

New guidelines on X-ray frequency

Dental X-rays provide important information about your oral health, as they help your dentist to spot diseases and conditions that aren't visible during a routine oral exam. But if you have a healthy mouth and are at low risk for cavities, you may not need X-rays every year.

Recent reports from the National Council on Radiation Protection and Measurements, the American Dental Association, and the U.S. Food and Drug Administration provided updated guidelines for X-ray use and frequency that extend the amount of time between bitewing X-rays for people at low risk. These organizations updated their guidelines based on research showing that reducing the frequency of X-rays doesn't significantly impact dentists' ability to detect disease. And fewer X-rays means your exposure to radiation is reduced.

As the leader in dental benefits, Delta Dental closely monitors and assesses scientific research. That way, as we work to promote oral health, we can offer updates to plan designs that are based on evidence.

Based on this information, your employer has opted to limit the coverage of bitewing X-rays provided by your Delta Dental plan to once every two years for enrollees over age 15.

Talk to your dentist if you have questions about X-rays. He or she can help you determine the most appropriate treatment based on your health and history.

