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HEALTH

Perfect smile attainable with cosmetic dentistry

By *Stephen W. Durham*

CONTRIBUTOR

There's nothing shallow about wanting a brighter smile. Straight, white teeth make people look younger and feel better about their appearance. That confidence can energize every aspect of living, from work to family to love life.



Stephen Durham

A confident, happy appearance inspires confidence from others, too, and it prompts a good reception at work, at home and everywhere you go.

Smiles draw people closer.

Research gives us some surprising insights about the impact of your smile. One study demonstrated that a smile improves a person's attractiveness – to both men and women – more than make-up.

Another study revealed that a person's teeth topped the list of what makes him or her attractive – more than hair and clothes, more than hands and nails, more than the car he drives.

Human beings are hard-wired to team up with others who look healthy and capable. A bright, strong smile signals those qualities in a way everybody understands.

It is really possible and practical to achieve one's own best smile. Today's options for lighting up that smile are better than ever, because advances in cosmetic dentistry put the smiles that improve people's lives well within their reach.

One of the quickest improvements

can come from ZOOM Whitening. In about an hour this technology gives dazzling results. Some patients choose an affordable, professional-strength at-home alternative for whitening.

The methods to straighten teeth when they're crowded, cracked, crooked or misaligned are so much better today than years ago.

Thanks to new "smile makeover" technology and advances in dental materials – like porcelain – cosmetic dentistry can literally change a person's smile in as few as two visits.

Many people don't realize that they no longer have to start young, take years or wear visible braces to get the smooth, even alignment they would like to have.

For instance, the Six Month Smile is a fast, almost invisible way to reach that goal without showing braces to the world.

Re-contouring teeth to sculpt more attractive edges improves comfort and function too.

And implants are a natural-looking



way to replace missing teeth. They can literally transform the smile that a patient shows the world, and also prompt that person to smile a lot more often.

Not only are the options for an ideal

smile better today, but also the way of achieving it doesn't have to involve any discomfort. Thanks to sedation dentistry, many patients are able to relax – even sleep – through their appointments.

An attractive smile is a real asset in every facet of life, and it is much easier to achieve today than ever before.

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