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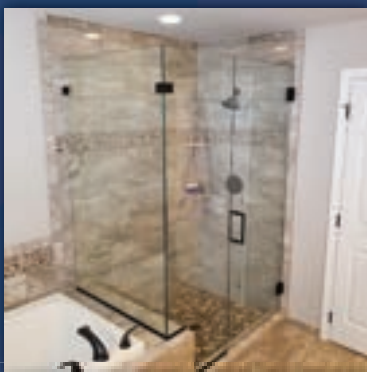
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How can Advanced Dentistry Improve your Lifestyle? Part 3

Have you noticed increased creases and wrinkles in your face? Are you noticing facial changes that are making you look older than you really are? Most people think of teeth as part of your smile, but don't realize that



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

your teeth support your facial muscles, neck muscles, and jaw line. In fact, the creases on the sides and below the lips, and in the corners of your mouth can start to become prematurely prominent, especially if teeth are not properly supporting the face. Last month we discussed confidence and function, but this can be more than just cosmetic dentistry. Are you familiar with Facial Rejuvenation Dentistry? When teeth have been worn down over the years due to grinding, clenching, or excessive dental work it can also prematurely age a person's facial appearance. This is NOT the normal aging process. Teeth are not destined to be worn down because of life activities. In fact, even younger adults who were born with smaller or misshapen teeth, can have that premature aging effect due to improper support of the face. The good news is that if a person's bite is properly rebuilt to a comfortable muscular posi-

tion, a "non-surgical facelift" can occur. With computerized jaw tracking and muscles relaxation techniques, we can determine a person's proper jaw support and youthful bite and restore them to this position. This procedure can make a patient look 10-15 years younger!

So how does this premature aging process occur? A destructive bite can begin at an early age. There are many factors that cause an unsupported bite including clenching and grinding, lack of orthodontics or relapse, extensive dental work, or even poor sleep and airway problems like sleep apnea. Many TMJ disorders are also a result of having a destructive bite which forces the lower jaw in a painful position. People who are suffering from daily headaches, migraines, jaw pain, ear pain and ringing in the ears, and even vertigo could have this collapsed, worn-down bite. After years of this uncomfortable jaw position, the teeth continue to prematurely wear down, fracture, and get shorter and shorter. When this happens, a person's entire face will be affected including their lip support, cheek bones, and chin.

Continued on page 13



Before Photos

After Photos

COLUMN

Advanced Dentistry, Part 3


Continued from page 12

An advanced approach called neuromuscular dentistry, allows a properly trained dentist to determine exactly where a person's ideal jaw position should be, or maybe where it was 10-20 years ago. They will confirm this position, assess the desired facial changes, and then permanently restore the teeth. This not only results in a beautiful and healthy smile, but also a youthful facial profile and appearance. Is premature aging happening to you? What are some of the signs to look for or is this happening to you already?

- Worn down, discolored teeth
- Crowded or crooked teeth
- Clenching or grinding your teeth
- Extensive dental work
- Wrinkles and creases around the lips, cheeks, neck, and chin
- Muscle tension in the face
- Daily headaches, migraines, ear ringing or ear congestion
- Vertigo or dizziness

Most people would never associate premature aging with their teeth, but the truth is that this affects many men and women. People don't realize how much their teeth support their surrounding facial and neck muscles. If our teeth are worn down or do not support our face, the area between the nose and the chin starts to shorten in length. Don't let your teeth make you look older than you truly are! Being properly evaluated by an advanced dentist could rejuvenate your appearance by properly supporting your facial aesthetics...taking years off your face. The result is an overall increase in health, quality of life, and as a bonus, a more youthful appearance.

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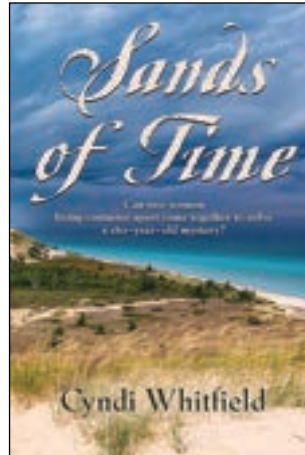
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NOT ALL GHOST TOWNS ARE IN THE OLD WEST



Simone's life story in Sands of Time, an engaging tale of two women, living in different centuries, coming together to unravel a 180-year-old mystery. Some

of the characters in the novel really lived in Singapore during those years;

At one time, Singapore, Michigan sat on the eastern edge of Lake Michigan. Simone Fields lived there until 1873, when she and her husband were forced to leave the town. Fast-forward to 2023: Simone cannot rest in peace. A grave injustice was done almost two centuries ago and she enlists the help of Annie Prescott to help her find answers. Annie lives in Simone's Singapore-built home, which was moved to Saugatuck in 1873.

Readers can read



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