

# Transportation Challenges Are Making Dental Care Harder to Access for North Texas Families

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*As living costs rise, transportation barriers increasingly prevent children from getting routine dental and orthodontic care.*

GARLAND, TX, UNITED STATES, February 2, 2026 /EINPresswire.com/ -- As the cost of living continues to rise across North Texas, transportation has become a growing barrier preventing children from receiving routine dental care and staying on track with orthodontic treatment. With more households relying on two working parents, families often have little flexibility when transportation plans fall through.

When a vehicle is unavailable, a ride cancels, or work schedules change unexpectedly, children's dental appointments are frequently postponed. Over time, missed visits can allow small issues like cavities or minor orthodontic adjustments to worsen, leading to pain, infection, or extended treatment timelines.

"In today's economy, many families are doing everything right and still running into barriers," said Dr. Darshan Patel. "When both parents are working and transportation becomes unavailable at the last minute, kids miss appointments through no fault of their own. We see this especially with orthodontic patients, where no-shows and last-minute cancellations are often tied directly to ride issues."

Transportation-related disruptions affect not only preventive care but also active orthodontic treatment, where consistent visits are essential for progress. Missed or delayed appointments can slow treatment, increase frustration, and add stress for families already balancing work, school, and financial pressures.

Public health experts recognize transportation as a key factor in healthcare access. [The Centers for Disease Control and Prevention](#) notes that barriers to accessing care contribute to delayed treatment and poorer oral health outcomes, particularly for children and underserved populations.

These realities have also shaped how some healthcare providers approach community access. [Inspire Dental and Orthodontics](#), privately owned dental group in Garland, Mesquite and Balch Springs, has emphasized transportation considerations when selecting office locations,

prioritizing proximity to major roadways and public transit routes to help families keep consistent care despite transportation challenges.

By highlighting transportation as an often-overlooked factor in oral health, providers hope to encourage broader conversations about how access, location, and infrastructure play a role in preventing small dental problems from becoming emergencies.

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