

HYPNOTHERAPY MAY RELAX SOME DURING DENTAL CARE: DENTALPLANS.COM 2009

Many Americans still fear dentist's visits but now they might want to consider hypnotherapy to help dispel their anxiety. According to NatureNews.com, this alternative therapy is helping some overcome their worries about attending to their dental health. People can be afraid of procedures that they do not understand, the sound of the drill, or even feeling that they are in a vulnerable position while in the chair.

Others worry that a dental checkup may be painful, the news provider explains. A study in 1997 gave hypnotherapy to 33 patients who were scared of the dentist, while a control group of 36 did not receive treatment. The therapy consisted of self-hypnosis sessions and relaxation techniques and participants did not display increased signs of anxiety before their dental exams, the news provider reveals.

Dr Shirley Brown spoke at the American Dental Association's 144th Annual Session and explained that in 2003, "over a quarter of adults surveyed said they hadn't visited a dentist in over five years due to fear of pain." Dental care is essential for oral health and concerned individuals should talk with their dentist before a checkup, or try breathing techniques to help them relax.

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