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Cost-Effective Dental Care by [Pendragon Health](#)

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According to the New York Times, more than 100 million Americans go without dental insurance and many employer-based health plans don't offer dental plans. And private dental insurance is so expensive that many Americans can't afford it. Even those with dental insurance plans can't get coverage for important procedures such as root canals and cavity fillings. On average a root canal will cost you about a thousand dollars while a cavity filling will cost \$100. This is why preventative dental care is essential for everyone whether they have insurance or not. If you don't prevent cavities with simple at-home dental care, you'll have to pay expensive fees for dental procedures and this will keep you in debt for months or years. Before you get a dental procedure, you need to ask how much it will cost and if that dentist accepts your health insurance provider. Another way to save money on dental care is to visit a local dental school. The dental students will charge less than a traditional dentist, and the students are always under the supervision of established dentists.

MoneyCrashers.com says that if you lack dental insurance, there are steps you can take to save money on expensive dental procedures or even avoid frequent dental procedures altogether. If you're young you should develop these habits now as it will become part of your lifestyle as you age. Cut back on foods that stain your teeth such as chocolate, coffee, red wine, tomato sauce and tea. Avoid tobacco use as this also stains your teeth. If your teeth are stained, purchase teeth whitening kits or a few bottles of hydrogen peroxide to whiten your teeth at home. Stay away from sugary foods and drinks because you increase cavities by consuming excess sugary stuff.

Cut back on starches because this causes plaque that will destroy the enamel on your teeth. Never go to bed without brushing, flossing and rinsing the bacteria out of your mouth with mouthwash and toothpaste and ideally you should do this after every meal. Another thing you should do is brush your tongue and gums to remove the bacteria from your mouth. Also switch toothbrushes every few weeks so you can brush with a bacteria-free toothbrush. You can make a herbal toothpaste by combining baking soda, peppermint oil and water. If you don't have mouthwash, rinse with hydrogen peroxide.

Another way to prevent dental problems at home is to consume more fruits and vegetables, and take some vitamins. Some good ones to eat include oranges, grapes, strawberries, pears, broccoli, cauliflower, leafy greens and tomatoes. Another idea is to drink more milk because your teeth need calcium in order to maintain good dental health for many years.

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[Pendragon Health](#) - About Author:

Pendragon Health, a leading a [Cosmetic Dentistry London](#) clinic, is situated in London, UK. We have an excellent team of cosmetic dentists who provide the highest level of patient care.

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