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## **Questions to Ask Your Dentist: Part 1**

It's that time of year again – time for your annual dental check-up. As you sit in the dental chair, anxiously waiting for the dentist to arrive, you suddenly realize there was something you wanted to them, but for the life of you, you just can't remember now.

In fact, you say to yourself, I bet there's questions I should be asking my dentist. Problem is, I don't know what they are!

Guess what? Today's your lucky day as we're going to tell you some important main questions you should make a mental note to ask your dentist the next time you're in the office.

### **Question 1: What can I do to keep my mouth healthy?**

This may seem pretty basic and you may think your dentist will automatically answer this question, but many times you and your dentist will discuss specific dental concerns and you may forget to go over the most basic of dental health questions.

With this question, you should be finding out from your dentist everything you should be doing to keep your overall mouth healthy, from what toothpaste should you be using to how to floss properly to what mouthwash should you be using..

### **Question 2: Am I at risk?**

Right after finding out what you should be doing to keep your mouth healthy, the next question you need to ask is as of right now, what are you at risk for, whether that be gum disease, cavities or anything in between. Additionally, this question can also open the discussion between you and your dentist as far as what you may be at risk for due to genetics.

**Question 3:** What can you do to keep my mouth healthy. Is there anything in particular your office should perform especially for me? This is also the time to discuss how frequently you should be coming to the office for teeth cleanings as some patients need more cleanings per year than others

### **Question 4: Is there anything I should be telling my primary care doctor or anything you need to know from my primary care doctor?**

Fact – your mouth is not in a bubble, it is part of your overall body. That means anything that is going on in other parts of your body can impact the overall health of your mouth, including any medications you may be taking. .

For this reason you should be keeping your dentist informed of any changes to your overall health and medications, as well as any new information from your primary care

physician. And on the flipside, you should find out if there's any new developments in your overall mouth health that you should be relaying to your primary care physician. Problems in the mouth can impact your overall medical health. I have written about this in the past.