



# Dental Anxiety and Oral Health

## Do you have dental anxiety?

You are not alone — 20 percent of adults and 7% of children in the U.S. experience it.

### What are the causes of dental anxiety?

- Fear of pain, needles or loss of control
- Fear resulting from past experiences
- A sensitive gag reflex
- Embarrassment over the condition of one's mouth

### How could dental anxiety affect you?

- Limits preventive care and needed treatments
- Leads to dental pain, tooth decay, gum disease or tooth loss
- Causes stress in other parts of your body due to infection
- Impacts your overall health



### Tips to help:

**Speak with your dentist.** Find a dentist who makes you feel safe and comfortable - they are there to help with fears and find solutions. Some dentists specialize in treating anxious patients.

**Possible recommendations:** Get a good night's rest, practice relaxation techniques and take breaks during your appointment if needed. Try scheduling shorter appointments and don't rush yourself.



## The Power of Smile™

Learn more about how your oral health connects to your overall health at:  
[DeltaDentalMN.org](https://www.DeltaDentalMN.org)