Dental Health Care Importance

Professional dental health care is more important to the overall health of you and your family than you may think. Because dental health care doesn't just benefit your teeth and gums. It plays a crucial role in maintaining your overall health. Dentists can detect early signs of tooth and gum disease. They also perform thorough cleanings to reduce the amount of bacteria found in the body, boosting the body's immune system.

That's why it is important to choose a dentist who can show you and your family how to keep your smiles as healthy as possible.
To find a dentist who can offer the advice and the dental services you and your family need, request an appointment online with a DentalWorks affiliated practice today.

One of the top priorities of DentalWorks affiliated practices is to educate patients about the importance of preventive dentistry.
Clinicians in the DentalWorks network make it a point to teach patients about the need for preventive dental care. Affiliated dentists, dental assistants, and hygienists will provide brochures, pamphlets, and other materials to help you better understand the impact preventive dental care can have on your overall health. They'll also give you plenty of information about a wide range of dental services and talk to you about which options are best for you.

The American Dental Association offers important preventive dental health care recommendations for you and your family to follow:

- Brush your teeth twice a day with an American Dental Association®-approved fluoride toothpaste. Replace your toothbrush every three or four months or sooner if the bristles become frayed. A worn toothbrush won't do a good job of cleaning your teeth.

- Clean between teeth daily with floss or an interdental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.

- Eat a balanced diet and limit between-meal snacks.

- Visit your dentist regularly for professional cleanings and oral exams.

To find a dentist who can provide information on preventive care, or search for a DentalWorks affiliated practice near you.