

Focus on Fitness & Health

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As you age, can you just give up on your smile?

When we get older, the things we value can change. Things that used to seem so important to us no longer matter. But does life ever change so much that your smile just doesn't matter to you anymore? Hopefully not, especially if your health and overall well-being are still a concern for you. There have been numerous studies over the years demonstrating that the smile is the most desired facial feature that people would change if they could. So why would getting older stop you from considering this?

Even if you retire, you probably still work...

We know what a lot of people think of when it comes to retirement. Once



Dentally Speaking
by
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you stop working, you sell your house, move up north and spend your days golfing and reading. But that is not what most people actually end up doing. When we retire, we often begin the real work in life, the work we love, what we choose because it's our passion, not because it's our responsibility.

This can be any type of work. Maybe you are volunteering, maybe you've even started a charity or kicked off a new commercial venture. But no matter what

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this next stage in life may be, smiling still opens doors! As you're meeting new people to make this venture a success, your smile deter-

mines in large part the first impression you make and whether people will trust you with their investment.

A beautiful smile helps relationships...

But what if you truly are finished with work? What if what you really want to do with your time is just spend it with the person or people who matter most to you? This is another reason why your smile matters. If you've been in a relationship for years, they will love you despite the condition of your smile, but wouldn't it

be great to have them love you because of your smile again? If you are feeling 60-70 years

young, shouldn't your smile look young too? Your beautiful smile still has the same power to inspire love that it did when you were younger,



Above, Elaine's "mature" smile before and below, Elaine's confident, beautiful smile after.



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and it remains one of the most important features people are looking for in their partner.

Are you prepared to give up your health?

Even if you've decided that the appearance of your smile doesn't matter, it's still very important to take care of it. That's because your oral health is closely related to your overall health. People with poor oral health are at a higher risk for many serious health problems, such as heart disease, stroke, diabetes, and even Alzheimer's disease. In fact, the number of teeth you have is a reliable predictor of how long you will actually live. Not only does it allow you to eat all of the healthy foods you enjoy, but it also helps you maintain an active life as you get older.

Your teeth and jaw provide essential stability to your head, neck and spine. It's been shown that people with compromised teeth have a harder time with

balance and experience more headaches and neck pain. Therefore, having healthy teeth or dental implants to replace lost teeth, makes it easier to lead an active life no matter what your age is. Your smile is the secret to really enjoying life, despite how old you are. If you are unhappy with the appearance or health of your teeth, it is never too late to rejuvenate your smile and start enjoying it again.

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