

YOUR SMILE & ORAL HEALTH



WHY DENTAL CHECKUPS ARE IMPORTANT

A healthy and beautiful smile can communicate happiness, radiate warmth, and make a lasting impression on others. What's more, it helps to cultivate a positive self-image and is an essential element of your overall well being. Enjoying the benefits of a vibrant smile in tip-top condition is not something you can take for granted. To maintain optimal oral health requires putting some effort into an oral hygiene program at home along with making periodic visits to your dentist for a program of preventive care.

Did you know that your oral health and systemic health are very closely connected? The fact of the matter is that harmful conditions affecting your teeth, gums, jaws as well as structures in and around the oral cavity can have an impact on your overall well being. Dental problems can contribute to a range of health issues such as digestive disorders, heart disease, stroke or diabetes. The reverse has

also been found to be true. According to statistics, more than 90% of all systemic diseases (diseases affecting organs and systems in the body) can manifest signs and symptoms in the oral cavity. Experiencing dry mouth, bad breath, gum problems, ulcerations or other oral lesions may be indicative of a serious underlying systemic condition, which your dentist may be the first healthcare professional to detect.

It's important not to hold off seeing the dentist until you're in terrible pain or think there is something wrong. By scheduling a periodic appointment

for a checkup and professional dental cleaning, your dentist can help to keep your smile looking and functioning at its best. At the beginning of your checkup visit, the dentist will review your medical and dental histories and then perform a comprehensive examination of your mouth, jaws, and surrounding areas of



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the head and neck. While checking for the development of harmful dental conditions such as tooth decay gum disease and oral cancer, your dentist will also look for any oral indications of problematic health issues that may have originated elsewhere in the body. The function of your temporomandibular joints, the relationship between the upper and lower jaws, plus your occlusion (your bite) will be evaluated for any impairment or misalignment. During a comprehensive exam, the dentist is also able to spot the dental health consequences of dietary choices, eating disorders, harmful habits, certain medications and inadequate oral hygiene practices.



The best way to avert the development of cavities and gum disease is with good oral hygiene, a nutritious diet, healthy lifestyle and a program of preventive dental care. When you go for your periodic checkup visit, you will also be scheduled that day or shortly after that for a professional dental

cleaning. During your hygiene visit, you'll be given detailed instructions and tips on the best methods of brushing and flossing to maintain an effective regimen of oral care at home.

Whether your dental needs are simply for preventive services or if they involve more complex care, your dentist will formulate a treatment plan tailored to your individual dental needs and concerns. Working in partnership with your dentist is the best way to ensure your smile is beautiful and healthy for many years to come.