

Smile Talk with Kimmy...



Q. What's the big deal with getting my teeth cleaned on a regular basis?

A. Visiting your Dental Hygienist routinely and maintaining good oral hygiene is not only good for your looks, but for your overall health as well. Here are five of my top reasons for getting your teeth cleaned regularly!

1. Help Maintain Your Health

Poor oral hygiene has been linked to heart attacks and strokes. Bacteria from gum infections can enter your blood stream and be carried to major organs in your body.

2. Prevent Gum Disease & Help Keep Your Teeth

Gum disease, also called periodontal disease or pyorrhea, is the infection of the tissue and bone that hold your teeth in place. If an early diagnosis is made it can be treated or reversed. Ignoring gum disease can ultimately lead to tooth loss. Following treatment of gum disease, routine cleanings are a must!

3. Prevent Oral Cancer

According to the Oral Cancer Foundation, every hour of every day someone in the United States dies from oral cancer. When you have your teeth cleaned and examined, your dentist and hygienist are also screening for cancerous lesions. Oral cancer has a high cure rate if detected early.

4. Prevent Bad Breath

Studies show that 85% of people with persistent bad breath, also called halitosis, have some type of dental problem. At your cleanings, your dental hygienist will make sure you are maintaining good dental home care. A clean mouth is essential to prevent bad breath!

5. Have A Bright White Smile

A lot of habits cause teeth to be stained. Most of the stains caused by coffee, tea and tobacco can be removed at your dental cleaning by scaling and polishing. The result is a brighter and whiter smile. If your smile still isn't as white as you would like, your dental hygienist can discuss cosmetic options to help make your smile even brighter.

I hope these tips are helpful. Schedule your dental cleaning and exam soon. You don't have to be good to all of your teeth, just the ones you want to keep!

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The Smile Experts

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