



# Dental Anxiety and Oral Health

## Do you have dental anxiety?

You are not alone — 20 percent of adults and 7% of children in the U.S. experience it.

### What are the causes of dental anxiety?

- Fear of pain, needles or loss of control
- Fear resulting from past experiences
- A sensitive gag reflex
- Embarrassment over the condition of one's mouth

### How could dental anxiety affect you?

- Limits preventive care and needed treatments
- Leads to dental pain, tooth decay, gum disease or tooth loss
- Causes stress in other parts of your body due to infection
- Impacts your overall health

## Tips to help

### Speak with your dentist.

Find a dentist who makes you feel safe and comfortable. They are there to help with fears and find solutions. Some dentists specialize in treating anxious patients.

### Possible recommendations:

Get a good night's rest, practice relaxation techniques and take breaks during your appointment if needed.

Try scheduling shorter appointments and don't rush yourself.



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Learn more about how your oral health connects to your overall health at:  
[DeltaDentalMN.org](http://DeltaDentalMN.org)