The American Dental Association reports that while toothpaste helps remove plaque, toothpaste with fluoride provides an extra benefit in preventing tooth decay by making tooth enamel stronger. Also, drinking water with fluoride, brushing at least twice a day and getting a routine dental exam every six months should help keep the cavities away. [www.ada.org](http://www.ada.org)

The TRICARE Dental Program (TDP) is available for Active Duty family members, National Guard/Reserves and their family members. Premiums vary by sponsor and member status.

Find more information on TDP at: [www.tricare.mil/tdp](http://www.tricare.mil/tdp) or [www.uccitdp.com](http://www.uccitdp.com)