

COLUMN

Could your teeth be affecting your confidence?



Dentally Speaking
by
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When taking a picture, are you happy with the person smiling back at you? When talking, or laughing, do you consciously

or unconsciously cover your mouth? Most people assume that wanting nice looking teeth is a vanity issue, but this couldn't be further from the truth. In fact, the way a person's teeth look could reflect poor oral health and function. And for many people, the appearance of their smile can affect their confidence, which in turn, affects how they interact with others personally and professionally. Therefore, your smile could actually be affecting your personality, behavior, and overall quality of life.

Every time people talk, smile, or laugh, their teeth are revealed to the people around them. It is an important part of a person's overall appearance and opinion of themselves. A person's smile may even play a large role in how successful they are in life. No matter what your age or occupation, having a healthy smile can be crucial to your self-image. In today's job market, people are looking for any advantage over their competitors. Confidence is an attribute that the majority of employers look for in a potential candidate. In fact, we have had patients invest in their teeth in order to confidently interview for a new job,

stating their smile was actually hindering them. We have also had several of our patients report increases in their overall professional success as well as improvement in their personal relationships. Over the years, this has become a common theme for people who just feel that they are unable to reach their potential with their present smile.

Many factors may affect the appearance of your smile. These include:

- **Size, shape, spacing of teeth**
- **Dull, yellowing, or chipped teeth**
- **Crowded, crooked teeth, or missing teeth**
- **Older dental fillings or crowns**

The biggest problem is that most people are unaware of the amazing breakthroughs in dentistry that can give anyone the smile of their dreams. The latest materials and advanced techniques that are available in cosmetic dentistry allow us to provide

patients with the most natural and functional smile possible. In addition, this can all be accomplished painlessly and even under oral sedation if preferred. Most people just have not been given the opportunity to discuss what they can do to improve the appearance of their smile.

Many options are available to correct these issues:

- **Porcelain Veneers**
- **Invisalign**
- **Orthodontics**
- **Dental Implants**
- **Bonding or Advanced whitening**

People visit their dentists to make their teeth look and feel as healthy as possible. Once dentists treat your dental problems, your

smile becomes something you can be proud of. A new youthful smile will boost your self-esteem and could help you become more successful. Although each patient's circumstances vary, most patients regret not addressing their teeth sooner. They now exude confidence without the fear of showing their teeth in conversation. I have watched patients change from a seemingly introverted person into the outgoing, confident person

they wanted to be. No one should fear expressing their happiness, humor, or compassion in the most universally understood form of expression: smiling. If you have ever thought about addressing your smile, discussing your options with a dentist who focuses on cosmetic dentistry could be the best decision of your life.

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his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit www.rochesteradvanceddentistry.com.



Patient before and after photos illustrate how cosmetic dentistry can successfully change one's smile for the better.

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