



December 29, 2016 – Grand Rapids, MI

Schedule Your Dental Exam

While your physician may examine your tonsils and tongue when you have your physical, that doesn't include your teeth. For that, you need to see a dentist. Asking people to visit a dentist is right up there with the fear of public speaking—so many people just hate it. We've got a great dental team that takes care of our teeth and they do everything they can to make the visit a pleasure, so Paula and I don't mind going. Find a dentist that works with you, and the only way to do that is by trial and error. Talk with friends or relatives to get recommendations, but that should be the next appointment you make.



The dentist will take x-rays to see if there are problems not readily visible and assess the depth of the gaps on either side of your teeth. Just as with your medical physician, you can develop a strategy for addressing any issues with your teeth and even more importantly, those gums. The bacteria in the pockets can have a serious effect on your health, including heart disease. Periodontal disease can be really deadly, so do what your dentist advises to address any dental issues.

Dental health is critical to being healthy. Make your appointment today after you schedule your physical.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

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