United Concordia - Newsroom

CAMP HILL, Pa. (April 20, 2022) – In celebration of Earth Day, United Concordia Dental, a national dental solutions partner, is sharing simple changes people can make for a greener, eco-friendly oral health routine.

“Brushing and flossing are vital for your oral and overall health, but some dental hygiene products and habits can contribute to plastic and water waste,” said Anthony Warren, DDS, dental director, United Concordia Dental. “The good news is that you don’t have to sacrifice your oral health to reduce the environmental impact of your dental hygiene routine.”

Consider these tips for a more environmentally friendly oral health routine.

- **Turn off the water while you brush**. Break the habit of letting the water run while brushing and, instead, use just enough to rinse your toothbrush and wash the toothpaste down the drain. By turning off the tap, you can save four gallons of water, on average, each time you brush your teeth, according to the Environmental Protection Agency.
- **Buy biodegradable or recyclable products**. There are many oral care products on the market using materials, technologies and procedures that are better for the environment. Toothbrushes made from recycled plastic, tubeless toothpaste tablets and silk floss are a few earth-friendly dental products to consider.
- **Repurpose old toothbrushes**. Old toothbrushes that have bent or frayed bristles and are no longer effective at cleaning your teeth can be repurposed to keep them out of the landfill. Think about using old toothbrushes to clean kitchen appliances, remove scuff marks on shoes or scrub the grout between bathroom tiles.
- **Go paperless**. Choose to opt-in to receive paperless explanation of benefits (EOBs) statements from your dental and medical plans. By going digital, you’ll help to reduce waste and receive your EOBs in a faster and more convenient way.

“By incorporating small, eco-friendly changes into your daily oral hygiene routine, you can make a difference for the environment,” said Warren.

For more oral health tips, visit the Oral Health Resources section atUnitedConcordia.com.

Contact:
Kristy Cramlet
United Concordia Dental
717-260-7762
kristy.cramlet@ucci.com

Leilyn Perri
Highmark Health
717-302-4243
leilyn.perri@highmarkhealth.org

---

https://news.unitedconcordia.com/united-concordia-news-releases?item=122474