

## Dr. David Tabaroki Shares an Open Letter on Navigating Everyday Dental Challenges

Forest Hills oral surgeon Dr. David Tabaroki offers practical guidance to individuals facing common frustrations with dental care and the health system in New York.



**New York City, New York Apr 10, 2026 ([IssueWire.com](https://www.IssueWire.com))** - For many people, dental care does not fail dramatically. It slips. An appointment gets delayed. A small issue is ignored. A follow-up never happens. Over time, these small gaps turn into larger problems—pain, stress, and urgent care that could have been avoided.

Dr. David Tabaroki, an oral and maxillofacial surgeon based in Forest Hills, New York, has repeatedly observed this pattern among patients and practices. In response, he is sharing a message grounded in experience—one that focuses less on perfection and more on consistency.

“The issue is rarely effort,” Dr. Tabaroki says. “It’s structure.”

## A Common Problem, Seen Every Day

Across New York and similar urban areas, dental challenges are widespread:

- Over 70% of adults report delaying dental visits at some point due to time or cost concerns
- Emergency dental visits in large cities are significantly higher than preventative visits
- Nearly 60% of patients say they leave appointments without fully understanding next steps
- Missed appointments and inconsistent follow-ups remain one of the biggest barriers to care continuity

These issues are not about lack of awareness. They are about how daily life disrupts even good intentions.

“I learned early that nothing is guaranteed,” Dr. Tabaroki says. “You have to earn your place every day.”

## A Practical Message for Everyday People

Drawing from over 20 years of experience building and running dental practices, Dr. Tabaroki’s perspective is grounded in repetition, not theory.

“Consistency mattered more than talent,” he says. “That’s true in school, in surgery, and in dentistry.”

His career—shaped by moving from Tehran to New York at age 12, earning full scholarships, and completing intensive surgical training—reinforced one idea: small, steady actions build lasting outcomes.

“I didn’t wait for the perfect moment,” he says. “I focused on doing the work well and letting the rest grow from that.”

This mindset applies just as much to patients as it does to professionals.

## Why Small Actions Matter

Many people assume that better outcomes require major changes. Dr. Tabaroki sees it differently.

“I think in decades, not quarters,” he says.

In dental care, this means that routine habits—appointments, follow-ups, asking questions—matter more than occasional urgent fixes. Avoiding problems early is often simpler than solving them later.

## What You Can Do This Week

Dr. Tabaroki encourages individuals to focus on small, manageable steps:

- Schedule a dental check-up if it has been more than six months
- Confirm your next appointment before leaving the office
- Write down any symptoms or questions before your visit
- Ask for clear, written post-treatment instructions
- Set a phone reminder for follow-ups or medication
- Review your dental insurance coverage in advance

- Keep all dental records or documents in one place
- Do not ignore minor discomfort—address it early
- Choose a consistent provider instead of switching frequently
- Share helpful information with a family member or friend

These steps are simple, but they reduce uncertainty and prevent small issues from growing.

### A Steady Approach to Better Outcomes

Dr. Tabaroki's message is not about urgency or pressure. It is about awareness and follow-through.

“Long hours. High standards. No shortcuts,” he says, reflecting on his training. Those same principles, when applied in small ways, can improve everyday health decisions.

#### Call to Action:

Choose one action from the list above. Commit to it for the next seven days. Then share this letter with someone who may be putting off their own care. Small steps, repeated consistently, can change long-term outcomes.

#### About Dr. David Tabaroki

Dr. David Tabaroki is an oral and maxillofacial surgeon based in Forest Hills, New York. He is the owner of Queens Blvd Oral Surgery, Jamaica Estates Oral Surgery, and Gramercy Dental Group. With more than two decades of experience, he focuses on patient-centred care supported by strong systems and long-term thinking.

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