United Concordia dental®

The UCD Wellness Connection

November 2026



Your mouth and mind are more connected than you think

Your daily habits, stress levels and overall well-being may affect your smile in ways you don't realize.

See the bigger picture →



Is your jaw trying to tell you something?

Jaw pain, stiffness or a temporary “locked” feeling may be signs of a TMJ disorder. Learn what symptoms to watch for and what treatment options may help.

Get relief →



Is it a toothache or just your cold playing tricks on you?

Not every toothache starts in your mouth. A stuffy nose can sometimes cause tooth pain. Learn why it happens, how to tell the difference and when it's time to call your dentist.

Spot the signs →



Holiday Trivia

Turkey, stuffing and pumpkin pie all have one thing in common. Which teeth do most of the chewing?

Find out →

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