

DID YOU KNOW?

Dental disease can suddenly and unexpectedly lead to the most painful pain reported; dental pain is considered the most intense. Lingering pain after treatment is often due to “neural memory”; it is best to *prevent* a painful tooth problem, and treat it before pain gets worse. It has been found that early treatment leads to quicker pain relief due to less nerve damage. This risk can be prevented through effective daily homecare, including flossing, brushing, fluoride use, and seeing your dentist at least twice a year.

Adults sometimes decline examinations and x-rays thinking it will save them money. This is only a short term benefit since emergency care and treatment of an advanced problem can become a sudden large investment, affect comfort, relationships, sleeping, productivity, and work. Dental disease is not felt in the early stages, when it is easier and less costly to treat. When pain is felt, the disease has progressed to the nerves, which usually means time for root canal therapy and a crown, or removal of a tooth. A filling done early may cost under \$200. Allowing disease to progress silently (cavity or gum disease) can lead to discomfort, frustration, inconvenience, loss of teeth, and implant fees over \$6,000 for one tooth. When tempted to say, *“Everything feels fine, I don’t need an examination or x-rays”*, think twice; we do not feel high blood pressure, cancer, and many serious afflictions in the early stages. Help dentists to keep your negative experiences and costs down through early detection of problems.

Dental disease and damage can be easily prevented, unlike many other diseases. It takes an interest, being proactive, and spending about 6 minutes a day. Self-neglect is most often what makes dental treatment costly and memorable, preventing oral health problems is easy.

Many adults create a cycle of dental avoidance, due to fear, embarrassment, cost, and/or pain. When preventive dental care is avoided, the cycle is repeated and reinforced. Stop the cycle and achieve and maintain good oral health.

Oral disease, which is often not felt, has been shown to directly contribute to heart disease, respiratory disease, diabetes, multiple organ damage, high cholesterol, low birth-weight and pre-term births. Dental cleanings and good dental home-care directly benefit your whole health and improve quality of life. Our health and comfort is very important.