

Database consistency has not been checked recently

All SQL Server databases are susceptible to corruption, which can cause serious or even complete data loss in extreme circumstances. It is therefore important to verify the logical and physical integrity of databases on a regular basis by running [DBCC CHECKDB](#).

If and when corruption is detected, the safest (and sometimes only) way to recover lost data is to restore from a backup. It's therefore a good practice to run DBCC CHECKDB at least often enough that should corruption be detected, your backup frequency and retention period will allow you to restore back to before the problem occurred.