

# APRIL IS DENTAL HEALTH MONTH

## A healthy smile speaks volumes

Maintaining healthy teeth and gums means working closely with your dentist. Regular dental check-ups allow this specialist to detect any problems and take the necessary preventive measures to keep them under control.

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During a check-up, let your dentist know about any change in the general state of your health. For example, your dental health might be affected if you're pregnant, if you've started taking medications since your last visit, or if you suffer from allergies. Your dentist watches out for signs and symptoms of gum disease, cavities, infections, the wearing down of tooth enamel due to teeth grinding, and any other problem that could be harmful to your health.



A thorough cleaning takes up a major part of a visit to the dentist, but it's worth every second of your time. Indeed, professional cleaning is vital in the prevention of gum disease, one of the most common problems in adults. Some stains can also be removed during this procedure and the appearance of your teeth improved. During the examination it's possible that fluoride in the form of a gel or foam will be applied to your teeth in order to help prevent tooth decay.

Many modern dental clinics are equipped for tooth restoration and replacement. If you're missing one or several teeth, your dentist will offer advice on the best way for you to prevent long term jawbone deterioration and the shifting of teeth. He or she might suggest a bridge, prosthesis, implants, or some other long-term plan for care.

Your dentist knows all the different treatments that are available to you and can help you make the right dental care choices. He or she could refer you to a dentist if you need a dental prosthesis, to an orthodontist if you have an anomaly in the positioning or alignment of your teeth or jaw, or to a periodontist if you have a periodontal disease.



Establish a thorough oral hygiene routine at home and visit your dentist regularly.



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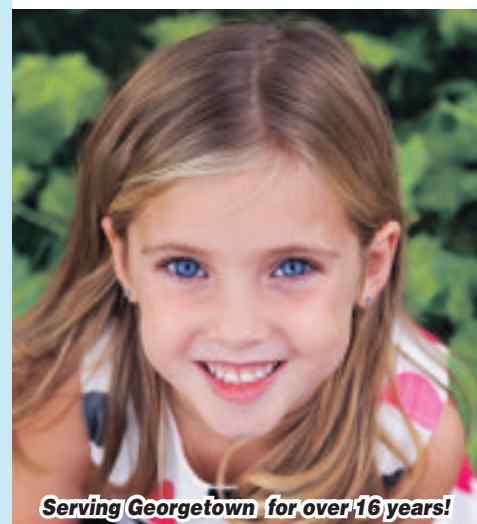


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