



Some Important Reasons to See Your Dentist

We all know that it's important to brush, floss, and eat a balanced diet. But perhaps it's been awhile since you last saw your dentist. Did you know that regular dental visits can help spot oral health problems early on when treatment is likely to be simpler and more affordable?

Plus oral health is an important part of overall health. Regular check-ups are important because some diseases or medical conditions have symptoms that can appear in the mouth. Recent research suggests there may be an association between gum disease and serious health conditions such as heart disease, stroke and diabetes.

Do any of these apply to you? Check and bring to your dentist.

- My teeth are sensitive to hot or cold
- My gums are puffy and/or they bleed when I brush or floss
- I have pain or swelling in my mouth, face or neck
- I have difficulty chewing or swallowing
- I have a family history of gum disease or tooth decay
- I have a medical condition (pregnancy, diabetes, cardiovascular diseases, eating disorder or HIV positive)
- My mouth is often dry
- I use tobacco products
- I am currently undergoing medical treatment (radiation, chemotherapy or hormone replacement therapy)
- I have fillings, crowns, dental implants, dentures, etc.
- I don't like the way my smile or some of my teeth look.
- I have persistent bad breath or bad taste in my mouth
- My jaw sometimes clicks, pops or is painful when opening and closing, chewing or when I wake up, or I have an uneven bite
- I have noticed a spot or sore that doesn't look or feel right in my mouth and it isn't going away

Don't have a dentist? Visit www.ada.org for our online database.

Even if you don't have any symptoms, you can still have oral health problems that only a dentist can diagnose and help you with. That's why it's important to visit your dentist regularly. Visits to the dentist can help keep you in good oral health.

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