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# Dental health too costly: poll

**CATHY O'LEARY**

A third of West Australian adults have not been to the dentist in more than a year, at least twice the recommended time between visits, a survey suggests.

A phone poll by health insurer HBF shows almost half of the 400 respondents admitted putting off dental appointments, mostly because of the cost.

Lack of time and a fear of dentists were other reasons cited for ignoring dental reminders.

Many dentists recommend a check-up every six months.

The survey revealed only a third of people visited the dentist every six months.