

Dental Health in Tough Economic Times

By Dr. Allan J. Milewski, D.D.S.

Living in a difficult economy, like we are all doing right now, can be incredibly stressful. Every day, we are faced with making difficult choices on how to prioritize our finances and our busy lives. Ignoring your dental health can become easy to do. There is always some more pressing need that takes your attention, and suddenly that missed six month check up turns into a year or two years between dental visits. It happens to us all.

Times like these however, make it even more important for you to keep to your regular dental check up schedule. Your dentist may recommend that you have your teeth professionally cleaned every six months...for some of you that recommendation is every three or four months. At your visit, your teeth will be professionally cleaned and polished, removing disease causing plaque from the surfaces of your teeth. Your dentist will examine your mouth for signs of decay, gum disease, bite problems and even oral cancer.

It only makes sense that a dental problem is easier and less expensive to fix if caught early. A small area of decay can usually be easily restored. That same decay, left untreated, will only continue to grow, causing pain and needing extensive treatment. Ignoring the progression of periodontal, or gum disease, can lead to the eventual loss of teeth and even contribute to systemic health problems, such as heart disease. Small problems can become big problems if ignored.

Living under stress can contribute to dental problems too. Dentists often treat patients for bruxism, or teeth grinding which can cause headaches and facial pain. A simple occlusal guard, custom fabricated by your dentist and worn while you sleep, can help alleviate the pain and tooth damage caused by grinding your teeth.

Medina County is very fortunate to be home to many caring dental professionals. If you are concerned about paying for your dental treatment, talk to your dentist about what financing options are available. Many practices, like ours, offer a variety of payment plans that will fit a patient's financial situation. Dentists work very hard to keep treatment affordable and still offer optimal care. We welcome opportunities to work with our patients and help them find ways to follow through with recommended treatment.

Living in difficult economic times doesn't mean ignoring your dental health. Now more than ever, it is important that you establish a partnership with your dentist, and let them help you find a way to make good dental health a priority.

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