



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?¹

- 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 the 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.

Recommendations:

Get a good night's rest before your visit. Practice relaxation techniques and take breaks during the appointment, if needed.

Try scheduling shorter appointments and don't rush yourself.



¹National Institute of Health; "Why Are People Afraid of the Dentist?"



The Power of Smile™

Learn more about how your oral health connects to your overall health at:
Blog.DeltaDentalMN.org