



Talk to your
dentist



Dental fear

Delayed
visiting

symptom
driven
treatment

'afraid of
the dentist'

Dental
problems

Dear patients,
Deep breathing
exercises are
effective to slow
your heart rate
and promote a
sense of calm.

XOXO



Dynamic vicious cycle of dental fear (Armfield, Stewart & Spencer 2007)

Individuals who delay treatment due to fear experienced substantially higher level of anxiety than those who delay treatment for other reason (Siitheeque et al., 2015).