



Healthy Smiles for a Healthy Lifestyle

By Dr. Jeff Haddad

Life-changing Dentistry for the New Year

In this week's column, I wanted to share with you some life-changing stories I encountered in our office this past holiday month. In my career, I have helped many patients by giving them the "smile of their dreams" or restored their mouth so they could enjoy eating food again. Unfortunately, I have also watched many patients not invest the time or money in themselves due to fear, finances or busyness in life. However, this holiday season I had many patients finally decide that their dental health, quality of life, and overall self-confidence was going to be the Christmas present they were going to give to themselves. Their goal was to start this year off with a "new beginning" for themselves,

My first patient was wearing dentures for almost 10 years. She said that even on her very best day with her dentures, she was sore when she ate and could never enjoy her food. She is not alone. By age 74, 26% of adults have lost all of their permanent teeth. These people are going through life eating what they can, not what they want! Jane decided that she wanted to make a change in her life this month. We placed 4 dental implants underneath her own denture securing it in her mouth. Jane called me the next day and told me that she ate her first Big Mac in over 10 years that night! Dental implants are titanium "roots" that are used in dentistry to support restorations that resemble a tooth or group of teeth to replace missing teeth (like a denture). They have a 97% success rate and are outpatient procedures that most patients have little or no discomfort afterwards. Jane was eating the night of her dental implant procedure with no pain at all! She told me it was the best Christmas gift she could have ever been given.

For another one of my patients, a new smile she could be proud of was all she wanted before Christmas. Jenny had always been self-conscious of her teeth. This woman had numerous leaky, silver fillings throughout her mouth. Her front teeth were severely worn down by years of grinding and appeared short, discolored, and damaged. She came to our office looking for a solution on how we could give her the smile she had always wanted. Porcelain veneers were the answer Jenny was looking for. Porcelain veneers have made it possible for us to close gaps and change the size, shape, and color of your teeth while maintaining a healthy and natural appearance. Crowded and crooked teeth can be quickly transformed into beautiful, straight smiles by bonding porcelain restorations to the faces of your teeth. This procedure has changed many people's lives giving them the confidence and self-assurance to look and feel the way they have always wanted to. In only 2 visits, we gave Jenny her dream smile! She had tears of joy when she first looked in a mirror and said she couldn't wait for all those holiday photos to be taken!

These were only a couple stories of real people who made the decision to invest in themselves, but there are many more. This type of dentistry is not just for the wealthy and famous. People just like you are having their teeth addressed and the only regret they have is that they didn't do it for themselves sooner. If you have ever thought about changing the look of your smile or improving your dental situation so that you can enjoy your life again, maybe now is the time to consider it. With the latest technologies and techniques in dentistry, many new options are available to solve today's dental issues. Maybe it's time for you to give yourself, or someone you love, a "dental gift" that could change their lives.

Dental Tip of the Month:

John Hopkins states that the #4 suggestion of the top 10 best things to improve your health is for denture patients to get dental implants.



Jeffrey S. Haddad D.D.S. 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.

Dr. Haddad and Dr. Doolin lead a practice of 10 that focuses on cosmetic, implant and neuromuscular dentistry, as well as general dentistry for children and adults. For more information, please visit www.rochesteradvanceddentistry.com or call (248) 656-2020.