

TTOOTH TALK *for Seniors*

The Benefits of Regular Checkups

By Dr. Jacqueline Butler Mitchell, DDS

Although we may think that our teeth are in good shape because they look good when we look in the mirror, regular visits to your family dentist are still very important. Regular checkups and professional cleanings can actually save your teeth, your health, and can also save you time and money.



Jacqueline Butler Mitchell, DDS

Dental Checkups in Children

Taking children to the dentist at an early age is good for several reasons:

- Can show the child as well as the parent the correct way to brush and floss.
- Can talk to the parent about "Milk Bottle Caries" which usually develops if the baby sleeps with a bottle with milk or juice at night.
- Can discuss what is considered to be a healthy diet to ensure that there are not too many sugars and junk foods in their diets.
- Sometimes X-rays are recommended to help detect cavities.
- Can check for missing teeth, crowded teeth, and crooked teeth.
- Can check to see if braces may be needed.
- Can check for cavities, chipped teeth, and or broken teeth.

Dental Checkups in Adults

- The dentist will examine your neck, throat, tongue, face, and all of your soft

tissues for swellings, discolorations, ulcerations and other lesions that you may not have noticed.

- X-rays are usually taken to help diagnose areas of hidden decay and any pathology that may be associated with the teeth and or jaws.

- Will check for cavities, missing teeth, and broken teeth. Detecting cavities early makes for easier treatment and this can help to prevent permanent teeth loss due to decay progressing too far.

- Will check for Plaque and Tartar Buildup. When plaque is not removed, it becomes hardened tartar and it is very difficult to remove and may not can be reached with a regular toothbrush and flossing alone. Therefore, going for your checkup will allow the dentist and hygienist to remove all of the plaque which contains bacteria before it gets out of hand and causes gum disease and bad breath.

It is important to remember that a Healthy Smile is a Beautiful Smile, so gum disease and tooth decay must be controlled and caught early. The importance of regular dental checkups (every 6 months) for children and adults is how the dentist can detect potential problems. Early detection helps with prevention.

I hope this Tooth Talk has helped to answer your questions about the importance of a Dental Checkup and if you have any additional questions, please feel free to call my office, Integrity Dental Care, PLLC at (615) 445-8700.