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A visit to the dentist need not be inconvenient for anyone working in the Brisbane Central Business District (CBD) as there are dentists who operate within the cbd.

Many things attack the teeth, from smoking, to too much acid and sugary food to neglect of dental hygiene.

The results of neglect can range from a build-up of plaque which attacks the enamel of the tooth, to gum diseases that can, over time cause the gums to recede, lead to cavities that need to be filled and eventually to teeth loosening and moving in the jaw or eventually having to be removed altogether.

It has been estimated that more than 80% of all adults will experience gum disease at some point in their lives and many people do not realise that gum disease also causes bad breath, also known as halitosis.

Gum disease has also been shown to increase the risk of heart disease, respiratory disease and stroke.

A regular professional clean every six or twelve months can help to top up the twice daily routine of brushing and flossing.

A professional clean includes root planning and scaling, a procedure conducted using fine instruments to remove the build up of plaque and calculus, sometimes called tartar, from tooth enamel and below the gum-line.

This treatment smoothes the enamel surface to deter plaque from adhering and helping to improve the efficacy of home oral care more effective. It can substantially reduce the development of decay.

For those who feel their teeth could do with a bit more cosmetic, treatments in Brisbane cbd include dentist Brisbane and cosmetic dentistry.

However, Brisbane cosmetic dentists warn that some cosmetic dentistry can only be carried out on sound teeth, so crowns, implants and veneers can only be attached to a sound structure and this therefore makes regular cleaning and flossing important.

Improving the appearance of the teeth will make no difference to their health and the teeth and gums will continue to be vulnerable to the damage caused by plaque if the cleaning regime and regular visits to the dentist in the Brisbane cbd should still be continued after cosmetic dentistry has been carried out.

It would be counter-productive to invest the money into making the teeth look as good as possible if neglect after that caused damage.

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