

Some Important Facts about Oral Health and Dental Care

Dental care is essential part of general health, and good oral health gives the sense of overall well-being. Dental issues usually occur due to poor brushing habits unbalanced diet and carelessness to daily oral care. Dentists suggest that most of the dental problems can be avoided by paying attention to the daily oral hygiene.

Even after following the daily oral hygiene, still people tend to lose teeth as they age. This occurs as the root of the tooth weakens. A missing tooth can impact your look and appearance. Since it is almost impossible for another tooth to grow, the only option you have is implanting new teeth.

[Dental Implants at Pauline Daskalakis Dental Clinic](#) offer the best treatment. This procedure is an outstanding investment in your oral health and appearance. Compared to other dental procedures, it has now become the first choice. Listed below are the benefits that dental implants offer:

- It helps in improving your speech and restores your smile.
- It prevents worsening of the jawbone and eliminates other health issues caused by missing and failing teeth.
- It prevents premature aging and facial sagging.
- It will improve your chewing ability and overall comfort.



Besides all these benefits, the dental implant can give a natural look and one cannot make out their difference from the natural teeth.

Apart from dental implants services, Dr. Pauline Daskalakis Periodontal (Gum) Evaluation treatment can help you to find out if you have an increased risk for heart attack or stroke. Dentists say that certain form of periodontal diseases affects the heart. The bacteria that causes gum disease is the same related with heart disease. The common risk factor in both cardiovascular and periodontal disease is infection.

Even if your teeth look healthy, then also it is important to see a dentist at least twice in a year so that your oral health can stay hale and hearty.