



Dental anxiety and oral health

Do you have dental anxiety?

You are not alone — more than 30% of adults experience dental anxiety.

What are the causes of dental anxiety?

- Fear of pain, needles or loss of control
- Fear from past experiences
- A sensitive gag reflex
- Embarrassment

How could dental anxiety affect you?

- Limits preventive care and needed treatments
- Leads to pain, gum disease, decay and tooth loss
- Causes stress and possible 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.

Other recommendations: Get a good night's rest before your visit. Practice relaxation techniques and take breaks during your appointment as 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:

[Blog.DeltaDentalMN.org](https://blog.deltadentalmn.org)