

How can Advanced Dentistry Improve your Lifestyle? Part 1

Most people are aware that practicing good dental care is important in maintaining a healthy mouth, teeth, and gums. And people would also agree that proper dental care will help your appearance and overall health. With advanced dental techniques, progressive new approaches, and specialties within the field of dentistry, the effects on patient's health and lifestyle are even more profound than people realize.

What can Advanced dental training provide that will improve a person's lifestyle?

- **Confidence and Function**
- **Facial Rejuvenation**
- **Healthy and Restorative Sleep**
- **Headache and Facial Pain Relief**

Smiling with a confident and attractive smile is about quality of life. Many people consciously, or unconsciously

smile without showing their teeth, which is not natural, because they are uncomfortable about the way their teeth look. They cover their mouth when they laugh or even avoid conversations with others due to the appearance of their teeth. This could be an obstacle in the work environment, in the dating arena, or even everyday life. With the latest techniques and materials in cosmetic dentistry, people can have the beautiful and natural smile they deserve. This can be achieved without surgery, without braces, and without months of waiting. Having your dream smile can be achieved within weeks and with only a few visits to a properly trained cosmetic dentist.

Most people think of teeth as part of your smile, but don't realize that your teeth support your facial muscles and jaw line. We've discussed confidence and function, but this can be more than just cosmetic dentistry. Are you familiar with Facial Reju-

venation Dentistry? This is any cosmetic, dental, or medical procedure that is used to restore a younger appearance to the human face without surgery. When teeth have been worn down over the years it can prematurely age a person's facial appearance. With computerized jaw tracking and muscle relaxation techniques, we can determine a person's proper jaw support and youthful bite and restore them to this position. The bonus is this may also involve a person's front teeth and can give them the attractive smile they have always wanted. Imagine if you could look 10 years younger without surgery!

How important is your sleep? For most people, a healthy night's sleep is one of the most important factors in a healthy lifestyle. But are you truly getting a "good night's sleep?" The better question is this, "do you have energy during the day, or are you exhausted despite how much sleep you

get?" Many people do not realize that their sleep is being affected by snoring, sleep apnea (stopping breathing and gasping for air), or other airways issues. Dentists with advanced training in sleep dentistry can make a custom sleep appliance that will give patient's the proper night's sleep that heals the body, allows physical and emotional recovery, and gives people the energy they need to live a healthy life.

Are headaches a normal occurrence for you? Unfortunately, many people think this is common. Headaches are not normal. Migraines and intense muscular headaches are not normal. Many patients have been misdiagnosed with migraines and headaches when they are actually suffering with a TMJ disorder. Despite popular opinion, you do not need to have jaw pain, jaw clicking or popping to have a TMJ disorder. People who have not been properly evaluated are having their daily lives affected with symptoms



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

like headaches, migraines, neck pain, ear congestion and pain, and ringing in the ears and don't realize that there is help available. With advanced computerized technology and muscle diagnostics, people can get back the pain-free life they once

had and deserve.

Stay tuned for more information on each of these topics in the upcoming months. I will explain in detail how much advanced dentistry can impact your lifestyle and benefit not only your daily life, but your overall health.

Jeffrey S. Haddad, DDS of Rochester Advanced Dentistry, 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 and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.



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725 Barclay Circle
Suite 215
Rochester Hills, MI
48307