



Unit 6, 2/F One Mango Avenue Building
General Maxilom Avenue
Cebu City, Philippines, 6000
<http://www.dentalclinic-cebu.com>

Dental Checklist 1/2

Are you brushing your teeth every day? No toothache or any oral/dental problems but experiencing some of the following?

- Grinding and clenching of teeth (during sleeping or while awake)
- Inability to open your mouth wide or limited mouth opening
- Tension or tenderness in your cheek muscles (especially first thing in the morning)
- Bleeding of gums during or after brushing your teeth
- Painful gums
- Loose or shifting teeth
- Persistent bad breath even after brushing
- Bad taste in the mouth
- Red, swollen or tender gums
- Dry mouth
- Burning sensation in the mouth
- Dry nasal passage
- Problems with swallowing
- Persistent sore throat
- Clicking/croaking sound or propping sensation when you open your mouth to yawn or laugh
- White, gray, brown, or black spots on the teeth
- Moderate to severe sensitivity in a tooth when you take in hot or cold foods or beverages
- Pain or irritation from a tooth coming in at an awkward angle and rubbing against your cheek, tongue, or top or bottom of the mouth
- Spacing of teeth due to movement

If you are experiencing two or more of the above signs and symptoms, you need to visit a distinguished dentist to prevent major oral/dental problems.



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Dental Checklist 2/2

If you think you don't have any oral/dental problems but try to check if you are practicing/experiencing any of the following?

- Sleeping less than eight hours a day
- Frequent eating of dark colored cakes, chocolates or other dark colored foods
- Frequent drinking of coke, tea, cola and other dark colored beverages
- Smoking of any cigarettes/cigars/pipes
- Frequent drinking of alcoholic beverages
- Stressful daily activities
- Frequent eating of foods containing onions, garlic and other spices
- Bad taste in the mouth
- Brushing teeth only once a day
- Brushing your teeth for less than two (2) minutes at a time
- Dependent on the use of mouthwash/mouth rinses daily to freshen breath
- Using of a non-recommended toothbrush from your dentist
- No knowledge in proper brushing of teeth
- Habitual thumb sucking, biting of nails or some other items
- Frequent use of toothpicks
- Frequent eating of chicharon and some other hard foods.
- Difficulty in eating hard foods

If you are practicing/experiencing two (2) or more life style activities above, you need to visit a dentist to correct bad oral habits and prevent dental problems that could result to future health problems.