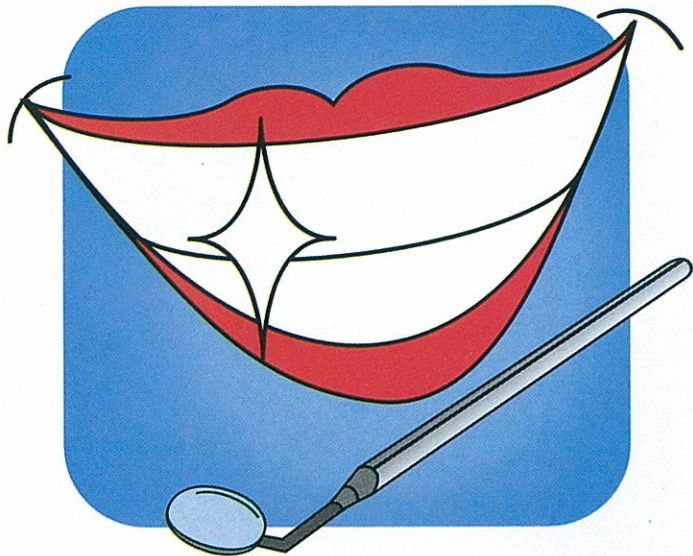


Dental Check-ups Are Valuable



Many people think that there is no need to go for a dental check-up unless they are in pain. This is not true. Many dental problems progress very slowly — without any signs. Your dentist is trained to detect such problems. Early detection and timely treatment can correct or even prevent problems from occurring.

Apart from spotting trouble early, regular check-ups can be valuable in many other ways.



WHAT HAPPENS IN A DENTAL CHECK-UP?

First of all, your dentist will look carefully, or examine, all parts of your mouth and face.

- Teeth will be checked for such things as cracks, wear, decay and faulty fillings.
- Gums will be checked to see if they have a healthy colour and shape. If they bleed, that is a sure sign of disease!
- Bones, cheeks, tongue, palate and other parts of the mouth and face will be examined for any unusual swellings or surface changes.



WILL X-RAYS BE TAKEN?

Yes, if your dentist thinks they are needed. X-rays can be very helpful to detect hidden problems. Don't worry, dental X-rays are very safe!



WHAT ELSE?

The most important part of the check-up is the discussion that you and your dentist can have after the examination. This may include:

- an **explanation** of what has been seen in your mouth.
- **recommendations** on how to treat any problems discovered. E.g. preventive measures like fluoride application or fissure sealants.
- **advice** on diet and the correct ways to clean your teeth.
- **counseling** on how to overcome any destructive habits that you may have.
- **monitoring** the development of the teeth and jaws in growing children.



ANYTHING MORE?

Yes. Your expectations, needs, and — importantly — any anxiety that you may have should be brought up so that your dentist can understand you better.

If you have any medical problems, its effect on your oral health and treatment will be explained.

Together, the two of you can decide what needs to be done; how and when to do it and of course, the cost of doing it.

DENTAL CHECKUPS PROVIDE:

- advice and guidance
- early detection
- timely treatment

All of which are valuable in maintaining health throughout your life!

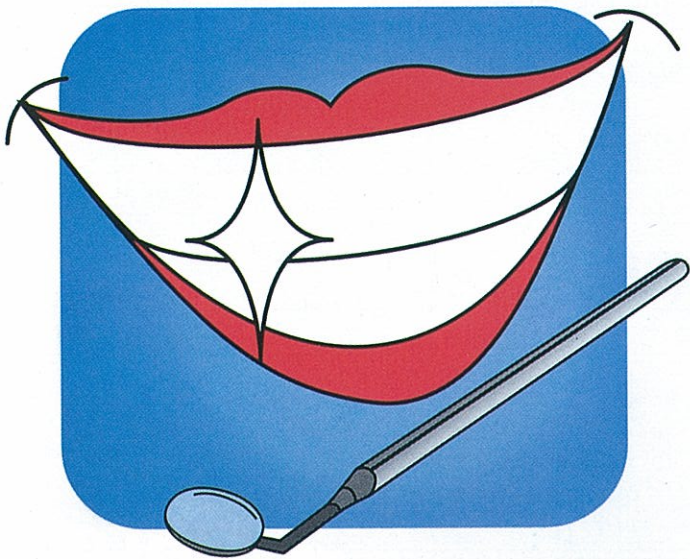
A public dental health message from the Singapore Dental Health Foundation



Sponsored by

Oral-B

牙诊 的重要性



许多人都误以为当牙齿疼痛时才必须复诊，不过有许多牙疾在病发时是不会疼痛的。您的牙医能在这些牙疾根深蒂固之前为您作出彻底的检验，对症下药并减轻日后或许会带来问题。跟其他病症一样，牙疾也必须病从浅中医。

除了能及早发觉任何初期牙疾，每六个月一次的牙诊也有其他方面的好处。



牙诊

您的牙医首先将仔细检验您的口腔及脸部。

- 检查牙齿是否有裂痕，磨损及蛀坏。
- 检查牙龈是否健康。牙龈容易流血是牙周病的病症之一。
- 检查骨骼、脸颊、舌头、上颚及口腔的其他部位是否有不寻常的肿瘤或表层变化。



会照X光吗？

X光是有效的检验方法之一，能帮助查出肉眼看不到的疾病。如果必须时，您的牙医是会为您X光。

您不必担心，牙科的X光是绝对安全的。



其他...

牙诊最重要的步骤或许就是在检验之后，您和牙医的面谈。这包括：

- 向您清楚解说检验的结果
- 作专业推介来治疗牙疾。预防治疗如：氟化治疗等
- 对牙齿保健及饮食方面作适度的专业提示
- 教导能避免损伤牙齿的指示
- 密切监督儿童牙齿及骨骼的成长



还有什么必须注意？

如果您有任何特别要求，或对牙诊有任何的恐惧感，请不要犹豫的告诉您的牙医。他绝对会尽可能帮助您的。

如果您有任何其他的病症，您的牙医也会让您知道牙诊对这些病症的影响。

您与您的牙医能紧密的合作，为您牙齿的保健作出最适当的治疗。

记得，作定期的牙诊：

- 接受正确指导
- 牙疾获得提早发觉及治疗
- 病从浅中医

这都是保有一生健康牙齿的最佳途径！

A public dental health message from the Singapore Dental Health Foundation



赞助商：

Oral-B

