



Dental Anxiety and Oral Health

Do you have dental anxiety?

You are not alone — 20 percent of people in the U.S. experience it.

What are the causes of dental anxiety?

- Fear of pain, needles or loss of control
- Fear resulting from past experiences
- A sensitive gag reflex
- Embarrassment over the condition of one's mouth

How could dental anxiety affect you?

- Limits preventive care visits
- Stops you from seeking needed treatment
- Leads to dental pain, tooth decay, gum disease or tooth loss
- Causes stress in other parts of your body due to infection
- Impacts your overall health



Tips to help:

Speak with your dentist. They are there to help you. See if any of the dentists practicing in your area specialize in treating anxious patients. Discuss your fears and potential solutions.

Possible recommendations: Practice relaxation techniques, bring a friend along to your visits and take breaks during the appointment. A good night's rest can also help to reduce fear or anxiety. Make sure you schedule visits when you aren't rushed and try to schedule shorter appointments.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org