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### Dental Anxiety and Dental Phobia

Dental anxiety in children and adults is keeping 30-40 million Americans from seeking needed dental care. Statistics show a range of 15-40% of people that have some level of dental anxiety, whereby limiting their getting regular dental treatment and only getting sporadic emergency care. This dental fear that haunts so many people will not allow them to sit comfortably in a dental chair. My personal experience and research has shown that both dental anxiety and the more severe form called Dental Phobia is keeping many of them from having the dental care necessary to maintain their health, appearance and overall quality of their lives. Treating these patients can be quite challenging and frustrating to many dentists, especially those unprepared and untrained to handle them. After over 34 years of working with this particular group of patients, I have learned an assortment of skills and methods to not only get most of them into a dental office, but to also give them the tools they need to act calmly in a dental chair, get their dental needs accomplished, improve their health and appearance and boost their self-esteem. My book: "Have No Fear of The Dental Chair", is a guide written to provide both fearful patients and dental professionals with valuable and proven insights and methods.

### Biography

Dr. Cushing has been a practicing dentist for over 34 years. She is a graduate of Boston College and Tufts University Dental School. She is a Fellow in the International College of Dentists and a Master in the Academy of General Dentistry. Dr Cushing practices all phases of dentistry with an emphasis on treating fearful and phobic dental patients. She is also a Clinical Hypnotherapist and a Master Practitioner of Neuro-Linguistic Programming, helping others re-program their own thoughts, actions and behaviors, in order to enhance the quality and effectiveness of their lives. Dr.Cushing volunteers at the Friends of Falmouth Dog shelter, CCDART, The Samaritans and other community service organizations. She resides on Cape Cod with her husband, Curt Miller. Her most recent book is "Have No Fear of the Dental Chair!" A Guide for Reducing Dental Anxiety".

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