding. Be sure you don't miss the deadline.



Contact your employer or insurance provider

If your dental or vision plan is through work, notify your HR department to update your coverage. If you have an independent plan, reach out to your provider to make adjustments.



Update your dentist and doctors

You'll be sent an updated insurance card once any changes you make are complete. Show the new card to your dentist, optometrist, or doctor before your next visit so they can update their system. Then, you and your spouse are free to kick back, smile, and enjoy your new life together.



The State of America's Oral Health and Wellness

Telehealth services have gone from science-fiction to reality in a short span of time — it's truly incredible! But some generations are more comfortable with teledentistry than others.

WHAT IS TELEDENTISTRY?

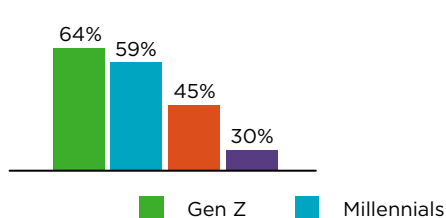
Teledentistry lets you talk to a dentist by phone or video call instead of going to the office. People use it when their regular dentist isn't available, they need quick advice, or they have a dental emergency.

WHO USES TELEDENTISTRY?

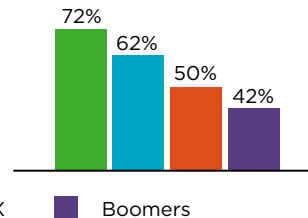
As you may expect, younger generations are more likely to make online visits and trust the care they receive.



Adults who would use teledentistry



Adults who would trust the care they receive through teledentistry



Is this good news?

It is! **Nearly half of adults would use teledentistry**, highlighting its potential to detect issues early and expand access to oral health education.

LEARN MORE ABOUT U.S. DENTAL CARE TRENDS

Find more up-to-date insights about consumer behaviors relating to oral health and [download the full report at deltadental.com](https://deltadental.com).