



## Ask Your Dentist or Dental Hygienist

To have the best oral and overall health, ask your dental provider some of the following questions that pertain to you or your family. Remember, poor oral health contributes significantly to medical conditions such as diabetes, heart disease, stroke, and respiratory illnesses.

- Can you do a PreViser oral health risk assessment to determine my risk for oral diseases?
- What is my risk for future tooth decay?
- What is my risk for future gum (periodontal) disease?
- What are the signs and symptoms of gum (periodontal) disease?
- Do I have any of the signs of gum disease?
- Do I need to see a periodontist to treat my periodontal disease?
- Should I use a fluoride product to prevent decay on the exposed root surfaces of my teeth?
- What type of toothpaste is best for my individual needs?
- What type of floss would be easiest for me to use?
- Are electric toothbrushes better than manual brushes?
- Should I rinse with any particular product at night before bed?
- What products will help my dry mouth symptoms?
- Why does my dental provider need to know about my medical conditions and the medications I take?
- What causes bad breath?
- How does what I eat and drink affect my oral health?
- Why is the pH of my saliva important?
- Why are sealants important for children?

