



Is It Time to See Your Dentist?

1. Has it been more than a year since your last dental visit?
2. Have you had any fillings placed or replaced in the last year?
3. Have you been previously treated by a dentist for gum disease?
4. Do your gums bleed when you brush or floss?
5. Do you currently smoke or chew tobacco?
6. Are you pregnant?
7. Do you have diabetes?
8. Is your mouth often dry or lacking saliva?
9. Do you frequently consume sugared snacks and beverages?
10. Do you currently have any problems or concerns with your gums or teeth?

If you answer yes to only one or two of these questions, you should continue to see your dentist on a regular basis. Regular dental care plays an important role in maintaining good oral and overall health.

If you answer yes to several of these questions, you may have a higher risk of dental problems such as gum disease or cavities, and you should see your dentist as soon as possible. Early diagnosis and treatment of oral disease can catch a small problem before it becomes big, improving success and lowering costs.



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