Why do I need to see a dentist?

Your oral health (teeth, gums, and tongue) is connected to your overall health. Prevent and find big health problems by:
» Taking care of your mouth at home
» Seeing a dentist 2 times a year (every 6 months)
» Taking your children to a dentist by their first birthday

What big health problems can a dentist help prevent?

If you do not take good care of your mouth, little problems, like bad breath and sore gums, can turn into big problems, like:
» Tooth decay (cavities)
» Gum disease
» Heart disease

What big health problems can a dentist help find?

By checking your mouth, your dentist can often see signs of:
» Low red blood cells
» Kidney failure
» Eating disorders
» Poor immune function
» Diabetes
» (you get sick easily)
» Heart disease

Learning that you have these signs can help you get treatment early

When do I need to call a dentist?

Call a dentist right away if you see any of these signs:
» Your gums bleed easily
» Your gums are red, swollen, and tender
» Your gums are pulling away from your teeth
» You have bad breath that will not go away
» Your adult teeth are loose
» Your teeth start fitting together differently when you bite
» Your dentures or partial dentures do not fit like they used to
» Your tongue is burning and red
» Your tooth enamel is eroding
» You have regular, unexplained sores or ulcers on your tongue or gums
» Your jaw hurts for no clear reason

How do I keep my mouth healthy?

» Brush 2 times a day for 2 minutes each time.
» Floss (clean between your teeth) 1 time a day.
» Eat tooth-friendly foods (milk, crunchy veggies, leafy green veggies).
» Avoid food and drinks that have a lot of sugar (granola bars, sodas, sports drinks).
» See a dentist 2 times a year (every 6 months).
» Take advantage of free dental screenings at your work, church, or community center.
So... why should I see a dentist 2 times a year?

- To remind you and your kids how to take care of your teeth and gums
- To keep you and your family from getting tooth decay, gum disease, or other serious health problems
- To look for signs of other serious health problems
- To set a good example for your whole family.

If you need help finding a dentist, call 501-686-2720.