



SEE YOUR DENTIST

Dental Visit Tips: Make The Most Of Your Trip

(NAPSA)—Here are a few things you can do to make your next visit to the dentist easier than ever. They come from the experts at the Academy of General Dentistry (AGD), an organization of general dentists dedicated to continuing education.

How to Prepare for a Dental Visit

- Get a good night's sleep
- Communicate any changes in the mouth
- Share recent medical diagnosis
- Avoid beverages with caffeine or sugar on the day of your visit

• If your dental visit coincides with your mealtime, bring a healthy snack

- Wear comfortable clothing
- Bring a list of medication and vitamins (name and dosage)
- Jot down questions, and bring them with you

What to Expect at a Dental Visit

• Expect the dentist to perform a thorough examination, detect potential problems and provide an appropriate treatment plan.

• An exam may include some or all of the following procedures:

- health history review
- a soft and hard tissues examination (bone and teeth)
- a complete oral and head and neck screening
- periodontal disease evaluation and a detailed charting of your mouth and sometimes X-rays



Work With the Dentist to Receive the Best Dental Care

- Share a complete medical history
- Be honest with the dentist about lifestyle choices
- Become a player in oral health care
- Talk to your dentist about any fears or concerns you have
- Get a second opinion or find a new dentist

"Your dentist is a great resource of information concerning overall health as well as your oral health. You should be able to ask him or her any questions you might have," says Manuel A. Cordero, DDS, MAGD, spokesman for the AGD.

For free dental advice, post questions on SmileLine Online, www.agd.org. For a free dental brochure or to find an AGD dentist, call 1-877-2X-A-YEAR.



Note to Editors: On Friday, July 18, 2003, from 8 a.m. to 10 p.m. EDT, consumers can call 1-800-SMILE 33 to have their oral health questions answered immediately. The hotline is sponsored by the AGD with help from Kodak Dental Products, Bisco Dental, Zila Pharmaceuticals and Colgate.