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Why Visit a Dentist?

The Key to a Healthy, Confident Smile!

Your smile is one of your most important assets. But behind every confident smile lies the foundation of good oral health. Visiting a dentist regularly isn't just about addressing toothaches—it's about prevention, education, and improving your overall health.

Did You Know?

- 90% of systemic diseases show oral symptoms first.
- Regular dental visits can help prevent not only cavities but also serious health problems like heart disease and diabetes.

**FRESH
BREATH**

**HEALTHIER
TEETH**

**CONFIDENT
YOU**



HEALTHY SMILE



**HAPPY
GUMS**

**SAVES
MONEY**

**HEALTHY
YOU**



Benefits of Regular Dental Visits

Visiting the dentist isn't a waste—it's an investment in your health.

Let's explore the top benefits:

1. Early Detection of Dental Issues

Cavities and gum disease don't always cause pain initially. Regular checkups can spot these problems early, saving time, money, and discomfort.

2. Professional Cleaning

No matter how well you brush, plaque can build up in hard-to-reach areas. Dentists use advanced tools to clean your teeth thoroughly.

3. Oral Cancer Screening

Dentists can detect early signs of oral cancer, which is crucial for timely treatment.

4. Improved Overall Health

A healthy mouth reduces the risk of cardiovascular disease, diabetes, and respiratory infections.

Warning Signs You Shouldn't Ignore

Sometimes, your mouth tries to tell you something's wrong. Look out for:

- *Persistent bad breath (a sign of gum disease).*
- *Bleeding gums (often linked to gingivitis).*
- *Sensitivity to hot or cold foods.*
- *Toothaches that linger for more than a day or two.*

Why These Signs Matter:

Ignoring these symptoms can lead to severe issues like tooth loss or infections that spread to other parts of your body.

Common Dental Procedures Explained

Feeling nervous about dental treatments? Don't worry! Here are some common procedures explained in simple terms:

1. **Dental Fillings**: Used to restore a tooth damaged by cavities.
2. **Root Canals**: A pain-relieving procedure that saves infected teeth.
3. **Crowns**: Protective caps for weak or damaged teeth.
4. **Teeth Whitening**: For a brighter, more confident smile.

How Dentists Help Prevent Major Health Issues

Oral health is directly connected to overall health. Here's how dentists play a crucial role:

- **Heart Disease**: Gum disease increases the risk of heart problems.
- **Diabetes**: Poor oral hygiene can make managing diabetes harder.
- **Pregnancy Complications**: Gum infections are linked to premature births.

Overcoming Dental Anxiety

If you fear dental visits, you're not alone. We will be discussing the points to ease your visit and relieve your dental anxiety in later chapter of the book

The Cost of Neglect

Skipping dental visits may save money in the short term, but the long-term costs are much higher.

PROCEDURE	COST REGULAR CARE	WITHOUT REGULAR CARE
CLEANING	200/MONTH (BRUSH AND PASTE)	1500-15000 INR
FILLING	2000-15000 INR	5500-28000 INR
CAVITY PREVENTION	MINIMAL	TOOTH REPLACEMENT 25K+ /TOOTH

Message: *Prevention is not only better—it's cheaper!*

Tips to Make the Most of Your Dental Visits

- Write down any concern before your visit.
- Ensure a clean mouth before your visit.
- Share your symptoms and habits openly.
- Discuss your concerns.

Q: How often should I visit the dentist?

A: At least twice a year, or as recommended.