

Improve Your Smile and Overall Health in Texas

Going to the dentist, unless a problem arises, might not always be high on your priority list. However, regular visits to your general dentist can not only help keep your teeth healthy and avoid problems but can help improve your overall health. If you live in the Houston, Texas area, dental care clinics are available to help you

What is a General Dentist?

Like a Primary Care Physician who helps monitor and attend to your basic health needs, a general dentist is concerned with the health of your mouth (teeth, gums, etc.). General dentists can handle a wide range of dental needs for both children and adults such as:

- Preventative care that includes cleaning, sealants, fluoride treatments and x-rays to make sure your teeth are clean, healthy and monitored. If a problem arises, it can be caught immediately.
- Cosmetic care to help you achieve the perfect smile you've always dreamed of using a variety of methods such as veneers, restorations and teeth whitening.
- Restorative care that includes crowns, bridges, dentures, implants and other methods to address issues that arise from missing or broken teeth.
- Periodontal care to help diagnose and treat problems or diseases concerning your gums, bones and connective tissues within your mouth.
- Orthodontic care is also provided by some general dentists, affording you the convenience of seeing one dental staff for straightening methods like braces.

How Can Seeing a General Dentist Improve My Overall Health?

Regular, preventative dental care help you maintain the health of your teeth and gums and prevent diseases, while also helping you maintain your overall health. Just like bacteria lives in your body, it also lives in your mouth. Proper brushing and oral care help keep nuisance oral bacteria at bay. If you have a nasty mouth infection, it can affect how your whole body feels.

What to Look for in a General Dental Clinic

If you're looking for a **general dental clinic in the Houston, Texas** area, here are some questions to help you find the right one

- Beyond routine cleanings and x-rays, what specialty services does the clinic offer? You might check for availability of extractions, periodontal services, implants and braces.
- If you have dental insurance, is the dental clinic included as a provider in your plan?
- If you do not have dental insurance, does the dental clinic have payment options available?

Summary

Whether you're in need of routine or specialty services to restore or handle complex dental problems, a general dental clinic can help you improve your smile and your overall health.