



Dentally Speaking
by
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Could Your Teeth Be Affecting Your Confidence?

When taking a picture, are you happy with the person smiling back at you? For many people, the appearance of their smile can affect their confidence, which in turn, affects how they interact with others personally and professionally. Every time people talk, shout, 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 attractive teeth 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 occupational 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 or crooked teeth
- Older dental fillings or crowns

Many options are available to correct these issues:

- Porcelain Veneers
- Orthodontics
- Bonding or Advanced Whitening

People visit their dentists to make their teeth look as healthy as possible. Once dentists treat your dental problems, your smile becomes something you can be proud of. A new 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.

Dental Tip of the Month

As Valentine's Day approaches, candy consumption will most likely increase. My recommendation is to avoid the sticky and

sour choices and enjoy your chocolates...in moderation of course! Also, avoid eating any candy slowly over extended time. Studies have shown that length of time eating a sweet can be more harmful than the amount of sweet consumed.

Jeffrey S. Haddad D.D.S. of Doolin Haddad of Rochester, completed 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.