

# **HARD TIMES DEMAND HEALTHY SMILES**

We have all heard the saying “an ounce of prevention is worth a pound of cure”. This is definitely true involving dental problems! When times are difficult the best plan of action for your dental and overall health is prevention.

We have some patients who have to postpone their treatment for some reason or another. Even though they are very diligent to continue with their home care, this is not enough to stop the progression of the already developing cavity or gum disease. Would you believe that not having dentistry in a timely manner can increase your costs by 10-20 times what the original cost would have been? Even if you have insurance, it's smart to be preventive.

Preventing gum disease is still much cheaper than waiting until you have an insurance plan. It will still cost you more out of pocket than what you would have paid to discover the problem and treat it while it was in the early stages. For many people, it's not just the cost that is important. They want to reduce their time in the office, pain and headaches from teeth, being numb and the time they spend at home to stay healthy.

Prevention and Health-Focused means you are willing to change your lifestyle and acknowledge that you are in control of your decisions as well as your treatment. When people are Health-Focused, their need for dental care and trips to the dental office will be reduced. They have found their new dental habits “raising the bar” on what they personally know is healthy and how to be intentional about staying healthy.

The earlier you start, the better for you and your children. Our goal is to do as little dentistry on you as possible. This requires you have the knowledge and coaching to be in charge of your own gums, teeth, mouth and smile. If you want to avoid trips to the dentist and improve your quality of life, Health-Focused Dentistry is for you! We would be excited to share this philosophy of care with you. Please call if you have any questions!

**Dr. Deborah G. Anders**