

It's January and Time to Get to the Gym....



# AND THE DENTIST??

By Dr. Cara McCallum



In January, once the holiday fun is over, everyone decides to get serious about their health and appearance. We all do it, and we all realize how much we let slide during that space from Halloween to New Year's Eve. This year, sadly, we let even more slide due to concerns about Covid and Covid necessitated childcare. The reason for getting back to the gym is obvious but getting back to the dentist is a good deal less obvious. To make 2022 the best it can be, let's go over why starting to get dental care back in shape in January is important.

### Let's start with health:

- Poor dental health can affect the health of your entire body. All our parts are very much connected and returning to regular brushing and flossing is an excellent January resolution.
- While regular brushing and flossing are important, so are regular professional cleanings. Your hygienist and dentist can spot areas you're neglecting that you may totally miss.
- In the same category as spotting cleaning issues, your regular exam and x-rays will spot emerging dental problems that have not yet become apparent to you.
- Not catching problems in the early stages can cause dental pain as you move forward into the year. You can control pain with all sorts of pain medications, but it's always there in the background waiting to affect your family time and work production. There are many times we must rush to handle family issues or run out for business trips and just cannot get a painful problem addressed immediately.

### Now let's look at appearance:

- You just aren't smiling as much as you'd like to when something is hurting, and your beautiful smile is a big part of your introduction to new neighbors and new business associates.
- Your beautiful smile may also have lost some of its color sparkle in 2021 and your dentist has many, many products and devices to get that New Year sparkle back.
- If the worst-case scenario hits and a tooth fracture happens due to dental neglect, even when it's not prominently in the front of your mouth, you'll always be convinced everyone can see it.
- Last, but certainly not least, red inflamed gums do show. They show and suggest you don't care for your health and appearance.

### One last note:

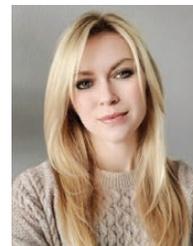
Many of you have a whole new dental insurance budget starting in January, which makes it an even better time to get your beautiful smile back in shape. Let's all start off 2022 with our best foot and mouth forward!



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