

Maltepe Dental Clinic Introduces Comprehensive Resource Addressing Dental Anxiety Affecting Millions Worldwide

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Maltepe Dental Clinic, a leading dental practice with facilities in Istanbul and London, has released a comprehensive patient resource addressing dental anxiety and dental phobia, conditions that affect approximately 15.3 percent of adults globally, according to recent peer-reviewed research.

The new resource responds to growing recognition within the dental community that anxiety-related avoidance of dental care represents a significant public health challenge. A 2021 systematic review published in the Journal of Dentistry, analyzing data from more than 72,000 participants across 31 studies, found that dental fear affects nearly one in six adults worldwide, with 3.3 percent experiencing severe dental phobia.

The resource outlines evidence-based approaches for managing dental anxiety, drawing from clinical guidelines and current research in behavioral and pharmacological interventions. These strategies range from psychological techniques such as tell-show-do communication and controlled breathing exercises to

pharmacological options, including nitrous oxide sedation and, where clinically appropriate, treatment under general anesthesia administered by qualified professionals.

"Dental anxiety represents a genuine medical concern that prevents millions of people from receiving necessary oral healthcare," said Dr. Yusuf Ilhan, Co-Founder of Maltepe Dental Clinic. "We regularly see patients who have delayed treatment for years due to fear, often resulting in more complex dental issues that could have been prevented with earlier intervention. This resource reflects our commitment to providing structured clinical pathways that take anxiety seriously from the very first consultation."

Research indicates that untreated dental anxiety leads to a cycle of avoidance and deteriorating oral health. Studies have documented higher rates of missing and decayed teeth among individuals with dental phobia, along with increased emergency dental visits when problems become unavoidable. The condition affects women and younger adults at higher rates, with a 2017 study in Community Dentistry and Oral Epidemiology identifying evidence of a heritable component to dental fear.

The resource developed by the dental clinic incorporates multiple anxiety management approaches recognized by international dental organizations. These include graduated exposure therapy, cognitive behavioral techniques, and the establishment of clear communication protocols between patients and dental professionals. For international patients, the clinic has developed protocols to consolidate treatment into fewer sessions, reducing the number of anxiety-triggering visits required.

Founded in 2002 by Dr. Alper Gurhan and Dr. Yusuf Ilhan, Maltepe Dental Clinic operates a five-floor facility in Kad?köy, Istanbul, and maintains a consultation office and partner clinic in London. Over its 24-year history, the practice has treated patients from more than 85 countries, maintaining six national and international inspection certificates. The clinic employs multilingual staff to support international patients throughout their dental care journey.

The release of this resource aligns with broader efforts within the dental profession to address barriers to oral healthcare access. As dental organizations worldwide increasingly recognize the impact of anxiety on treatment outcomes, resources that help patients understand and manage their fears become essential components of comprehensive dental care.

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For more information about Maltepe Dental Clinic, contact the company here:Maltepe Dental ClinicDr. Alper Gurhan and Dr. Yusuf Ilhan+905452315329smile@maltepedentalclinic.comKosuyolu Cad. No:51 Kadikoy/Istanbul 34718

Maltepe Dental Clinic

Maltepe Dental Clinic delivers world-class dental care, backed by over 22 years of expertise, cutting-edge technology, and a dedicated team, serving patients in Istanbul and at our London consultation office.

Website: https://www.maltepedentalclinic.com/

Email: smile@maltepedentalclinic.com

Phone: +905452315329