



GET THE MOST OUT OF YOUR DENTAL VISIT

When you visit the dentist, it's important to ask questions and get information about your oral health.



GETTING READY FOR YOUR APPOINTMENT

Before you go see your dentist, take some time to think about your oral health. Ask yourself, "Do I have any symptoms or conditions I want to discuss with my provider?" Write your questions on the worksheet on the other side of this flier before your appointment.

SET EXPECTATIONS

Think about what you want to get out of your dentist visit. Let your dentist know right away what you expect, and ask your dentist what they expect of you so that you can take an active role in your healthcare.

LEARN ABOUT YOUR ORAL CANCER SCREENING

One important part of your dentist visit will be the oral cancer screening. Your dentist will check your entire mouth for any unusual spots or sores. If any are found, your dentist may have you come for another visit in a few weeks or do some additional tests. Oral cancer is a very serious illness, but if your dentist finds it early, your chances of getting better are high.

REPEAT TO REMEMBER

It can be difficult to listen well when you are feeling anxious during your visit. Summarize what your dentist said to make sure you understand by saying, "Thank you for providing all of that information. Now, let me see if I understand it. I heard you say..."

Take notes. After your visit, go over your notes and review what you learned.

TIP!

Make sure your dentist checks the following areas during your oral cancer screening:

- Gums
- Lips
- Throat
- Tongue
- Neck
- Lymph nodes
- Floor of mouth, under your tongue

Use the worksheet we've included on the other side of this flier to take notes before, during and after your appointment.



To learn more about your how your dental health makes a difference in your overall health, use the Dental Optimizer tool by logging on to myODS at www.odscompanies.com/members.



WHAT SHOULD I ASK MY DENTIST?



It can be helpful to write down what you'd like to talk about with your dentist before your appointment, and to take notes during your appointment to remember what they said. Here are some questions to help you get started.

WHAT ARE YOUR MAIN CONCERNS ABOUT MY DENTAL HEALTH?

AM I AT RISK FOR ANY PROBLEMS?

DID MY ORAL CANCER SCREENING SHOW ANYTHING UNUSUAL?

WHAT CAN I DO TO REDUCE MY RISK FOR ORAL CANCER?

WHAT DO I NEED TO DO TO IMPROVE MY ORAL HEALTH?

WHY IS IT IMPORTANT FOR ME TO DO THIS?

DO I HAVE ANY OPTIONS REGARDING WHAT YOU'RE TELLING ME I NEED TO DO?

IS THERE ANYTHING YOU CAN DO TO HELP ME IMPROVE MY SMILE?
