

NEWS RELEASE

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Dental Visits a Good Habit to Start (Again)

NAPERVILLE, Ill. (August 5, 2014) – While two-thirds of Illinoisans (67 percent) visit the dentist at least once a year, nearly half of them (46 percent) have gone three years or more without seeing the dentist at one time in their lives.¹

“According to the Delta Dental of Illinois Oral Health and Well-Being Survey, most Illinoisans visit the dentist at least once a year, and those who do are more likely to report their oral health as good or better versus those who are in a dentist’s chair less frequently,” says Dr. Katina Spadoni, dental director for Delta Dental of Illinois. “Still, a lot of people take a break from routine dentist visits at some point in their lives.”

More than half of Illinoisans (53 percent) say they have felt fear or reluctance regarding a dental visit, according to the Delta Dental of Illinois survey. Most said they had a bad past experience or were afraid to find out what care they needed. Younger Illinoisans ages 18 to 44 have felt more apprehension than those 45 years and older.

“Regular dental visits are part of important preventive care,” Spadoni says. “It’s good to stay in – or get back into – the habit of visiting a dentist. Your dentist can help you determine how often you need to visit, and preventive care is key to help avoid more comprehensive and costly treatment.”

For people with existing oral health problems, such as gum disease, or medical problems like diabetes or dry mouth, one dental visit a year may not be enough, according to Spadoni. For those at higher risk of developing oral problems, three or four visits a year may be best. “On the other hand,” Spadoni says, “if you enjoy good oral health and have low risks, you will not need the same level of preventive treatments or exams.”

One way to stay in the habit is to find a regular dentist. According to the Delta Dental of Illinois survey, one in five Illinoisans (20 percent) do not have a regular dentist, while nearly 50 percent say they’ve been going to the same dentist for three years or more.

It’s More Refreshing than a Relief

Despite the fear and reluctance many Illinoisans feel in going to the dentist, most (63 percent) say they feel refreshed after doing so.

“More often than not, you feel good walking out of a dentist’s office. Your mouth feels cleaner, and your mind feels better because you are taking care of yourself,” Spadoni says.



For more information about how you can improve your oral health, visit deltadentalilblog.com.

About Delta Dental of Illinois

Delta Dental of Illinois (DDIL) is a not-for-profit dental service corporation that provides dental benefit programs to individuals and more than 5,000 employee groups throughout Illinois. DDIL covers 2 million individuals, employees and family members in these groups nationwide. DDIL is based in Naperville, Illinois and offers single-site administration and client services.

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¹*Morpace, Inc. conducted the Delta Dental of Illinois Oral Health and Well-Being Survey on behalf of Delta Dental of Illinois with 151 consumers across the state.*