

## **Lack of Money is Biggest Deterrent to Dental Care, According to Health Policy Institute**

Adults today are busy and have many financial burdens. Parents care for their children and provide for them financially. Some adults are also generously taking care of their own parents as they retire and age. Our concern is that many adults are taking care of others and neglecting their own healthcare needs. A recent [study from the Health Policy Institute](#) found that adults were most likely to forgo dental care because of their finances.

### **About The Study**

Public health insurance doesn't generally include dental coverage, and as public healthcare has increased, private healthcare with dental insurance has decreased. This Health Policy study claims this is one of the major factors in the decrease of dental care sought by adults. When dental care is not included in a company's healthcare policy, employees will be less likely to seek treatment for dental issues. Not as many patients want to pay out of pocket for dental care, and they neglect regular cleanings as well as more pressing issues like filling cavities and treating gum disease.

Children have access to a broader array of healthcare than adults. We care about our children and their health. We invest in their future. Interestingly, since 2000, children and the elderly have utilized more dental care as the years roll by. But non-elderly adults have not been as proactive when it comes to their oral health.

In the study, the "non-elderly adult" category means people between the ages of 21 and 64. As a child under your parents' inclusive insurance, you may have enjoyed the luxury of two dental cleanings a year. It may seem like a chore now as an adult, but visiting the dentist regularly can drastically increase your health.

The good news is that from 2003 to 2012, the percentage of people overall who needed dental care and couldn't get it did go down significantly. However, the decline is a product of better healthcare options for children and the elderly. Adults are still in need of dental care that they cannot get, and the main reason is limited finances, according to the study.

### **What Can We Learn?**

During your 20s you're probably finishing school and entering the workforce. You're looking for a job, a partner. You're enjoying life. You're settling down, looking for a house, getting a dog. You're becoming less self-centered and you're starting to care for others. When you have children, you're probably going to put their health in front of yours. Your child is getting two dental cleanings a year, and you haven't had a cleaning in more years than you can count.

No matter your age, dental care is important. Your teeth are integral to your health. Start a fund for your dental health and add to it from every paycheck. Factor in how much two dental cleanings per year will cost you out of pocket. If you can't save that amount from your paycheck, brainstorm other ways to raise the money, such as having a yard sale or skipping a

few overpriced cocktails throughout the year. If it's a matter of "not wanting to spend the money," think of your dental work as an investment in your body. Getting a root canal or a gum graft can actually save you. Take your oral health seriously, and ask your dentist about payment plans.

There are some people who really need help paying for dental care. If you fall into that category, search for local and state specific dental assistance programs that can help support you. Lack of money is a genuine concern, but it shouldn't keep you from getting the care you deserve.

When you get braces, you won't pay for everything up front, and orthodontists usually finance braces with no interest. We also take pride in offering the most affordable financing around with payments starting as low as \$99/month. Talk to your local orthodontist about affordable payment plans, and if you're in the Alpharetta area, call us (678-389-9400) for a consultation.

### About Newpark Orthodontics



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Dr. Nima Hajibaik of [Newpark Orthodontics](#) is one of the [best orthodontists in Alpharetta](#), Johns Creek, GA areas.

Dr. Nima is a member of American Association of Orthodontics as well as American Dental Association and is voted best of Alpharetta for three consecutive years.

He provides orthodontic treatments for all ages including children, teens, and adults. Dr. Nima at Newpark Orthodontics accepts all major insurances and offers all types of dental braces including traditional metal braces, ceramic braces, lingual braces, clear braces, and [Invisalign](#). At Newpark Orthodontics, Dr. Nima also offers flexible interest-free payment plans and financings.