

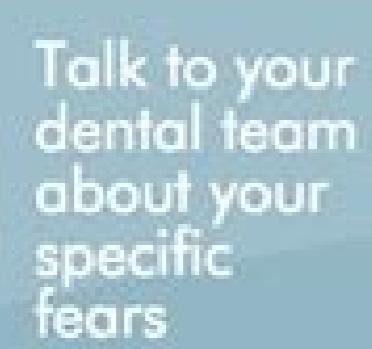
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OVERCOMING YOUR FEAR OF THE DENTIST

6 Steps To Give You
Something to Smile About



Talk to your dental team about your specific fears



Distractions like music, podcasts or videos can be very effective



Remember that many dental procedures are now relatively pain-free



Ask about medications that can help sedate or relax you during the visit



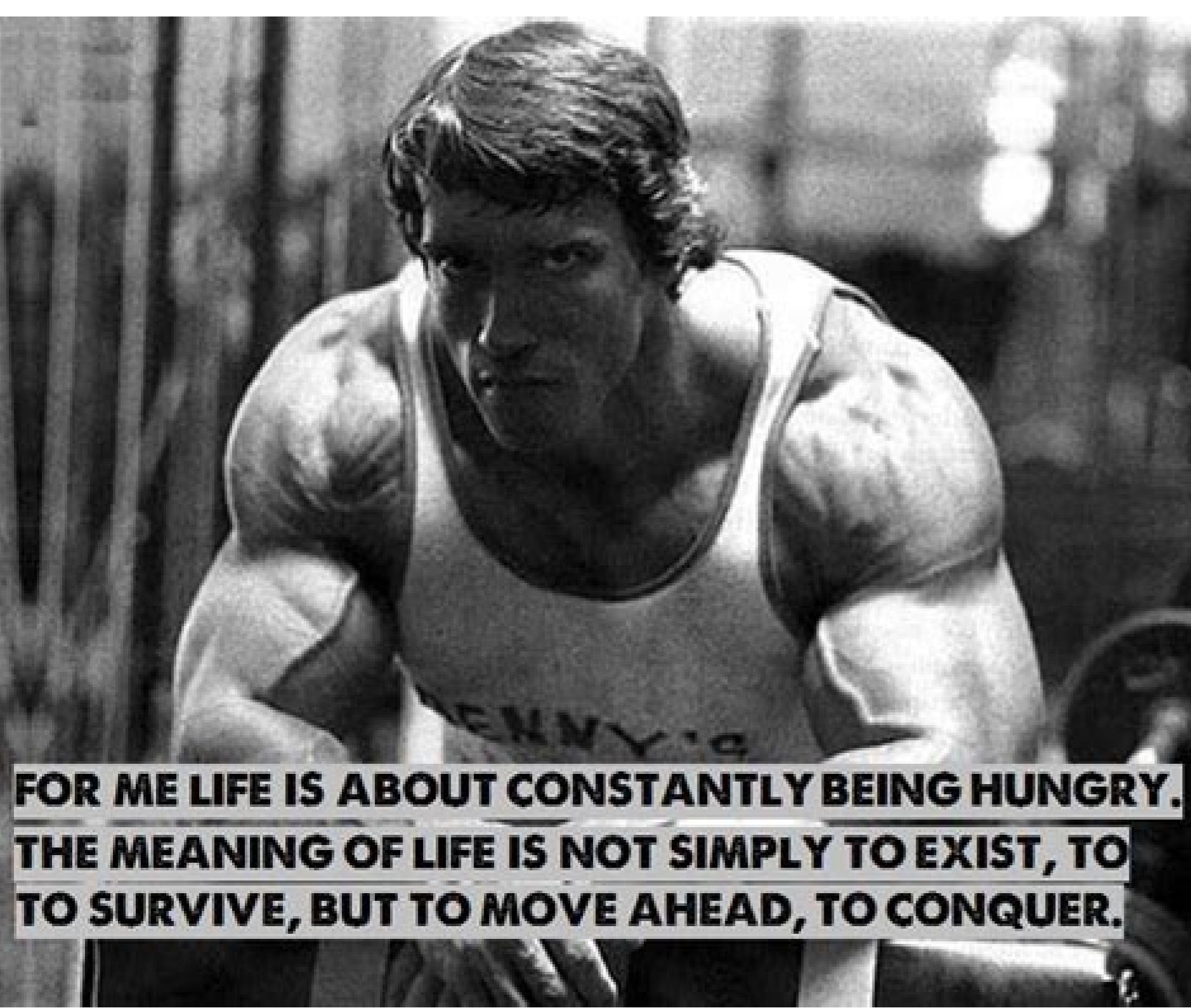
Establish control through hand signals so your dentist knows when to stop



Deep breathing during unpleasant moments can be calming

BROUGHT TO YOU BY:





**FOR ME LIFE IS ABOUT CONSTANTLY BEING HUNGRY.
THE MEANING OF LIFE IS NOT SIMPLY TO EXIST, TO
TO SURVIVE, BUT TO MOVE AHEAD, TO CONQUER.**

Deep quotes about food. Deep health quotes. Great nutrition quotes.