The fear of going to the dentist and how we are different

It is generally considered that oral hygiene is one of the most significant aspects of our physical health. Perhaps just as important, though, is the **fear of going to the dentist**. This common anxiety can arise from a variety of feelings associated with fears about your oral health, as well as possible bad experiences you might have during your early life at the dentist.

## FEAR OR PHOBIA

[Fears and phobias](https://sciencenorway.no/fear-of-dentists-forskningno-norway/why-do-we-dread-the-dentist/1382301) are often discussed interchangeably, but these two states of mind have some marked differences between them. A fear might be a deep dislike that may create avoidance, but before the thing your fear shows itself, it's not really something you should care about. A phobia, on the other hand, is a much stronger form of anxiety. Phobias are considered a type of anxiety disorder, and are known to cause extreme distress and avoidance — so much so, that these [interfere with your daily life](https://globalnews.ca/news/5798131/dental-fear/)

## CAUSES

* A **fear of going to the dentist** is usually caused by negative past experiences
* Some people are especially sensitive to mouth pain and believe that the pain might be severe.
* Some may still dislike the sounds of the instruments used by dentists and dental hygienists for teeth cleaning and examinations
* Some individuals are fearful of making their mouths numb, especially those who have encountered choking or breathing problems.

## WHY WE ARE DIFFERENT?

Among the most important qualities of a dentist, is the [ability to understand Patients’](https://contemporaryfamilydentistry.com/) fears and aversions. It’s important to be open about why you **fear of going to the dentist** so we can be better able to put you at ease. The right dentist will take your fears seriously while also being accommodating to your needs. There are numerous strategies available to cope with dental phobia. It’s also important to alert us before so we can accommodate you. It will take time and effort, but it’s possible to progress to a point where your fears will no longer prevent you from getting the oral care you need.