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Prioritizing Dental Health During A Rough Economy

The prevailing idea these days seems to be save and not spend. During this slow economy, people are eating out less, buying less new clothes, and cutting back in general to put their money toward life essentials. But take a look around. A recent Associated Press release confirms something I've come to conclude from what I see on weekends at stores, malls, coffee shops, and bookstores: Americans are still going out there, seeing movies, taking loved ones out for modest treats like a good dinner and frozen yogurt afterwards. It's true that we've become increasingly more aware of what we're spending, and in actuality we're not spending the way we used to, however, I think it's pretty evident that this slump affecting Wall street, Main street, and everyone in between hasn't taken out the shopper in us. I think the Associated Press article is right when it reports that people in general are hopeful for better days ahead. I know I am. Still, with less to go by, a Fullerton dentist I spoke with recently observes that less people are coming in to get the maintenance work they need (even though they need teeth to enjoy their favorite deep-dish pizza, popcorn, etc). For understandable reasons, people (who are reluctant to see the dentist regardless of the economy's condition) in increasing numbers are putting off going in for checkups, cleanings, cavities, and other more extensive procedures like root canals and cosmetic dental work. Orange County dental implants specialists similarly are seeing that customers are delaying not only implant procedures but other routine work because they either couldn't find a dental specialist they liked or were short on available funds or both.

Though I wish as much as the next person that my teeth would mysteriously repair themselves over time when a problem emerges, they have the tendency of just sitting there and letting it happen. Delaying the inevitable might turn what would've been a simple cavity replacement into a physically and financially more painful extraction or crown procedure if the patient waits too long, an experienced Mission Viejo dentist explains. In sum, being diligent about our dental health whether we're in a booming economy or a downturn is very important for both our teeth and pocketbooks.

The economy may be in bad shape and while we may need to carefully prioritize our necessities and leisure activities alike, it looks like going to the dentist like we know we should is a win-win overall: we save money on expensive dental work down the line, and get to keep our teeth, too, for important chomping engagements like eating our daily celery sticks during lunch or scarfing down churros at Disneyland, to name a few. See your local Orange County dentist today for more information on dental care, hygiene, and services. It'll be good for your budget and good for your smile.

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