

## Best Dental Insurance

People frequently ask about getting a dental insurance plan. I usually tell them that the best insurance is a frequent exam and cleaning. Why do most insurance companies pay these visits at 100%? Because they know it will limit their future liability (less major work to pay for in the future).

A recent “news” story claimed that a six-month cleaning and exam is really a scam perpetuated by the dental profession. If so, we need to choose a better scam. Cleaning/exams are usually the least profitable procedures.

Most dentists don’t really care if you come in every six months. Six months is the standard by which we measure quality of care, but in reality some patients may need a cleaning/exam every two months. Some do fine every year, and some even seem to do OK every five years. After several visits your dentist can tell you what may be best for you. You need to ask enough questions to determine how frequently you visit the dentist. As long as it’s noted in the record that you do not want a six-month (or more frequent) exam/cleaning, the choice is yours.

All the dentist can do is help you ensure that you will not have major problems between visits. That requires weighing a lot of different factors. Some of the important factors we consider when determining the best interval are home care (brushing, flossing, etc.), general health or medical conditions and medications, as well as your genetic predisposition to certain dental problems, and your individual dental history. One of the problems is that these factors can change within even a six-month time period. All we are doing is minimizing the likelihood of problems.

So the truth is that there is no one answer for how often you should see the dentist. And if you don’t want to go as often as recommended, that’s your choice.

Ask your dentist, or visit our website for more information.  
DOCJOE@WWW.NAPERVILLEDDENTIST.COM