

## **Why You Should Visit the Dentist Regularly**

Have you scheduled an appointment with a dentist this year? Did you know that you should see a dentist every six months? Regular dentist visits are key to good oral health.

Unfortunately, most people only book dentist appointments once they have a problem. But keep in mind dental visits are not just for when you have an emergency.

What you might end up paying if you don't go for regular checkups will be higher, so it's important that you have regular checkups. In addition, some people avoid dental checkups every now and then due to anxiety but worry not.

Regular visits to the dentist can help pinpoint dental problems early and, in some cases, prevent serious dental problems from occurring. That said, this review will discuss a couple of benefits/reasons you should visit your dentist regularly.

### **To Check for Oral Cancer**

Oral cancer is a fast-moving disease that usually occurs in the oral cavity and the central region of the throat. According to the ADA (American Dental Association), if you've had oral cancer in the past, you're at risk of getting it again.

Studies also show that men have a higher chance of getting alcohol than women, mainly due to habits like excessive alcohol consumption and smoking cigarettes.

Regular visits to your dentist should help identify any signs of oral cancer via examinations of your mouth. The exam covers your cheeks, lips, gums, palate, and tongue.

Most dentists offer the FDA-approved VELscope [oral cancer exam](#). This exam is non-invasive and pain-free and only takes three minutes at most.

A special light is shined inside your mouth to check for signs of dead tissue caused by cancerous growths. Therefore, consider regular dental checkups; they could save your life.

### **To Check Your Lymph Nodes for Problems**

Apart from checking your gums, palate, and tongue for issues, regular dental visits allow your dentist to check your lymph nodes (bean-shaped structures situated under the jaw) for inflammation, lumps, and any other issues.

Inflamed or lumpy lymph nodes don't necessarily cause you any discomfort. If your dentist finds a problem with your lymph nodes, it could be a sign of a substantial health problem, such as cancerous growths that require immediate attention.

Fortunately, if a problem is identified in its early stages, your dentist should be able to refer you to the appropriate health practitioner. Not having these checkups drastically reduces how often your lymph nodes and even neck are checked for problems.

Therefore, while you might feel anxious about regularly visiting your dentist, remember that these visits don't last long, and they could end up saving your life when an extremely serious issue is identified and addressed early.

### **To Educate You On Proper Dental Hygiene**

Most people don't know how to go about dental hygiene, and even those who do often don't follow these guidelines to the latter. For instance, most people brush their teeth once a day, although dentists recommend that you brush twice a day.

In addition, most people don't floss their teeth often. These might sound like trivial matters, but they could lead to bigger dental problems in the future. For instance, brushing and flossing your teeth as per the recommendations helps prevent cavities and tooth decay.

Visiting a dentist regularly ensures you get a reminder on how to go about dental hygiene. In fact, you can request your dentist for a personalized oral hygiene routine.

### **To Give You a Beautiful Smile**

This might seem like the most trivial of reasons to visit your dentist regularly, but it has numerous accompanying benefits. For starters, having a beautiful smile is important for most people, and visiting a dentist regularly helps.

Pearl-white teeth don't come from using whitening toothpaste; they come from regular teeth cleaning and following your dentist's recommendations regarding how to care for your teeth. Regular dental visits will give you a beautiful smile and boost your self-esteem.

## **To Identify Any Underlying Problems Using X-Rays**

A crucial part of seeing a dentist every six months is getting your mouth x-rayed. X-ray images help the dentist see what's happening under your teeth and jawbones. As a result, they can identify issues they wouldn't otherwise find with the naked eye.

Some of the issues X-ray images can reveal include impacted teeth (developing teeth that are blocked from penetrating the gum) and underlying tooth decay.

Dental X-rays can also reveal cysts, damage to the jawbone, inflammation, and even tumors. Finding such substantial dental problems as soon as possible is important so that they can be treated before they worsen and end up costing you a lot of money and time.

Currently, getting dental X-rays at least twice a year has become even more important because of underlying diseases that show little to no symptoms.

## **To Keep Bad Habits in Check**

There are many bad habits we adopt that can negatively affect our dental health, and you might not even know that these habits can cause problems.

Some of these habits include biting your nails, being too rough while brushing your teeth, crushing ice with your teeth, drinking substances that can stain your teeth, like alcohol, coffee, and tea, and of course, smoking cigarettes.

When you visit your dentist regularly, they will check for damage, and if they identify these bad habits as the cause, they will advise you to stop.

Obviously, if your dentist tells you that a certain habit is affecting your dental health, you should heed their advice. Otherwise, you'll be back for more expensive dental procedures like deep cleaning, filling, and tooth removal.

## **To Prevent Cavities**

Even if you're a thorough and daily teeth brusher and flosser, there are some areas of your mouth you miss when you brush your teeth or floss. In such areas, you'll find that plaque starts to build up and eventually becomes tartar which is hard to eliminate without a dental visit.

When you schedule an appointment with your dentist, one of the things they do is clean deep cleaning your teeth to eliminate tartar, thereby preventing cavities. You'll barely notice you have cavities because you'll only experience periodic toothaches.

It's worth noting that acidic, processed, and sugary foods and beverages can all erode your teeth enamel, eventually causing cavities. If left unattended or untreated, cavities can result in infections known as tooth abscesses.

Untreated cavities can also destroy the inside of your teeth, which may require your dentist to either perform a [dental filling procedure](#) to save your teeth and stop further decay or remove the affected teeth if they can't be saved.

But you can avoid all of this by visiting your dentist regularly before plaque causes your teeth to have cavities. Keep in mind that cleaning is cheaper than a filling or tooth removal.

## **To Prevent Gum Disease**

You can contract gum disease if you don't remove plaque regularly from your teeth. Plaque buildup occurs when you don't brush and floss your teeth. When plaque isn't removed, it hardens to form tartar. Professional dental cleaning is the only way to eliminate tartar.

Note that gum disease happens gradually and is often painless. So if you don't visit your dentist regularly, this issue might not be identified until it's too late.

Gum disease is dangerous because it can cause gum wear and tear and eventually massive teeth loss. When you don't go for regular dental checkups, and it's determined you have gum disease, you'll need to visit your dentist several times to fix this problem.

This will obviously be a blow to your wallet, and depending on the severity of your gum disease, you might need deep cleaning, drugs, and even surgery. To prevent gum disease and all the accompanying issues, visit your dentist every six months.

## **To Treat Teeth Sensitivity**

Teeth sensitivity results from either bare teeth roots or eroded teeth enamel. Other factors like cavities, hairline fractures in teeth, or gum disease can also cause teeth sensitivity.

According to the ADA (American Dental Association), more than 12% of dental patients in the United States experience teeth sensitivity hence why regular dental visits are crucial.

Teeth sensitivity can be a sign of more than bare teeth roots and/or eroded teeth enamel; you could have an abscess that isn't visible yet. When you visit your dentist regularly, they will identify the problem early and offer the best treatment options available.

## **To Treat Bad Breath**

Having bad breath isn't a result of eating foods with strong smells like garlic and onions. So what is it? It's a condition known as halitosis that can happen due to poor dental hygiene habits. Halitosis is not an issue you want to disregard or treat on your own.

If you have bad breath at all times, you should see your dentist so that they can diagnose the problem. You might find that it isn't a serious problem; you just need to make some adjustments. It could also be a serious issue hence why regular dental visits are vital.

## **Final Thoughts**

To sum it all up, picking up your phone and booking an appointment with your dentist might not be at the top of your to-do list, and it might even make you anxious. But as you can see, there are many benefits to regularly seeing a dentist, so contact a Houston dentist today!