

Patients today are no different than my patients of 20 years ago when I started practice in Naperville. Here are some of the questions I'm most often asked:

Q: What's the best dental insurance?

A: That's easy! The very best dental insurance is a frequent exam and cleaning. Indeed, that's why most insurance companies pay 100% of these visits because they know it will prevent bigger problems down the road.

Q: Is an exam and cleaning every six months really needed?

A: That's the standard of care in dentistry, but what's more important is what's best for you. Some patients do fine with a visit every year and some even longer. On the other hand, some patients need a cleaning and exam every other month. After several visits, your dentist will be able to tell you what is the best schedule for you.

Q: Does family history influence how often I should get an exam and cleaning?

A: Yes. Besides your genetic predisposition to certain dental problems, other factors we consider when determining the best interval are how well and often you brush and floss, your general health and what medicines you are taking.

Q: What is involved in a six-month checkup?

A: A check-up should include bitewing x-rays every other visit and a teeth cleaning every visit. It's always best to spot any problems early. So if our office doesn't see you every six months, we'll be calling you to schedule an appointment. It's the best way for us to help you enjoy your dental health and keep smiling.

For more answers to your dental questions, contact Joseph A. Haselhorst, DDS, FA GO. Haselhorst has been a Naperville dentist since 1984. Visit www.napervilledentist.com or call 420-0013.