

Study Shows 60 Percent of Baby Boomers Regret Not Addressing Their Teeth Earlier In Life ... Are You One of Them?

One of the most common statements I hear in my office is: "Why didn't I do this for myself sooner?" I hear this almost daily following dental work that my patients have been pondering over for years. Most people, especially those in their late 40's and older, have dental concerns that they know need to be addressed. This may include the severe wear of their teeth, old and failing dental work, or missing teeth that haven't been replaced. Unfortunately, the majority of these same people keep postponing this dental work due to cost, time, or even fear. Furthermore, most of these same people eventually have this dental work completed with the only regret that they didn't take care of these dental issues sooner.

When people wait for things to hurt or break, dental work only becomes more expensive and time-consuming. Waiting until you are "forced" to address things also limits many options that may have been available prior to further deterioration. In a recent study, Dr Nigel Carter, says: "There is a very strong message from older people that not looking after oral health when young can lead to a lifetime of regrets. Our teeth and smile are important to many aspects of our life and cannot be taken for granted."

Are you self-conscious about the way your teeth look? Are they stained, discolored, or crooked? There are so many options to easily address some or all of these concerns. Porcelain veneers, teeth whitening, or

orthodontics are just a few of these solutions.

Are you missing teeth that affect the way you chew or have spaces that can be seen when you smile? Dental implants can restore your mouth to its original function and health. Despite

what people have been told in the past, anyone can be a candidate for dental implants. With 3D X-ray technology, we can now predictably determine what is necessary to replace your missing tooth or teeth.

Do you have bad breath that embarrasses you or been told you have gum disease? Please

ever thought that your teeth and bite could be the cause? Most people wouldn't even associate these types of symptoms with their teeth and live on medications for relief. With the latest advances in jaw tracking technology and neuromuscular dentistry, patients are seeing symptoms like these lessen and disappear. Being evaluated early to determine if your bite is the cause of your daily discomfort and suffering could stop this pain



Dentally Speaking
by
Jeffrey S. Haddad



Elaine before.



Elaine after.

don't wait until it is too late! There are many new advances in dental cleanings that utilize ultrasonic instruments and lasers that allow us to avoid the primitive and painful "scraping" and surgeries that were necessary in the past. Addressing your gum disease now could be the difference between keeping, or losing, the remainder of your teeth.

Do you have headaches, migraines, or ear issues? Have you

spiral before it progresses.

As we grow older, we unfortunately encounter many health concerns, especially dental ones. With the latest advances in dentistry, we have solutions for you that were not even available as few as 5 years ago. The longer you wait to address these dental issues, the worse they become. Making the investment in yourself, earlier rather than later, will not only be economical in the long run, but you will be able to enjoy that investment earlier and for a much longer part of your life!

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