

BE THE PICTURE OF good oral health

Learn more about the
importance of dental X-rays



Dental X-rays help your dentist find problems in your mouth that can't be seen with the naked eye. Without X-rays dentists wouldn't be able to spot certain conditions or diseases, like:

- Cavities in between teeth
- Infections, cysts and tumors of the teeth and jaw

Prevention is key

A dental X-ray helps your dentist find problems early. This helps you in three ways:

1. **More effective treatment.** Treatment works better when a condition or disease is caught in its early stages
2. **Less pain.** When you catch and treat a problem early, you may help avoid more painful symptoms and treatment down the road.
3. **More savings.** For every one dollar you spend on preventive dental care like X-rays, you could save up to \$50 in the long run.¹ For example, a dental X-ray can expose early stages of tooth decay. The earlier tooth decay is found, the easier and less expensive it is to treat.

How many X-rays?

The number of dental X-rays you'll need depends on your age, dental history, symptoms and risk for dental disease. If you're new to your dentist's office, you may need a new, complete set of X-rays – about 15 to 20 in total. If you've been seeing the same dentist for a while, you may only need a few from time to time. Your dentist will determine how often you need X-rays based on your dental health and other risk factors.

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Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and/or Cigna Dental Health, Inc. and its subsidiaries.

Are X-rays safe?

Some people worry that having X-rays taken exposes them to harmful radiation. However, most experts agree that a reasonable number of dental X-rays is safe – especially with the added protection of a leaded apron or thyroid collar.²

We're all exposed to a natural amount of radiation every day. It's in outer space, minerals in the soil – even in televisions. A complete set of dental X-rays exposes you to less radiation than a month's worth of radiation from natural environmental sources.³

Moms-to-be

If you're pregnant, trying to get pregnant or if there's a chance you could be pregnant, please tell your dentist or doctor before having any tests, including dental X-rays.

If you're a current Cigna customer and have any questions, please call **800.Cigna24** (800.244.6224). A customer service representative is available to help you 24 hours a day, seven days a week.



1. [www.adha.org/press releases](http://www.adha.org/press-releases)

2. *X-rays*. Retrieved on July 9, 2012 from <http://www.mouthhealthy.org/en/az-topics/x/x-rays.aspx>

3. Health Physics Society. (2011, August 27). *Dental patient issues*. Retrieved from <http://hps.org/publicinformation/ate/faqs/dentalpatientissuesq&a.html>

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