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તમારી સ્વાસ્થ્ય

Your Health

**Why should you get
regular dental check-
ups?**



We only go to the doctors when something doesn't feel right. They don't tell us to come back every 6 months. So why do dentists tell us that?

1. Cancer screening

At every routine check-up, the dentist looks for clues inside and outside your mouth for signs of oral cancer. They look for abnormal patches, ulcers, lumps or difficulty in function.

Many of these are not painful and so you might not notice them yourself. 1 in every 50 cancers diagnosed is oral cancer, and with the fact the 1 in 2 people will get cancer in their lifetimes, this helps us realise how important it is to be screened for mouth cancer regularly.

2. To keep our teeth

Our teeth can be at risk even when they are not in pain. Tooth decay is only usually painful in its later stages when the decay has reached the nerve of the tooth which is in the centre. By the time the tooth is painful enough to make a lot of people go to the dentist, the nerve might already be irreversibly damaged. At this point a lot of people might need their tooth taken out.

And that's not the only way we lose our teeth! Gum disease causes the bone which holds the teeth in place to breakdown, so our teeth can become wobbly and fall out. When you go to the dentist they can flag up early signs of gum disease to stop it getting to the stage where we lose our teeth.

3. To help our general health

A lot of medical conditions in the rest of the body show early signs in the mouth.

Since we don't see any other healthcare professional regularly, if we didn't go to the dentist, it wouldn't be picked up.

So go and book your dentist's appointment!

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

તમરી તબિયત
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