



# Dental Anxiety and Oral Health

## Do you have dental anxiety?

You are not alone — 20 percent of people in the US experience it.

### What are the causes 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 preventative care visits
- Stops you from seeking needed treatment
- 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.** They are there to help you. See if any of the dentists practicing in your area specialize in treating anxious patients. Discuss your fears and potential solutions.

**Possible recommendations:** Practice relaxation techniques, bring a friend along to your visits and take breaks during the appointment. A good night's rest can also help to reduce fear or anxiety. Make sure you schedule visits when you aren't rushed and try to schedule shorter appointments.

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