

Regular dental checkups are important!

Twice-a-year dental checkups not only keep your smile healthy and bright, they also play a role in your overall health and wellness. Here are some reasons to schedule your next dentist visit.



Maintain good oral hygiene.

Even with regular brushing and flossing, plaque can build up on your teeth and gums. Regular cleanings remove plaque build-up and help prevent gum disease, tooth loss and bad breath. Your hygienists will also make sure you are brushing and flossing correctly and will offer suggestions to keep your smile healthy.



Save time and money.

When dental concerns are not addressed for months and years, they don't get better. For instance, a small cavity left untended now can lead to the need for a root canal later, a time-consuming and expensive procedure. Look at it this way - regular checkups can save you time, money and pain in the long run.



Detect issues early.

Regular dental check-ups can help dentists find dental problems early on before they become more severe. The dentist will look for warning signs of gum disease, tooth decay and other dental issues. If they see a cavity developing or notice that your gums aren't in good shape, they'll provide immediate treatment.



Protect your overall health.

Poor oral health has been linked to a range of health issues, including heart disease, stroke, and diabetes. Maintaining good oral health through regular dental care can help prevent many of these problems. Your dentist can also detect other conditions that need treatment, such as vitamin deficiencies, acid reflux and even oral cancer.